



BCMC TRIP PLAN

for

OUTDOOR SURVIVAL

Modified from a form created by the BC Government's Provincial Emergency Program.

Complete this form prior to an outdoor adventure & leave it with a responsible person.
YOUR LIFE MAY DEPEND ON IT!

In the event that you do not return from your trip as stated in this trip plan, it will be given to police and search and rescue organizers.

Of course, with the nature of BCMC trips, you may not have a complete list of participants until you are at the trailhead! If that is the case, fill out the first portion of the form, and leave it with a responsible person. Prior to departing the parking lot, fill out the second portion, and leave it in your vehicle.

BE PREPARED FOR YOUR CHOSEN RECREATION—Being fit enough to go the distance takes physical preparation. Stick to your turnaround time. Take the proper equipment, have a trip plan and use reference and guide books.

ALWAYS CARRY THE ESSENTIALS—If necessary, be ready to stay out overnight. Carry a flashlight—many people become lost because of darkness.

COMPLETE A TRIP PLAN and LEAVE IT WITH A FRIEND—The trip plan explains your destination, the route you are taking, who is in the group and your return time. If you do not return as planned, the friend you left the trip plan with can give the form to the police to initiate a search.

NEVER HIKE ALONE—Hike with a group and keep together. Travel at the speed of the slowest person. If a person becomes separated by going ahead or falling behind, they are more likely to become lost.

DO NOT PANIC—Maintain a positive mental attitude if you become lost. Being lost is not dangerous if you are prepared.

STAY WHERE YOU ARE—People who carry on after they become lost usually get further from the trail and further from people who are looking for them. Also, going downhill often leads to natural drainage. Gullies, which typically have very thick bush, expansive cliffs and waterfalls, make travel and searching more difficult.

USE SIGNALLING DEVICES—Blowing a whistle, lighting a fire and staying visible will help searchers find you. Help searchers find you even if you are embarrassed or afraid. Remember that animals will not be attracted to your signals. Searchers may also use planes or helicopters—make yourself visible to them.

BUILD OR SEEK SHELTER—Protect yourself from the rain, wind and excessive sun. Be as comfortable as possible, but when it is daylight, make sure you are visible to searchers in helicopters or planes.

THE MOST COMMON MISTAKE—An individual's belief that "it could never happen to me" is summed up as *EGO*. By being prepared, you can enjoy your trip outdoors regardless of what nature throws at you!

REMEMBER: bad weather, early darkness or an unexpected injury can turn any outing into an extended crisis!

Trip Plan Information Part One

Start of Trip:

Date and Time _____

Intended Return Date:

Date and Time _____

Purpose of trip:

- Back country skiing
- Snowshoeing
- Half-Day Hike
- Day Hike
- Overnight Hike
- Mountaineering
- Rock Climbing

The Trip:

General Area: _____

Specific Area: _____

Intended Route In (Be specific!): _____

Intended Route Out (Be specific!): _____

Destination / Goal: _____

Transportation to/from Start Point:

Vehicle Colour, Year, Make, and Model: _____

License Number: _____

Owner _____

OR

Being dropped off by: _____

Name and Number: _____

Being picked up by: _____

Name and Number _____

Location and Date: _____

Equipment:

- Tent Colour: _____
- Cell Phone #: _____
- First Aid Kit Flashlight
- Whistle Extra Clothing
- Water Stove
- Skis Snowshoes
- Radio Other (notes) _____

Notes:

Add any additional information here: _____

The following will be notified if I/we change destination: _____

Name: _____
Home Phone: _____
Work Phone: _____

Please notify police if I/we do not return by:

Date: _____
Time: _____

Completed by:

Name _____
Signature _____
Date _____

