

Emergency Preparedness



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Introduction

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- Member of Wilderness Adventurers, Five Winds Ski Club, East York, Alpine Club of Canada, Adirondacks Club
- Many years in outdoors, backpacking, wilderness hiking, backcountry skiing, etc.

Maureen McFarland

- Member of Outdoor Club of East York, Bruce Trail
- Many year of hiking and outdoor experience

Expert – NO!

DISCLAIMER: I am not an expert, and our intent today is to introduce the topic of Preparing for an Emergency. The discussion will be based upon training I have taken, observations and learnings from outings with many very experienced folks, and from personal experiences.

Two Rules to Live By

- Whenever we venture into the outdoors, we should expect that something “unexpected” WILL happen.
- Venture out on the premise that a day trip WILL be an overnight trip.

Prepare for What?

- You get lost or separated from your group
- You or a member of your party has an accident and can't continue on
- You are suddenly stranded or impacted by unexpected weather or adverse conditions

But What Could Go Wrong?

Situation 1: (father and two sons, ventured out in light rain...)

Situation 2: (person stops for a photo and loses rest of group)

Situation 3: (two people leave group for a shortcut, get on wrong trail)

Situation 4: (lady leaves trail to get dog)

Have a look on your own:

- *www.adirondackalmanack.com*

If You Get Lost or Injured

- **If you become lost, keep calm, stay dry, keep warm and stay put. YOU ARE MUCH MORE LIKELY TO BE FOUND!**
- If it appears that you will need to spend the night in the woods, build a campfire to provide heat, light and comfort. A campfire will be valuable in locating you if you have been reported missing. Aircraft may be used in searching when weather permits and smoky campfires may be spotted from the air.
- If the weather is particularly cold or bad and you must spend the night in the woods, also build a small shelter using dead branches, boughs and leaves. The shelter will serve as a "cocoon" and should be just big enough for you to lie in comfortably. Set up camp before darkness falls.
- In case of accident, at least one person should remain with the injured person. Know and use basic first aid techniques.
- Use your phone – even when you think there is no reception, your coordinates may still be picked up by rescuers.

Three Basic Needs in Order

- Shelter
- Fire
- Water

What to Carry – Who Wants a Heavy Pack?

Misconception – NOT
a lot of heavy
equipment is required.

Here is a basic list. It
will fit in a small bag
or pot.

“10 Essentials”

In 2003, the essential list was revised as part of the seventh edition of

Mountaineering: The Free

[4] to keep up with

But Isn't the Leader Responsible for ME?

NO! You are!!

A leader is facilitating the outdoor activity and will normally plan routes, perhaps meals, distances, times, etc. and will look out for the overall safety of the group, however he/she cannot foresee what may happen to an individual in terms of an accident, getting lost, weather situations and other perils in the outdoors.

Organizations Offering Courses

- Barefoot Bushcraft [Ontario]
- Beyond the Fire School of Survival [Ontario]
- Canadian Bushcraft [Ontario]
- Earth Tracks [Ontario]
- Near North Wilderness Survival School [Ontario]
- School in the Woods [Ontario]
- Sticks & Stones Wilderness School [Ontario]

Links to Five Winds Material by Gary Ataman

- Basic List
- Full safety presentation – a MUST READ!!

<http://www.skifivewinds.org/content/website-navigation>

Wrapup and Open Discussion