

Before you leave...

Be prepared for anything! Bad weather, darkness or injury can turn any outing into an extended crisis.

Check weather forecasts for the area you are going. When boating, always wear a PFD.

Always travel with a friend, and stay together,

Complete a Trip Plan and leave it with a friend. A trip plan contains detailed information about your trip.

Learn to use a compass and map Use reference and guide books to help plan your trip.

Stay Sober: Alcohol and drugs affect clear thinking, coordination and reaction time. Unwise decisions are made.

Must Have: flashlight and extra batteries, extra food and water, extra and warm clothing, windproof/waterproof lighter & matches, first-aid kit, proper foot wear, sturdy pocket knife, rain gear, large orange plastic bag, sun/insect protection, whistle, tarp, signaling device (e.g. flares).

...returning safely is your responsibility



National Search and Rescue Secretariat
Secrétariat national Recherche et sauvetage



Cut in half and glue together to make your own survival card

If you become lost...



Sit, Think, Observe, Plan

Remain calm: Control your fears and maintain a positive mental attitude, you will be able to think more clearly. Being lost is not dangerous if you are prepared. Help searchers find you even if you are embarrassed or afraid.

Stay where you are: STOP as soon as it is apparent that you are separated from your group, lost, or in trouble. People who carry on after becoming lost usually get further from roads and trails, and further from searchers. Stay with your boat, even if capsized. Remember: **DO NOT PANIC**

Assess your situation: take stock of equipment, supplies, and your surroundings - then make a plan.

Use a signaling device: Three of anything (whistle blasts, fires, gunshots) is an internationally recognized distress signal. Staying visible will help searchers find you.

Build or seek shelter: Protect yourself from the rain, wind and excessive sun. Build shelter and collect fire wood early while you have energy and daylight. Insulate yourself from the ground. Make sure you are visible to searchers, who may be in helicopters or planes, during daylight hours.