



TELL SOMEONE WHERE YOU'RE GOING

"Someone knows where I am at all times."



STAY IN CONTACT

"I'm with a buddy or I have the equipment I need to communicate without my cellphone when there's no reception."



KNOW WHERE YOU ARE

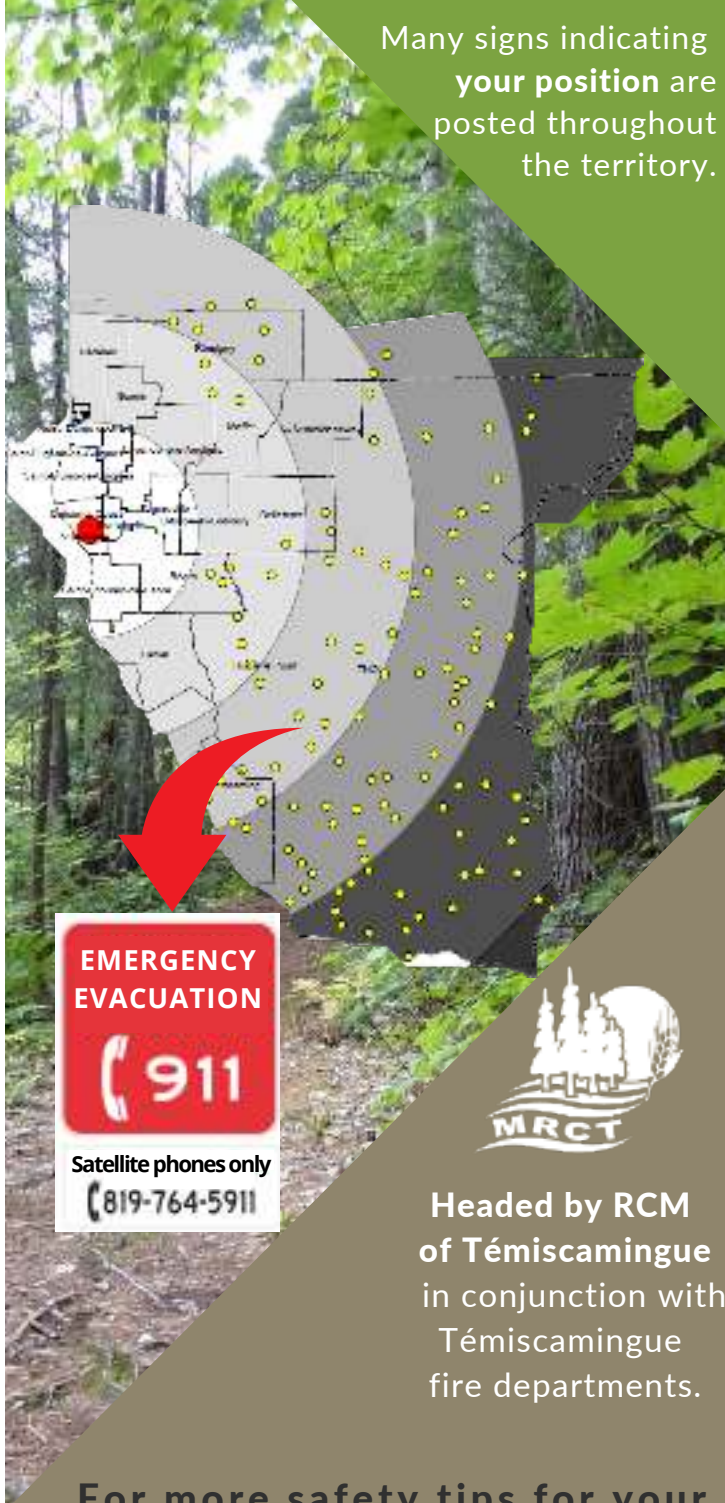
"I can get my bearings and guide a rescue party to me."



RELY ON YOURSELF FIRST

"I'm bringing a first aid kit, because I know it will take time for help to arrive."

**IN THE WILD,
YOUR SAFETY,
IS YOUR
RESPONSIBILITY**



Many signs indicating your position are posted throughout the territory.



BEFORE AN OUTING IN NATURE PREPARE YOURSELF!

THESE SAFETY TIPS ARE PROVIDED TO YOU BY:

THE EMERGENCY RESPONSE IN REMOTE AREA SERVICE



Headed by RCM of Témiscamingue in conjunction with Témiscamingue fire departments.

For more safety tips for your outings in nature, visit:
[www.mrctemiscamingue.org/
securite-incendie](http://www.mrctemiscamingue.org/securite-incendie)



BEFORE LEAVING



PLAN



- Make sure you are accompanied, plan your outing and give your plan to relative.

CHECK



- Network availability;
- Weather conditions.

BRING



- Everything you need; food, water, first aid kit, map of the territory, etc;
- A means of communication.

IN TÉMISCAMINGUE, MOBILE PHONES ONLY WORK IN SOME AREAS.



Outside the cell phone coverage area, it is preferable to use satellite communication system.



Témiscamingue



DURING YOUR OUTING

MAKE SURE YOU

- Follow the guidelines for activities you do.
- Obey signage, speed limits and bans.
- Respect wildlife.



PICK-UP

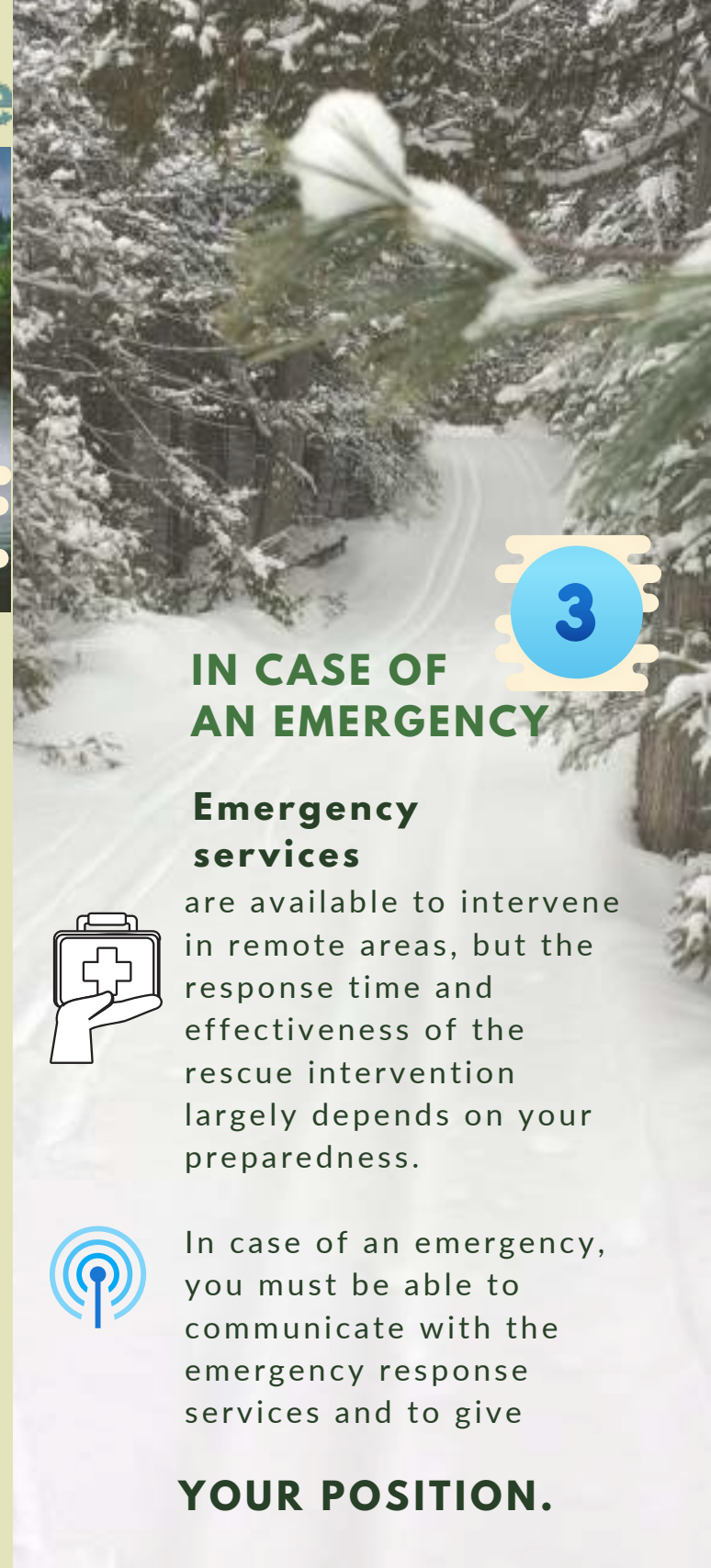
- Your food and garbage and dispose of it appropriately. Make sure food is packed away and keep it at a distance from your tent.



KEEP A EYE



- Out for the signs of hypothermia.
- On the children at all times
- Out for the numbers of the paths you take.



IN CASE OF AN EMERGENCY

Emergency services



are available to intervene in remote areas, but the response time and effectiveness of the rescue intervention largely depends on your preparedness.



In case of an emergency, you must be able to communicate with the emergency response services and to give

YOUR POSITION.