

Lost Prevention Tips



Hiking and camping are great activities for adventure. But before going off on a trip, you need to know how to prevent becoming lost, and what to do if you happen to get separated from friends and family. Here are a few tips.

Before Going on a Trip

- Tell your family where you are going, when you will arrive, the route you plan on taking, and any local phone numbers.
- Dress for the weather and pack a few extra clothes in case it gets cold or wet.
- Use the “buddy system” which means going with a friend and never alone.
- Stay on trails and with your group. Don’t take unknown shortcuts.
- Always pack along your First Aid/Survival kit.



Lightning is a Safety

If You Do Get Lost

- Stay calm and relax. Someone will come to find you. Don't climb up a tree or hide under logs.
- Keep warm. Cover your head and zip up your jacket.
- Find a sheltered place near a clearing and stay put to help searchers find you. Don't wander around.
- If night comes, make a survival shelter or bed to keep you off the cold ground and to help you stay dry. Make a small fire if it is cold out.
- Put out something bright. One of your coloured garbage bags can be ripped into strips.
- If it is cold and wet, rip a hole in a garbage bag for your head and put it on as a raincoat.
- Make three signals - fires, whistles or yells - to alert searchers where you are.
- Don't worry about being punished. Adults are only concerned about finding you safe and healthy.

