The Outdoor Safety Code

Before you go into the outdoors get familiar with New Zealand’s Outdoor Safety Code.

5 simple rules to help you stay safe

1. **Plan your trip**
   Seek local knowledge and plan the route you will take and the amount of time you can reasonably expect it to take.

2. **Tell someone**
   Tell someone your plans and leave a date for when to raise the alarm if you haven’t returned.

3. **Be aware of the weather**
   New Zealand’s weather can be highly unpredictable. Check the forecast and expect weather changes.

4. **Know your limits**
   Challenge yourself within your physical limits and experience.

5. **Take sufficient supplies**
   Make sure you have enough food, equipment, clothing and emergency rations for the worst-case scenario. Take an appropriate means of communication.

www.adventuresmart.org.nz