## **HELP SEARCHERS FIND YOU**

- Stay put, don't keep walking as it only makes it harder to find you
- Write in hut books: when you were there and where you were going
- If you must move to a safer place, leave a trail by making rock cairns, twisting plants like fern leaves over, or use dead wood to create an arrow
- Place brightly coloured items like clothing or pack liners in places visible from the air
- Use your whistle to attract attention
- Light a small fire and burn green leaves to create smoke
- Use your communication device to provide an accurate position or description of your surroundings
- Mark out SOS using rocks, logs, sticks or vegetation
- If you see or hear an aircraft, create movement by waving or swaying branches
- Create light by flashing a torch or cell phone. Trigger a camera flash, use a lighter, light matches or use a flint. Angle a mirror to reflect light.

## **BASIC SURVIVAL KIT**

The table below shows the bare minimum of items to take in your survival kit.

Check out the Mountain Safety Council online shop to purchase equipment like pack liners, survival bags and whistles.

SURVIVAL KIT: Important items to help you survive			
1	Pad and pencil		Survival blanket
10	Whistle		Cotton wool
Samuel.	Cord		Lighter/matches
	Aluminium foil		Bandage/plasters
D <sub>f</sub>	Knife	M	Rubber Inner tube
	Compass	U	Fish hooks & line
	Plastic Bags	Vaseline	Vaseline

# Mountain Safety Council RESOURCES

#### **PAMPHLETS**

- ▲ Avalanche Rescue
- ▲ Avalanche Safety
- ▲ Firearms Safety
- ▲ Going Outdoors?
- ▲ Going Hunting?
- ▲ Hypothermia
- ▲ Outdoor Communications
- ▲ Selecting a Firearm
- ▲ Whakatūpato
- ▲ Plan to Survive

#### DVDs

- ▲ On Target
- ▲ Outdoor Safety Code
- ▲ River Safety

#### **DOWNLOADS**

- ▲ Mountain Radio
- ▲ River Safety
- ▲ Snowsports

#### **EQUIPMENT**

- ▲ Avalanche cards
- ▲ Chamber safety device
- ▲ MSC pack liner
- ▲ MSC pocket survival bag
- ▲ MSC safety whistle
- ▲ MSC survival bag

#### **MANUALS**

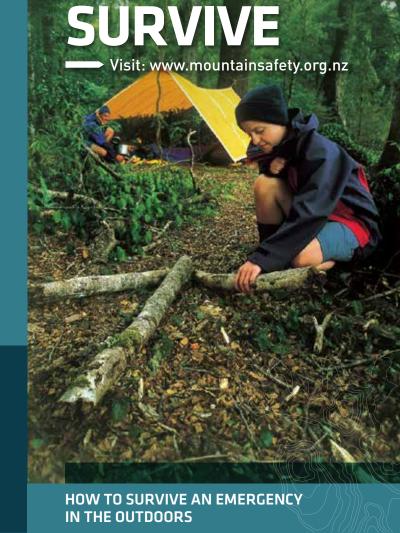
- ▲ Abseiling
- ▲ Alpine Rescue Techniques
- ▲ Alpine Skills
- ▲ Avalanche Accidents
- ▲ Bushcraft
- ▲ NZ Firearm Handbook
- ▲ Outdoor First Aid
- ▲ Outdoor Safety: Risk Management

Order from: www.mountainsafety.org.nz/resources

## **USEFUL CONTACTS**

- ▲ AdventureSmart www.adventuresmart.org.nz
- ▲ Avalanche Advisory www.avalanche.net.nz
- ▲ Department of Conservation www.doc.govt.nz
- ▲ Federated Mountain Clubs NZ www.fmc.org.nz
- ▲ Leave No Trace www.leavenotrace.org.nz

- www.metservice.co.nz
- ▲ National Incident Database www.incidentreport.org.nz
- ▲ NZ Land Search & Rescue www.landsar.org.nz
- ▲ NZ Walking Access Commission www.walkingaccess.govt.nz



PLANTO

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www.mountainsafety.org.nz | www.avalanche.net.nz www.adventuresmart.org.nz | www.incidentreport.org.nz



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DISCOVER MORE, SAFELY.

## **OVERVIEW**

No one expects to encounter problems or have to deal with an emergency when they're in the outdoors. However, things do go wrong from time to time, so if you find yourself in a challenging or emergency situation, it is important to understand some key principles of survival.

This pamphlet sets out some very basic information, however it is not a substitute for learning via further reading or attending a course.

## **PREVENTION**

Prevention is always the best solution. A well-planned trip is less likely to encounter problems. When planning and preparing for your trip you should follow the Outdoor Safety Code:



Always ensure you leave your outdoors intentions with someone you trust. At the very least, leave details of where you are going and a date and time for when to raise the alarm if you do not return.

Even better, use the free tools at **www.adventuresmart.org.nz** to leave detailed information via a downloadable form or electronically via an email.

Use facilities like hut books to record your progress – this can be very helpful should a search and rescue operation be initiated.

For more information see MSC's Going Outdoors? pamphlet or MSC's Bushcraft Manual.

# IF THINGS GO WRONG, THINK STAR

In an emergency or survival situation use the **STAR** model below to help your decision-making process:

**S**top: Take a breath, sit down and remain calm

Think: Look around you, listen and brainstorm options

Assess: Evaluate the options and their potential consequences

Respond: Choose the best option

By using the process above, you will be able to work out what your priorities are, what options are available, what action you should take and any potential consequences.

#### COMMUNICATION

Always carry a communication device such as a personal locator beacon (PLB), mountain radio, satellite phone or satellite messenger device. Mobile phone coverage can be non-existent, especially in the backcountry, so never rely on one as your only form of communication.

Should an emergency occur, use your communication device to raise the alarm. A personal locator beacon will activate an immediate search and rescue response, which may not be appropriate for your situation. Only activate your PLB in a lifethreatening emergency situation.

If you do not have a communication device, send out at least two people to raise the alarm. Make sure they take detailed information such as location, medical details, group provisions and required help/actions.

If it is not an emergency, like being delayed, then you could use a mountain radio or satellite phone which allows you to call someone and tell them you are delayed.

More information about communicating in the outdoors can be found in MSC's *Outdoor Communications* pamphlet and MSC's *Bushcraft Manual*.

## IF YOU BECOME LOST

If you become lost then STOP and think STAR.

Provided it's safe to do so, take a moment to compose yourself/ your group by putting on another layer of clothing and having a drink and a snack.

It is important not to panic or make any rash decisions. Don't continue to walk around in the hope that 'you'll find the track' as this often leads to more confusion and disorientation. Get out your map and navigation aids (compass, GPS) and follow these simple steps:

- Orientate your map so it matches the topography of the land
- 2. Identify your last known point. This will give you a starting position for you to work from.
- 3. Using the terrain features around you, identify any major features you can use to narrow down your location. For instance are there are rivers or streams, tracks or track junctions, ridges, spurs, valleys or gullies nearby?
- **4.** Consider your walking pace. Typically on flat, easy terrain a group will travel at 3–4km per hour. How long have you been walking for? Did any hills slow you down?
- **5.** Use your map/compass or GPS to identify your location.

If you do not have a navigation aid or the conditions mean you can't use it effectively then **STOP**.

Consider using your communication device to contact outside help or wait for the weather to improve if this is affecting your navigation.

## **BUILDING A SHELTER**

If you're dealing with an emergency situation or have been delayed and realise you may need to spend a night out, then constructing an emergency shelter before it gets dark is very important. If you have a tent, bivvy bag or fly then this process is straightforward. If not, you'll need to use the natural resources around you.

An emergency shelter should keep you dry, keep the wind out and insulate you from the ground as this is where you'll lose most of your body heat.

Select a site that is hazard free, i.e. it won't flood or be susceptible to falling rocks/tree branches. Using features like overhangs or fallen trees can be helpful. Use natural items like dead leaves and things you have with you like your pack, pack liner or foam mat as ground insulation. Building a shelter can take a bit of time so make sure you leave yourself enough time before it gets dark.



#### EMERGENCY SHELTER:

When building the shelter, get down below the bushline if possible.

## **KEEPING WARM**

Hypothermia is always a risk when spending an unplanned night outdoors. Put on more clothing as soon as you stop – don't wait until you feel cold. Pay particular attention to key areas like your head, neck, torso and feet. Use whatever means available to insulate your body from the ground.

Building a small fire will keep you warm, but take care to choose a safe spot and keep the fire under control. Ensure it is properly put out and return the area to how you found it when you leave.

Light stretches are also a good way to promote circulation through your muscles and keep your body warm, however try not to burn excessive amounts of energy.

For more information on fires, emergency shelters and hypothermia see MSC's Outdoor Cooking Safety Guide and Hypothermia pamphlets and MSC's Bushcraft Manual.

## **WATER AND FOOD**

Eating and drinking is vital. Staying hydrated and taking on energy will help you to think rationally and manage the situation with more clarity until help arrives.

Make sure you continue to take on energy and fluids regularly. However, think about rationing your supplies to ensure they last as long as possible.