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| **EMERGENCY CONTACT LIST** | | |  |
| **FIRST NAME** | **LAST NAME** | **CELL PHONE** | **EMAIL (OPTIONAL)** |
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**Trip Tips**

**S | T | O | P — Stop Think Observe Plan Then ACT!**

The acronym STOP (stop, think, observe, plan and then act) highlights the importance of a survival attitude that involves carefully planned actions rather than irrational behaviour based on fear.

**Always have a means of communication**

Consider carrying a device compatible with your activity and location to call or alert others in an emergency.  Remember, if you are in danger, your chance of a successful outcome increases if your call is made as soon as possible.

**Be Prepared**

Ensure everyone with you understands what to do in case of an emergency.

**Don't depend solely on technology**

Equipment failure and lack of reception are very possible in the outdoors. Consider carrying a map and compass as a backup.

**Familiarize with your equipment**

Know the capabilities and the limitations of the equipment you are planning to use as your lifeline to survival.