
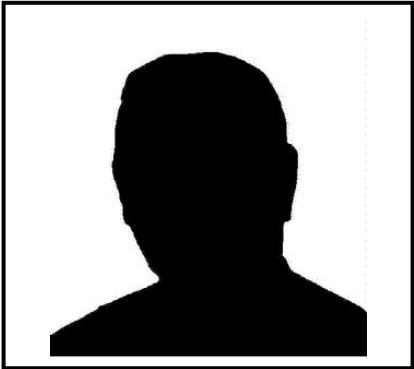


PERSONAL OUTDOOR PLAN

Section A:		PERSONAL DETAILS		 Survival Wisdom 2011
1: Name: <div style="text-align: center; color: blue;">BILL SMITH</div>		2: Address: <div style="text-align: center; color: blue;">35 BURNING ROAD CLASSIC KENT CL79 5UA</div>		3: Photograph: <div style="text-align: center;">  </div>
4: Gender:	M <input checked="" type="checkbox"/>	F <input type="checkbox"/>	6: Travelling With: A: DAVE BROWN B: SARAH JONES C: MOLLY WISE	
5: Age: <div style="text-align: center; color: blue;">32</div>				
TELEPHONE COMMUNICATION DETAILS				
7: Mobile No: 07771234567		7a: Network: Purple		7b: Battery life at start: 18 Hours
8: Satellite phone No: 12345678910		8a: Make Iridium	8b: Model Sound Master	8c: Battery life at start: 48 Hours
RADIO COMMUNICATION DETAILS				
9: Radio Call Sign: N/A		9a: Frequency / Channel: N/A		9b: Battery life at start N/A Hours
PERSONAL LOCATOR BEACON				
10: PLB Make: MCMURDO		10a: PLB Model: FASTFIND MAX		10b: Frequency: <div style="text-align: center; color: red; font-weight: bold;">406 MHz</div>
11: Hex Id: 1D0E5C40C2FFBFF		11a: Beacon GPS: 800-508288 SN 8289		11b: Registration Info: UK MRCC 11/08/2009
12: Battery life from time of activation: 48 hours				
PERSONAL TRACKER DETAILS				
13: Tracker Make: SPOT		13a: Tracker Model: Mr 2		13b: Tracking Details: Log on at www.spottrack.org Username: smithy99 Password: 2468
14: Battery life from time of activation: 72 hours				
15: MEDICAL CONDITIONS / MEDICATION CARRIED / ALLERGIES / INJURIES: I have mild Asthma and carry a blue inhaler for this. I also suffer badly from bee and wasp stings and have Puriton tablets in my medical kit.				

Section B:

DESTINATION / ROUTE INFORMATION



Survival Wisdom 2011

1: Vehicle Used:	Y ✓	N	1a: Make: Jeep	1b: Model: Cherokee	1c: Colour: Gold	1d: VRN: A123 BCD
2: Vehicle Parked at: .CAR PARK NUMBER 3 FOR FOREST TRAIL GREEN. SW 244 765				3: Destination: WILD MOOR NATIONAL PARK		
4: Map Sheet: 989 Edition: 1: GSGS Dated: 2006			5: Map Title: WILD MOOR NATIONAL PARK		6: Map Scale: 1:50,000	
7: Datum Used: UTM- OSGB				8: Compass Carried:	Y ✓	N
				9: G.P.S. Carried:	Y ✓	N
10: START		Date: 19/12/2008		TIME: 2pm		Start Point: SW 246 764
11: RETURN		Date: 21/12/2008		TIME: 10.30 am		Finish Point: SW 365 231
12: Additional Information: We intend to overnight at a campsite grid reference SW 245 889.						
13: CUT OFF		Date: 21 - 12 - 2008		TIME: 11 AM		
At this point if I haven't contacted you, call the group using the mobile number 07771 234567 to establish the situation. If you cannot get through call 999 and tell them that we are overdue on our return. Inform them of the details of our trip and relay the information in this POP. Obtain receipt information as on the final page. If you are contacted by the emergency services inform all the group contacts of the situation. Follow all instructions given to you by the emergency services.						
ROUTE CARD						
Leg	From	To	Bearing Degs / Mils	Distance Km/M/Miles	Ground Description	
1	Gate SW 246 764	Bridge SW 248777	100 Deg	500 M	Follow river keep to west bank	
2	Bridge SW 248777	Trig Point SW 250 762	260 Deg	1Km 600M	Climb hill, follow hiking path	
3	Trig Point SW 250 762	Wood SE corner SW 248 899	165 Deg	2Km	Downhill, hand rail south edge of wood	
4	Wood SE corner SW 248 899	Camp site SW 245 889	70 Deg	3Km 100M	Follow wood line to lane. Head North to Campsite Overnight stay	
5	Camp site SW 245 889	River bend SW 255 678	140 Deg	2Km	Say on West side of ridge head towards phone mast in distance	
6	River bend SW 255 678	Car Park SW 365 231	30 Deg	1Km 750M	Follow hiking path. Cross low wall. Phone wife when there	
7						
8						
9						
10						

Section C:**EQUIPMENT CARRIED AT START OF TRIP**

Survival Wisdom 2011

Basic Supplies	Rations	Equipment	
RUCKSACK	WATER	5 L	BLIZZARD BAG
SLEEPING BAG	PREMAC FILTER	1	FIRE STEEL
GAS COOKER	IODINE TABLETS	1 pack	COTTON WOOL
FUEL	FOOD	4 days	KNIFE
1 MAN TENT	ARMY RATIONS	3	MATCHES
SLEEPING MAT	PASTA	1KG	CANDLE
	TEA	50	PURI TABS
Waterproofs	COFFEE	1 jar	ORANGE MARKER PANNEL
JACKET	MILK POWDER	1 jar	WALKING POLES
TROUSERS	ENERGY BARS	5	TARP
HAT	Medical Kit		Wisdom Edge Knife
GLOVES	PLASTERS	30	50m PARA CORD
	BLISTER KIT	1	CAMEL BACK 2L
	PARACETAMOL	24	2 SPARE GAS
Spare Clothes	TWEEZERS	1	Torch & spare bats
SOCKS	BANDAGES SM	3	Whistle
LONGJOHNS	BANDAGES LG	2	
UNDERWEAR	ZINC TAPE	1	
T SHIRT	STERI STRIPS	20	
JUMPER	ANTI CEPTIC WIPES	10	
THERMAL TOP	BURNS BAG	2	
HAT	INHALER	1	
GLOVES	ANTIHISTAMINE	24	
Additional Items			
Survival kit	Signal mirror		
Rescue Laser			
Hi visibility vest - yellow			

Section D:**PREVIOUS TRAINING / EXPERIENCE**

Military service as an infantry soldier for 3 years. Basic map reading skills. Survival course with Survival Wisdom in 2008. 3 Previous outdoor trips to this area in last 2 years. First Aid at work qualified. Competent GPS user.

Section E:**EMERGENCY PLAN****In an emergency I will:**

Carry out First aid and move away from any further danger. Call 999 and explain the situation and give our location. I will follow all instructions I am given. I will tell them the location of the POP and ask them to inform .My Contact Mr D Smith of the situation. I will maintain a phone link and update them regularly. If I have no telephone communications I will operate the PLB. I will erect shelter and put out an orange air marker panel. . I will wear a yellow hi visibility vest for recognition. I will maintain heat with the cooker, or start a fire if possible. I will Keep hydrated and eat if water is in good supply. I will remain in the same position until SAR help arrives. I will signal in daylight by heliograph & whistle, at night by rescue laser & whistle. I will wait for rescue for 96 hours before attempting self-rescue. We will plan that at the time.

Section F:

GROUP CONTACTS INFORMATION



Survival Wisdom 2011

1: Contact for: SARAH JONES	2: Name: FREDDY JONES
3: Relationship: FATHER	4: Phone Number (s): 01362 462211 01362 112264
5: Mobile Number (s): 07769 956666 07777888999	6: Email (s): frjones@coldmail.com
7: Address: 20 SOMERSET STREET, UNDERBRIDGE, KENT, TR7 1HB	
8: Miscellaneous Information: Will be at a football match on Saturday afternoon use mobile number 2 from 3 - 5 pm Sunday morning shopping no mobile signal expected time 9 - 10.30	

1: Contact for: DAVE BROWN	2: Name: ANDREW BROWN
3: Relationship: BROTHER	4: Phone Number (s): 01345 678923 01345 987432 01345 718293
5: Mobile Number (s): 07789 345678 07899 87654 07765 876590	6: Email (s): agbrown123@warmmail.co.uk.
7: Address: 56 LEADER CLOSE, OLDQUAY, KENT, TY78 9PQ	
8: Miscellaneous Information: Out to dinner Saturday evening from 8pm use mobile number 1 Playing rugby Sunday @ 10am.	

1: Contact for: MOLLY WISE	2: Name: TOM CORNWALL
3: Relationship: FRIEND	4: Phone Number (s): 01399 483375 01399 050123
5: Mobile Number (s): 07769 987543 07777 444555.	6: Email (s): TC123@WARMMAIL.COM
7: Address: 88 SHEPTON STREET, OVERTON, KENT, PQ33 88HT	
8: Miscellaneous Information: At home all weekend use land line numbers to call.	



1: Received By: Mr Robin Jug

2: Organisation: Wild Moor Search & Rescue Group

3: Appointment: Control room supervisor

4: Contact Details:

4a: Phone Number: 01567 123456

4b: Mobile Number: 07789 10112

4c: Email: opsroom.wmsar@helpmail.org

4d: Address: Unit 1a, Trekkers Avenue, Lochnam, LN13 8E

4e: Additional Information: Ground and air search started @ 2pm 21 / 12 / 2008.

Guidance Notes.

There is no official requirement to leave information with any one, and the emergency services rescue many people each year with very few details. During any emergency situation time is always a factor particularly when someone is injured. This is a personal idea and roughly follows a similar document that I used during my military service.

Have you ever been in a situation where you thought “it will be ok” or “I’ll go a little bit further” or “it looks like bad weather I’ll stop in a bit”, “It wont happen to me” If you recognise any of these sayings or have put yourself in a potentially hazardous situation, stop and think what those left at home are going through. Not knowing your whereabouts, or a time of your return can mean that valuable minutes or even hours are lost before something is done to get you safe.

Taking a few minutes to produce a Personal Outdoor Plan can give you, and those left at home piece of mind, and instructions to start the rescue ball rolling at an early stage.

We know that plans change, and the unexpected happens. The POP should be flexible enough to allow for changes to occur on the ground; however these changes need to be communicated for the POP to be effective.

There is a lot of information in the POP. Put yourself in the SAR planner’s seat. How much information would you want before committing your people to the hills on a cold, dark windswept night? They are at risk too. We are fortunate in having a very comprehensive emergency services network in the UK, both professional and volunteer.

Remember: the person who will have the biggest influence in YOUR rescue is YOU.

The POP is an idea that has developed over years in the outdoors. It is one of the basic rules that many parents install into children at an early age. Where are you going? who with? and when will you be back? These bits of information gave my mum & dad piece of mind and a start point should I fail to return. So why do we stop doing this as we get older?

Search & Rescue (SAR) incidents involve a Search followed by a Rescue. It is the search that generally takes up the most time. This can be reduced by narrowing the search area. The POP helps to do this by providing SAR agencies with the basic information needed to assist with their planning.

The Personal Outdoor Plan is a template for you to use when going on expeditions or days out. The POP is left with someone you choose, and who can then pass the contained information to the emergency services, should you fail to return at the stated time. The POP can be completed and emailed or text to a friend.

Each member of a group can leave their own POP or one may be completed for a whole group. Please ensure that the group identity is made clear as to prevent multiple searches for the same group of people.

The POP **IS NOT** intended to be left in ski lodges or outdoor centres, where it could potentially cause unnecessary concern and confusion if the return date and time are passed and the POP is not cancelled or removed.

The POP is a word document and can be changed to suit your circumstances. You will find that when filled in, many parts of your POP will remain unchanged.

These notes will refer to the POP Section and box number.

Section A. Personal details. *(Your personal details will largely remain unchanged; however the group member's names and contact information may change.)*

1. Your full name, as this avoids confusion.
2. Your address. Box 1 + 2 combined will avoid confusion during multiple SAR incidents.
3. This allows for a positive identification should the worst happen.
4. Used in rescue planning.
5. Used in rescue planning.
6. The names of **ALL** members of the group who are on that trip. It is important to delete or add members prior to setting out. You may wish to add additional details here. For example addresses, phone numbers etc.

Telephone Communication Details.

7. Any (or all) mobile telephone numbers that the group has with them.
 - 7a. Network information for the mobile telephones.
 - 7b. How long is your phone battery expected to last.
8. The number of any satellite telephones you have with you.
 - 8a. Make of the satellite phone.
 - 8b. Model of the satellite phone.
 - 8c. How long is this phone battery expected to last

Radio Communication details

9. Your Callsign / Handle for any radio you are carrying.
 - 9a. The frequency or channel you are using. You may also include alternative frequencies or channels you are planning to use or monitor.
 - 9b. How long is the radio battery expected to last

Personal Locator Beacon Details

10. The make of your PLB.
 - 10a. The model of your beacon.
- 10b. The frequency of your rescue beacon, 406 MHz is standard but you may have an older model using a different frequency.

11. The 15, 22, or 30 figure hexadecimal representation is the beacon identification commonly used in referring to a beacon, and is used operationally as the identification in COSPAS-SARSAT distress alert messages sent to SAR services.
- 11a. This information is transmitted as part of the distress signal and is used to help identify the registered owner. This information is known at the place the PLB is registered.
- 11b. Where the beacon was registered and the date of registration.
12. Battery life can be used as a rescue-planning tool.

Personal tracker Details

13. Make of your tracker.
- 13a. Model of your tracker.
- 13b. How to check progress from the tracker transmissions. This may be done on line, SMS etc.
14. Battery life.

Medical Conditions / Medication Carried / Allergies / Injuries

15. Add any information you feel may be useful in an emergency.

Section B. Destination / Route Information. *(The more information Rescue planners and other emergency services have with regards to your trip and your actions in an emergency the sooner they can narrow a search area and speed rescue. Over time it may be possible to build up a database of destinations. This information can be updated by phone as things change whilst on the trip)*

Vehicle details. *(This may be the start point for a ground search)*

1. Have you used a vehicle to get to the starting point? This area of your POP can be altered to the mode of transport you used.
 - 1a. Make of vehicle.
 - 1b. Vehicle model.
 - 1c. Colour of vehicle.
 - 1d. Vehicle Registration Number.
2. Location the vehicle will be parked.

Route details.

3. What is the destination of the trip. If you don't make it to the start point the emergency services will have information to narrow down your potential whereabouts.
4. Include all map information, maps change and you may have a different edition to the rescue planners.
5. Quickest way to find a map.
6. Different scales will show different detail.
7. This will ensure that locations can be communicated using a Datum the group will be familiar with.
8. A reminder for you to take one.
9. Not everyone likes to use GPS.
10. ALL start information.
11. ALL planned return / finish information.
12. Any additional information. Planned stops etc.
13. The cut off information and clear instructions for the person who has your POP.

Route Card

Your planned route broken down into legs. This can be used a quick reference to pass information.

For example:

"My location is halfway between legs two & three"

OR

"I am 1Km west of the Trig Point on leg 2"

Section C. The equipment you have at the start of your trip. (Use this section as a check list prior to the trip. It can also be a useful rescue-planning tool. The equipment you carry will change depending on time of year, length of trip etc. If you are climbing it may include details of more specialised items such as ropes etc.)

Section D. Previous Training / Experience.

This is YOUR previous experience etc. No Fairy Tales here please.

Section E. Emergency Plan

This section is designed to make you think about your actions in an emergency. It could be useful deciding as a group beforehand so that you all agree. DO NOT change from this without informing the person with your POP or the rescue services during an emergency.

Use the words / WILL to emphasise your intentions and FOLLOW THEM.

Section F. Group contacts Information. (This section contains all of the contact information for all members of the group. The person with the POP may inform group contacts of the situation or it may be the responsibility of the emergency services.)

Section G. POP Receipt.

This information will give the person with your POP contact details for the emergency services dealing with your incident.

I feel it is a nice gesture to say thank you following a rescue. The POP receipt will give you the information to do that.

F. Additional Pages.

You may wish to add additional pages to your POP, and include any information you feel may be useful.

Enjoy your trip & keep safe,

Smarty



SURVIVALWISDOM

EXPERT KNOWLEDGE, BESPOKE TRAINING

