

## Brisbane Water Outdoors Club



### **WILDERNESS SAFETY**

(Extract from the Bushwalkers Wilderness Resque Squad Inc. Website)

- Do give complete route details of where you are going to close relatives/friends or the police.
- Do tell them when you are leaving and returning and anyone's special medical conditions e.g. diabetes, asthma.
- Do notify them of your safe return. Do take the correct map and compass. Know how to use them.
- Do take appropriate clothing/footwear. Always take a windproof/waterproof jacket, and clothing that can keep you warm when wet, eg wool and definitely not jeans.
- Do take waterproof matches and some spare cold food eg salami, sweets, nuts.
- Don't overestimate your abilities. Always allow time for the unexpected, eg thick scrub, clifflines.
- Don't go faster than the slowest member of your group. At regular intervals do a head count of your group.
- Don't split up your walking group (except for below) during your trip. There is safety in numbers.
- Don't leave an injured person alone in the bush. A walking group of three or more will allow one to look after the injured while the other goes for help.
- Don't keep moving when lost. Find a campsite with nearby water, and that will be visible from a helicopter. Wave vigorously at any helicopters - they are probably looking for you!
- Don't forget if you are overdue to phone home from the first phone box or police station you come to.
- Remember Your safety is dependent on your fitness and experience and the trip leadership and equipment. Every trip must include at least one experienced bushwalker to every three inexperienced walkers.