

OUTDOOR INFORMATION SHEET

"Let someone know when you go"

Always Leave Trip Intention Form with someone who can raise the Alarm.

The following information is only an overview and should be a starting point for any person wishing to enjoy a safe wilderness experience. Please consider these points for yourself and each person in your group.

Before entering a wilderness environment - Please read below;

Plan your trip – Research your trip – using a current map and advice from experience walkers and local land managers, such as Parks Victoria and DELWP. Understand the environment you are entering, and risks associated with it. Emergency response / rescue can take time always have an emergency plan factored into your trip.

- Parks Victoria 13 19 63 www.parkweb.vic.gov.au
- Bureau of Meteorology – www.bom.gov.au
- Snow – www.snowsafesafe.org.au
- Bush walking information www.bushwalkingvictoria.org.au
- Trip suggestions www.visitvictoria.com.au
- Four Wheel Drive Victoria www.fwdvictoria.org.au
- Vic Emergency www.emergency.vic.gov.au

Know limitations of each person in the group – Consider all Physical, medical, experience or inexperience, skills for area. Age is also very important. Travel within your ability and knowledge of the area.

Have a trip intention plan – Leave it with a reliable person. Notify that person if you change your plans. Fill out trip intentions/log books in huts or at check points during your journey if they are available. Trip intention form attached.

Weather – Always check a current and forecasted weather report but do not rely on it, plan for worst-case scenario by carrying extra food, water, clothing and equipment. Weather can change very quickly!

- Also download phone apps such as: **Weatherzone, Willyweather, BOM** – Check them regularly.

Water – Always carry sufficient water – day and overnight trips. Carry more water than you'll need & plan for emergencies. Stay hydrated and do not rely on creeks unless you have reliable information.

Food – As with water carry sufficient for trip and pack extra in case of emergencies.

Clothing – Dress for conditions, bring extra and have wet weather clothing available. Always have enough to cover you for the worst-case scenario. Weather conditions in wilderness environments are sometimes unpredictable. Re-check weather forecast throughout your trip.

Equipment – Always have a map and compass and know how to use them. GPS and mobile phones help but they do not replace experience. Bush walking clubs are a good way to advance your experience and knowledge. Carry spare batteries or a portable charging pack.

Log books. Many popular walking track starting points, huts and some campsites have log books. Make a note in the log book of the time/date, your group and intended destination that day or multi-days. Include any relevant information that may benefit other groups. Read previous entries in any log book, to have an idea of the location of other groups or relevant information they may have shared. Log books will be reviewed by emergency services in the event of an incident or missing person/group in that area.

Mobile phone – Here are some tips to get the most out of your mobile phone when in the outdoors.

1. Keep the phone turned off when it's not needed. A Mobile phone outside of range will continue to search for a signal quickly using up the battery. Also turn off the WiFi and Bluetooth settings.
2. Keep it dry and warm, store the phone in a waterproof pouch or buy a waterproof phone.
3. You can often get reception from high ground. If you don't have reception, walk to a high point.
4. SMS messages use much less power than calling; if your battery is low, send information via SMS.
5. The GPS in your phone relies on the mobile network to render maps, while some phones have maps stored inside them. Most of these maps are not ideal for bushwalking as they lack detail, so it is advised to download Outdoor Apps such as: **More to Explore, MotionX-GPS, AllTrails, Memory-Map, & Coordinates.** Learn how to use them and know how to access your current GPS location.
6. Download the **"Emergency+"** app. This gives your GPS location immediately and will allow you to contact emergency services directly from the app. Ensure your location services and mobile data is turned on.

Suggested Equipment list

1. Suitable backpack
2. Map (current) and compass. GPS (extra batteries) learn how to use before leaving on trip
3. Headlamp, spare batteries
4. Whistle and Pocket knife
5. Correct clothing – Seek advice outdoor stores, bush walking clubs.
6. Extra clothing, food and water, hat, sunglasses, sunscreen.
7. Have correct footwear – wear in before long bush walks
8. Water proof matches and container
9. Candle / fire starter
10. First aid kit – individual and group.
11. Tent or bivvy bag
12. Large rubbish bag for emergency shelter and keeping equipment dry in you pack
13. Note book and pencil, Sunglasses / sun hat / sunscreen
14. Mobile phone – Be aware it will not always have coverage.
15. Emergency Locator Beacon. Such as EPIRB, PLB, SPOT, In-Reach <http://beacons.amsa.gov.au>
16. Sense of adventure; but know your limitations.

Common factors which contribute to persons being lost

(There is usually a combination of the below factors which result in problems occurring)

1. **Planning**, lack of planning or no planning of trip
2. **Terrain**, hazards such as cliffs or rivers, overgrown tracks or poor signage.
3. **Weather**, poor weather in area of search, hypothermia or hyperthermia
4. **Equipment**, poor equipment – failure of equipment or inappropriate for area
5. **Ability**, over confident - skill ability not proven for particular terrain
6. **Decision-making**, lack of leadership within party – leading to poor decisions. Once lost walking in one direction believing they will come across civilisation eventually
7. **Fatigue**, leading to poor decisions or injury
8. **Physical ability**, poor physical condition, pre-existing injuries or illness
9. **Lack of food or water**, contributing to fatigue and poor decision making
10. **Medical**, pre-existing or accident during trip
11. **Technology**, over reliance in technology. Eg, GPS flat batteries / mobile phones – no coverage
12. **Underestimating route**, causing delay and/or unable to identify terrain hazards
13. **No map / compass**, contributing to disorientation of person/s

WHAT TO DO IF LOST

- Stop and think. Stay calm. Re-check navigation and map
- Re-track steps a short distance may assist. Locate your last known point if possible
- Gain some height for orientation. If the above does not help STAY WHERE YOU ARE.
- Attempt to make your position visible to searchers land and air. E.g. fire or bright clothing in open area that can be seen by air searches.
- If you are in a group stay together, never separate. Find shelter stay warm and dry.
- Be aware it can take a considerable time for rescuers to reach you, so your priority is to remain warm and dry, ration your food and water if necessary.

If you are lost or require help call 000



TRIP INTENTIONS FORM

This form could save your life...

Fill it out before you leave home and ALWAYS leave it with someone reliable.

How to use this form...

Complete the relevant details on this form and leave it with a reliable friend, family member or responsible authority. The contact person you nominate will raise the alarm if you haven't returned and/or contacted them by the time indicated on the form.

Reporting Person

| | |
|-----------------------------------|--|
| Name | Street Address |
| Telephone/s | Role (Organiser, Professional Staff, Group Leader, Instructor) |
| Social Media Accounts / Usernames | |

Don't forget - the Reporting Person MUST notify the Contact Person ASAP on return, or if delayed

Contact Person

| | |
|-------------|--|
| Name | Street Address |
| Telephone/s | Nominated Search & Rescue Notification Time/Date (if applicable) |

Note - Police WILL NOT initiate a search unless notified by the Contact Person.

Activity

| | | |
|--------------------------------------|---|--|
| <input type="checkbox"/> Bushwalking | <input type="checkbox"/> SCUBA Diving | <input type="checkbox"/> Climbing / Rappelling |
| <input type="checkbox"/> Flying | <input type="checkbox"/> Angling | <input type="checkbox"/> Hunting |
| <input type="checkbox"/> Boating | <input type="checkbox"/> Photography | <input type="checkbox"/> Prospecting |
| <input type="checkbox"/> Kayaking | <input type="checkbox"/> Four Wheel Driving | <input type="checkbox"/> Cross Country Skiing |
| <input type="checkbox"/> Canoeing | <input type="checkbox"/> Trail Bike | <input type="checkbox"/> Backcountry Skiing/Snowboarding |
| <input type="checkbox"/> Rafting | <input type="checkbox"/> Mountain Biking | <input type="checkbox"/> Other(Specify) |

Others with me are...

| | | | |
|---|---------------------|--------------------------------------|---|
| 1 | Contact Telephone/s | <input type="checkbox"/> Passenger | <input type="checkbox"/> Professional |
| | | <input type="checkbox"/> Participant | <input type="checkbox"/> Staff / Leader |
| 2 | Contact Telephone/s | <input type="checkbox"/> Passenger | <input type="checkbox"/> Professional |
| | | <input type="checkbox"/> Participant | <input type="checkbox"/> Staff / Leader |
| 3 | Contact Telephone/s | <input type="checkbox"/> Passenger | <input type="checkbox"/> Professional |
| | | <input type="checkbox"/> Participant | <input type="checkbox"/> Staff / Leader |
| 4 | Contact Telephone/s | <input type="checkbox"/> Passenger | <input type="checkbox"/> Professional |
| | | <input type="checkbox"/> Participant | <input type="checkbox"/> Staff / Leader |

For extra names use an additional form or attachment. Remember medical considerations; allergies, recent/current illness, medication, dose, quantity on hand, duration, result without, student medical plan, etc.

Trip Intentions *Indicated map used and camp references will assist potential searchers.*

| | |
|--------------|--|
| Day 1 (Date) | Attach map and further details if applicable |
| Day 2 | |
| Day 3 | |
| Day 4 | |
| Day 5 | |

Consider escape plans. Indicate whether planned school activity, outdoor recreational activity or other.

Vehicle/Trailer/Aircraft/Vessel Description...

| | | | |
|--------------------|--|---|--|
| Make/Model | | Registration Number/s | |
| Left at (location) | | | |
| Vessel Length..... | Hull Colour | Deck Colour | |
| Engine Size | <input type="checkbox"/> Diesel <input type="checkbox"/> Petrol | <input type="checkbox"/> Inboard <input type="checkbox"/> Outboard | <input type="checkbox"/> Single <input type="checkbox"/> Twin |
| Boat Name | | | |

Equipment Carried...

| | | | |
|--|---|--|---|
| <input type="checkbox"/> Wet Weather Gear (Jacket & Overpants) | <input type="checkbox"/> Tent/Emergency Shelter | <input type="checkbox"/> Radio 27Mhz / VHF / HF | <input type="checkbox"/> Flares Carried |
| <input type="checkbox"/> Spare Warm Dry Clothing | <input type="checkbox"/> Matches (Waterproof) | <input type="checkbox"/> Mobile Phone Carrier? (Optus/Telstra) | <input type="checkbox"/> Torch / Strobe |
| <input type="checkbox"/> Suitable Footwear | <input type="checkbox"/> Map / Chart & Compass | <input type="checkbox"/> Satellite Phone | <input type="checkbox"/> Life Raft |
| <input type="checkbox"/> Food/Provisions (for.....days) | <input type="checkbox"/> GPS | <input type="checkbox"/> 406 Mhz Distress Beacon (EPIRB / PLB) | <input type="checkbox"/> Life Jackets |
| <input type="checkbox"/> Water | <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> SPOT Device or similar | <input type="checkbox"/> Whistle |

Form Information...

- This form can be obtained from Police Internet site http://www.police.vic.gov.au/content.asp?Document_ID=23653
- Police will not act as initial contact person

Important Safety Tips...

- Navigation skills are important; know how to use a map/chart & compass.
- Remember it can snow in the mountains even in summer, so be prepared.
- Check the weather report and ensure it is suitable for the safe conduct of your chosen activity.
- Ensure you have sufficient fuel and reserves.
- Lifejackets save lives.
- Only 406 MHz Distress Beacons will be detected by satellite – GPS chipped are more accurate.

Useful websites ...

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| www.bushwalkingvictoria.org.au www.transportsafety.vic.gov.au/maritime-safety www.amsa.gov.au www.fwdvictoria.org.au www.emergency.vic.gov.au | www.bsar.org www.snowsafe.org.au www.parkweb.vic.gov.au www.tripintentions.org www.bom.gov.au |
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ENJOY YOUR TRIP BUT DO IT SAFELY

For All Incidents Requiring Search & Rescue Assistance in Victoria...

CALL 000 IMMEDIATELY