



# LAND

## The land safety code

### 5 simple rules to help you stay safe



#### 1. Choose the right trip for you

Learn about the route and make sure you have the skills for it.



#### 2. Understand the weather

It can change fast. Check the forecast and change your plans if needed.



#### 3. Pack warm clothes and extra food

Prepare for bad weather and an unexpected night out.



#### 4. Share your plans and take ways to get help

Telling a trusted person your trip details and taking a distress beacon can save your life.



#### 5. Take care of yourself and each other

Eat, drink and rest, stick with your group and make decisions together.