

GOLD wild country pre-hike safety briefing

YOUR safety is our primary concern. You will be instructed in navigation, response to emergencies and how to operate effectively in wild country.

You will often be more than 2 hours from immediate help: time for problems to escalate and become serious.

Preparation and making sensible decisions as a team are the best way to reduce risks.

Adherence to the following is a requirement in all your activities in wild country:

1. **FOLLOW ALL** instructions from your adult instructors. They are in charge!
2. EAT and DRINK plenty, all day. *Reduce risk of hypothermia & heat stroke.*
3. REMEMBER INHALER / EPIPENS: show your leader and group WHERE they can find them. Remind your leader and group of any serious allergies.
4. Do not wear shorts. *Reduce risk of tick bites and infection with lyme disease.*
5. NEVER cook in tents. *Reduce risk of burns and CO poisoning.*
6. TAKE your radio and mobile phone (charged & in plastic bags: keep them on)
7. Walk together: do NOT split up (*but see emergency procedure)
8. Work as a TEAM: stay together and look after each other. *Unusual mood changes indicate onset of hypothermia.*
9. Pack the following, on all hikes:
 - Waterproofs: jacket and trousers
 - Hat and gloves
 - Map & compass
 - Survival bag / blanket / whistle
 - Spare warm clothing
 - Torch – spare batteries
 - Food and water
 - First aid kit
 - Walking boots; 2 socks: avoid blisters.

Other things:

Set up mobile phone for texting 999: TEXT “Register” to 999; then follow instructions.

ONLY in the event of a serious accident dial 999 / 112

If you fail to comply with the above then the group may be escorted off the mountain.

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Questions you can ask your group:

Why is eating and drinking sufficient important on expeditions?

Why should you never cook in your tent?

If you are out of mobile range how will you get help?

How can you avoid blisters?

When should your group split up?

Who is responsible for administering an EPIPEN?

What kit will you pack for a day hike in wild country?