



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