KNOW BEFORE YOU GO

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.

Also available:
- The Boating Safety Code
- The Water Safety Code

For more information about how you can prepare for your outdoor activity, visit www.adventuresmart.org.nz