

AdventureSmart



Get informed & go outdoors!

Always remember to follow the 3Ts;

TRIP PLANNING

- Plan your travel route
- Know the terrain and conditions
- Check the weather
- Always fill out a trip plan (**use the AdventureSmart TRIP PLAN APP**)
- Obtain the knowledge and skills you need before heading out
- Know and stay within your limits.

TRAINING

- Obtain the knowledge and skills you need before heading out.
- Know and stay within your limits.

TAKING THE ESSENTIALS

Always carry the essentials and know how to use them: (+ season & sport-specific gear)

- Flashlight
- Fire making kit
- Signalling device (i.e. whistle)
- Extra food and water
- Extra clothing
- Navigational/communication devices
- First aid kit
- Emergency blanket/shelter
- Pocket knife
- Sun protection

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“Get informed before you go outdoors!”

Ensure that you:

- Make a plan and leave a plan (AdventureSmart Trip Plan App)
- Understand and recognize weather patterns
- Can read alpine terrain
- Wear or carry suitable clothing and proper footwear: Dress in layers.
- Be aware of cellular and satellite coverage in the area: It may be limited to highway corridors or impacted by physical obstacles which can block the signal.
- Know your limits: Avoid injury and exceeding your abilities.
- **NEED HELP? Call 911 - there is NO CHARGE FOR RESCUE.**

Ultimately, sound judgment and knowing when to turn around and save it for another day are your most important backcountry survival skills.

“To learn more about safe outdoor activities, personal preparedness and how to reduce the number and severity of search and rescue incidents, visit AdventureSmart.ca and @BCAdvSmart on Twitter, Instagram and Facebook.”

For more information visit:

AdventureSmart.ca

BC AdventureSmart Instagram [@BCAdvSmart](https://www.instagram.com/BCAdvSmart)

BC AdventureSmart Facebook [@BCAdvSmart](https://www.facebook.com/BCAdvSmart)

BC AdventureSmart Twitter [@BCAdvSmart](https://twitter.com/BCAdvSmart)

BC AdventureSmart Weekly Webinars @BCAdvSmart Facebook Events

**The BC Search and Rescue Association endorses,
supports and created the BC AdventureSmart program.**

