

OCCASIONALLY OUTDOORS • FIELD SAFETY PROTOCOL

WILDERNESS TRIP SAFETY & ITINERARY SHEET

Leave a completed copy of this document with a trusted contact before heading into the backcountry.



PRIMARY EMERGENCY PROTOCOL FOR CONTACT PERSON

If the party listed below has not checked in or returned by the **Overdue Cut-off Time**, immediately notify local authorities (RCMP, Provincial Police, or Park Rangers). Provide them with this completed sheet. Do NOT wait extra days.

1. KEY CONTACT & TIMELINES

PRIMARY CONTACT PERSON (AT HOME)

PHONE / MOBILE

ALTERNATE CONTACT PHONE

DEPARTURE DATE & TIME

EXPECTED RETURN DATE & TIME

OVERDUE CUT-OFF TIME (CALL AUTHORITIES IF NOT CHECKED IN BY)

2. LOCATION & VEHICLE INFO

PARK / TRAILHEAD / AREA NAME

TRAILHEAD PARKING LOCATION / COORDINATES

VEHICLE MAKE, MODEL & COLOR

LICENSE PLATE # & PROVINCE/STATE

3. TRIP ROUTE & PLANNED CAMPSITES

DAY / DATE	PLANNED ROUTE / TRAIL SECTION	DESTINATION / CAMPSITE NAME OR GRID	EMERGENCY WATER / EVAC POINT	NOTES / CONTINGENCY

4. GROUP MEMBERS DETAILS

FULL NAME	PHONE / ICE CONTACT	MEDICAL CONDITIONS / NOTES

5. SAFETY & GEAR CHECKLIST ON-BOARD

- | | |
|--|--|
| ☐ Satellite Messenger / PLB ID: | ☐ First Aid Kit (Wilderness) |
| ☐ Bear Spray / Deterrents | ☐ Water Filter / Purification |
| ☐ Emergency Shelter / Tarp | ☐ Fire Starter & Backup |
| ☐ Paper Map & Compass | ☐ Extra Rations (___ Days) |

6. LOCAL EMERGENCY AGENCY CONTACTS

LOCAL POLICE / SEARCH & RESCUE

PARK WARDEN / RANGER STATION

NEAREST HOSPITAL / CLINIC