

NEW ZEALAND MOUNTAIN SAFETY COUNCIL MEDIA RELEASE - 13 DECEMBER 2010

CLOSE CALL REMINDER TO FOLLOW THE OUTDOOR SAFETY CODE

A close call for a 45-year-old trampler - seven days into a solo tramp through the Tararua Ranges north of Wellington - is a clear reminder to be prudent and take proper care in the outdoors.

The man was airlifted to hospital for treatment after he was found on Sunday by two trampers. The Wellington man was alone, fatigued, hypothermic and injured. It is not clear whether he had a means of emergency communication.

New Zealand Mountain Safety Council Chief Executive Darryl Carpenter said it was imperative that anyone going into the outdoors follow The Outdoor Safety Code. Being aware of the weather, knowing your limits and taking the sufficient supplies (including the right means of communication) is very important, especially for a solo trampler.

"We want everyone to enjoy their experience in the outdoors this summer. Keeping safe is simple, inexpensive and can save your life.

"When heading into the outdoors, know The Outdoor Safety Code. Follow its 5 simple rules to help you keep safe," he said.

The Outdoor Safety Code

- Plan your trip.** Seek local knowledge, plan the route you will take and the amount of time you can reasonably expect it to take.
- Tell someone.** Tell someone your plans and leave a date for when to raise the alarm if you haven't returned.
- Be aware of the weather.** New Zealand's weather can be highly unpredictable. Check the forecast and expect weather changes.
- Know your limits.** Challenge yourself within your physical limits and experience.
- Take sufficient supplies.** Make sure you have enough food, equipment and emergency rations for the worst case scenario. Take an appropriate means of communication such as a personal locator beacon or mountain radio.

For more information about outdoor safety visit www.mountainsafety.org.nz or www.outdoor-safetycode.co.nz

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