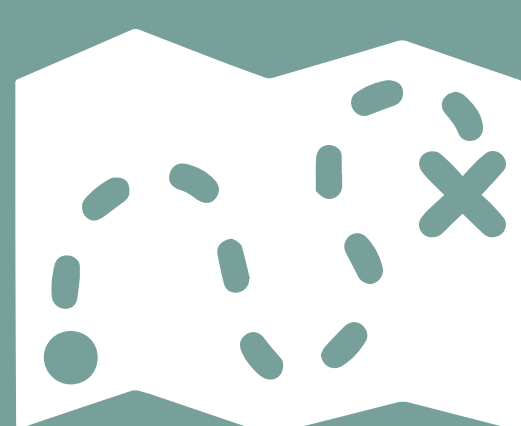


# A CHECKLIST TO HAVING FUN AND STAYING SAFE IN THE WILDERNESS

*Before leaving home, educate yourself about the risks of your planned adventure and go prepared. This ensures not only the best possible adventure experience for yourself, but also reduces strain on the places you visit.*

## THE 3 T'S



### TRIP PLANNING

- Plan your route
- Gas up
- Check the terrain and weather conditions of your destination
- Fill out and forward your trip plan so someone knows where you're going and when you'll be back

### TRAINING

- Train for the trip
- Learn any necessary skills beforehand
- Know your limits and stay within them



### TAKING THE ESSENTIALS

Think of them as the most important items you need to put in your pack or car for any outing. The essentials include the following:



- Headlamp or flashlight with extra batteries
- Fire-starter kit
- Extra clothing, including rain gear
- Extra food and water, and a means of purifying it
- Pocket knife
- Sun protection including sunscreen, lip protection and sunglasses
- An emergency blanket or shelter
- A first aid kit
- Navigation and communication devices like paper maps, compass and/or a GPS. (Many rural parts of British Columbia have little to no cell phone service and a device like an inReach is ideal to bring along)

## CHOOSING AN ADVENTURE



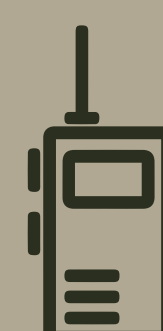
### GUIDED ADVENTURE

Booking a guided adventure with a local business can help to alleviate many pressures of the trip-planning process, in addition to creating an even higher-value experience.



### ITINERARY

No matter where you plan to go, be sure to leave a copy of your itinerary with a trusted family member or friend – especially if you are planning a solo trip.



### REMOTE LOCATIONS

Carry a SPOT, inReach or Zoleo Satellite Communicator for trips to remote locations. Especially if you are travelling solo.

## SAFETY IN THE BACKCOUNTRY

When you're travelling in the backcountry and on most rural roads in British Columbia, it's important to know that your cell phone won't be very useful most of the time, if at all. It is extremely important that you call ahead and let someone know your estimated time of arrival, and carry a map or paper copy of your route to avoid getting lost without service!

*Before you go, take note of the emergency numbers for the area you will be visiting. Some important numbers for our region are listed below.*

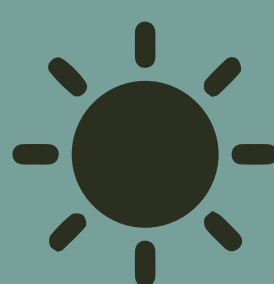
Conservation Officer Services to report human-wildlife conflict: 1-877-952-7277

Report a Wildfire: 1-800-663-5555 or \*5555 for mobile phones.

Police, Fire, Ambulance for most of BC\*: 911  
Bella Coola Police: 1-250-799-5363  
Bella Coola Ambulance: 1-800-461-9911  
Ambulance from a satellite phone: 250-374-5937  
Ambulance if 911 does not work: \*0 ask for the operator

BEFORE

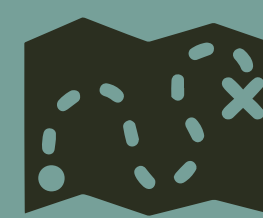
HEADING OUT



CHECK  
WEATHER



GAS UP



KNOW WHERE TO GO

## DON'T OVERPACK!



*As a rule of thumb, your loaded backpack should not weigh more than 20% of your weight. With a day pack, aim for about 10% of your body weight.*

## DRESS IN LAYERS



Wear polyester or merino wool instead of cotton



Take full rain gear including pants and hat



Take good footwear suitable for your activity

SCAN THIS QR CODE TO DOWNLOAD THIS GUIDE TO YOUR PHONE OR TO LEARN MORE ABOUT HOW & WHERE YOU CAN TRAVEL RESPONSIBLY IN BC

