

OUTDOOR SAFETY CODE

Every trip needs a plan, even a short day walk. If you've adequately planned before you hit the track, there's a good chance you'll be prepared to handle an unexpected turn of events. Regardless of the level of activity or intensity, each of these steps can help you to be prepared for what you might encounter in the outdoors.

PLAN YOUR TRIP

- » Seek local knowledge, plan the route you will take, who you will be with, the amount of time you can reasonably expect it to take, where you can stay at night if need be, and assess any potential hazards.
- » Plan your trip with your group members so everyone understands the itinerary, right from the get-go.

TELL SOMEONE YOUR PLANS

- » Tell someone your plans and leave a date for when to raise the alarm if you haven't returned.
- » Because many outdoors locations are remote and have no mobile phone coverage, if something does go wrong the only way emergency services can help you is if they know you haven't returned. Tell a trusted family member or friend, even if they're overseas.
- » Be sure to also let them know once you've returned!

BE AWARE OF THE WEATHER

- » Weather conditions can quickly catch out the unprepared. Check the forecast as well as any weather watches and warnings for your region. Always check the mountain and rural forecasts for the region you're going to, as they can be quite different to an urban forecast for a major town or city.
- » When you're going out you must consider what effects the weather will have on your trip. If the weather does change for the worse, you need to decide if it's significant enough to alter your plans.
- » Keep an eye on the long range forecast and don't hesitate to reschedule a trip if the weather looks scratchy.
- » If the weather forecast isn't favourable or you encounter poor weather while out, consider the following:
 - Staying an extra night
 - Changing your route to avoid river crossings, avalanche routes, and exposed ridgelines
 - Heading home and planning to return another time.

KNOW YOUR LIMITS

- » Challenge yourself within your physical limits and experience.
- » There are many different types of tracks - from high quality easy paths with clear track markers, to very challenging routes with no track or markings. Before you go, make sure you've selected a hike or walk that's suitable for you and your group.
- » When planning a group activity, ensure it's at everyone's skill level, and that you've got the right equipment for the journey.

TAKE SUFFICIENT SUPPLIES

- » Make sure you have enough food, equipment, and emergency rations for the worst-case scenario. Take an appropriate means of communication.
- » Always test your equipment before you leave.

For more information see the New Zealand Mountain Safety Council website www.mountainsafety.org.nz



www.macpac.co.nz



TRAMPING GEAR LIST

Everything you need for your next adventure



ESSENTIAL EQUIPMENT

- ☐ Backpack
40-65 litres for overnight trips / 65-80 litres for multi-day trips
-
- ☐ Waterproof pack liner
- ☐ Sleeping bag
-
- ☐ Headlamp and one set of spare batteries
- ☐ Survival kit
Make sure this is stored in a waterproof bag
 - ☐ Survival bag or emergency blanket
 - ☐ Whistle
Most Macpac packs have whistles built into the chest strap
 - ☐ Pencil and paper
 - ☐ Fire steel and lighter
 - ☐ Knife*
Small and sharp is best
- ☐ Eating utensils: spork, bowl or plate, cup
- ☐ Water bottle or bladder
Drink at least two litres per day and remember to add electrolytes
- ☐ DOC Hut tickets
Check out www.doc.govt.nz to find out how many you'll need
- ☐ Toiletries and medication
Use biodegradable soap and don't wash in streams or lakes
- ☐ Sunscreen and insect repellent
- ☐ Rubbish bag
All rubbish must be taken out with you

ESSENTIAL CLOTHING

- ☐ Boots
Choose boots that are suitable for the terrain, weight you're carrying and duration of the trip
-
- ☐ Tramping socks
Take one pair for every two days you're tramping
-
- ☐ Thermal base layer: top and leggings
-
- ☐ Fast-drying shirt
Long-sleeve shirts with a UPF 50+ rating are best all year round
-
- ☐ Fast-drying shorts or pants
-
- ☐ Mid-layer fleece
Take an extra merino or fleece mid-layer when it's cold
-
- ☐ Down or fleece jacket
-
- ☐ An extra pair of socks and underwear

- ☐ Warm hat and gloves
Important, even in summer
- ☐ Sun hat and sunglasses
- ☐ Rain jacket
For maximum comfort and safety, choose a jacket with hydrostatic head of at least 5,000mm and breathability rating of 5,000 or more

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- ☐ Waterproof over-trousers or pants
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CORE GROUP EQUIPMENT

Carry at least one per group

- ☐ Mobile phone
- ☐ First-aid kit
Make sure you include a blister kit, antihistamines and painkillers
- ☐ Map* and compass
Print out your map from www.topomap.co.nz
- ☐ Recommended: GPS (or app on phone)*
- ☐ Recommended: Personal Locator Beacon (PLB)
- ☐ Recommended: Bivvy, fly or tarpaulin
- ☐ Cooking equipment:
 - ☐ Pot
 - ☐ Stove and gas
- ☐ Cleaning equipment:
 - ☐ Biodegradable soap
 - ☐ Scrubber
 - ☐ Tea towel
- ☐ Toilet paper and hand sanitiser
- ☐ Candles or battery operated lamp

OPTIONAL KIT

- ☐ Sleeping bag liner
This keeps your sleeping bag clean
-
- ☐ Tent
-
- ☐ Sleeping mat
Carry one, just in case the hut is full, or for the tent
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- ☐ Camera
- ☐ Neck buff
Great for keeping the sun off your neck and warm in winter
- ☐ Gaiters
-
- ☐ Trekking poles
-
- ☐ Pack cover
- ☐ Microfibre towel
- ☐ Water treatment system*

* Not available in store