

Make a Plan

Although most trips into the outdoors go without a hitch, you need to be fully prepared.

Fortunately, Mountain Safety Council has come up with an online tool to make it easier for you:

www.mountainsafety.org.nz/plan-my-trip

Their website has full guides, but here are some quick tips:

- 1 Plan your day walk**
Planning your walk and considering the fitness of your group will help you to have the right gear, skills and expectations in order to have a safe day out.
- 2 Tell someone your plans**
This is essential - there's always a chance that something could go wrong and it's important that someone knows where you are.
- 3 Be aware of the weather**
Knowing what the weather is going to do on the day means you can pack the right gear.
- 4 Know your limits**
This means you can pick a walk that is likely to meet everyone's expectations and you are less likely to get into dangerous situations.
- 5 Take sufficient supplies**
Having the right supplies means you are more likely to stay warm, safe and comfortable.

