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Mountain Safety Council Urges Trampers to complete an Outdoors Intentions Form

The New Zealand Mountain Safety Council, praises Estonian trumper Mr Andre Lipand for having an outdoors intentions process in place after being rescued from the Mount Aspiring National Park at the weekend.

Mr Lipand had set off on a solo trip on the Young-River-Gillespie Pass-Wilkin River circuit and planned to walk and raft his way through extremely dangerous terrain. Unfortunately he encountered difficulties trying to raft the gorge and became bluffed and unable to move.

Luckily, Mr Lipand had left details of his proposed trip also known as 'Outdoors Intentions' with a friend, indicating where he was going and when he was expected to finish his trip. When he did not arrive home as organised, his friend raised the alarm with the police resulting in Wanaka Search and Rescue being called in. The fact notice had been left of his intentions, meant that the time taken to rescue Mr Lipand was considerably reduced.

The Mountain Safety Council advises that when venturing into the outdoors you should always use the Outdoor Safety Code. Rule number two states 'Tell Someone' and an easy way of doing this is to complete an 'Outdoors Intentions' form on which you can put down all the details of your proposed trip. This form can then be left with a trusted person who can contact the police, if you do not return home at the designated time.

"The use of the Outdoors Intention form will always save time in a search and rescue situation, and possibly lives. Having all of the information in one place helps searchers to trace your route and find you or work out where you might have struck trouble," said Chris Owens, Bushcraft Programme Manager for the NZ Mountain Safety Council

"However we recommend that you effectively plan your trip, talk to locals and know your limits to minimise the risk and avoid having to call out Search & Rescue in the first place," he added.

You can download a free Outdoors Intentions form from the NZ Mountain Safety Council website.
www.mountainsafety.org.nz/Resources/Resource_List.asp?t=1&cat=9

The Outdoor Safety Code.

Following the 5 simple rules will help you stay safe and have an enjoyable experience in the outdoors.

1. Plan your trip.
2. Tell someone your plans.
3. Be aware of the weather.
4. Know your limits.
5. Take sufficient supplies.

For more information about Outdoors Intentions, The Outdoor Safety Code and outdoors training and education please visit [**www.mountainsafety.org.nz**](http://www.mountainsafety.org.nz)

ENDS: 401 WORDS

Note to editor: you can request download the Outdoor Safety Code as an image to accompany story.

For further information regarding this press release or to arrange an interview please contact:

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ABOUT THE NEW ZEALAND MOUNTAIN SAFETY COUNCIL

The New Zealand Mountain Safety Council was formed in 1965 in response to the increasing number of mountain, bush and firearms fatalities. Today, NZMSC is a national organisation responsible for safety in land based outdoor activities. We facilitate the setting of standards, offer training, distribute resources, lead public awareness campaigns and foster positive support in the community so that more people can discover and enjoy New Zealand's outdoors safely.

[**www.mountainsafety.org.nz**](http://www.mountainsafety.org.nz)