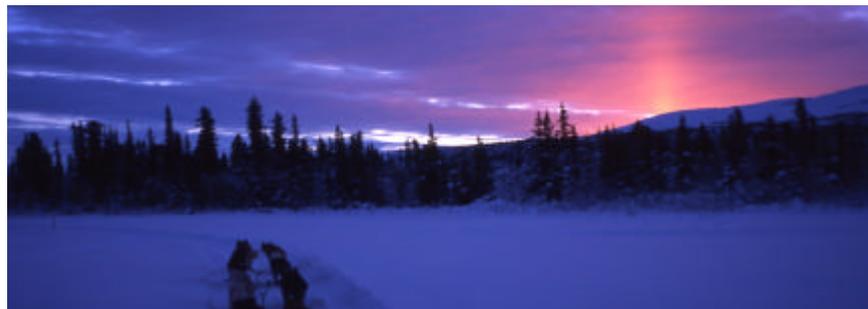




Leave No Trace Canada-Newsletter

DECEMBER 2010

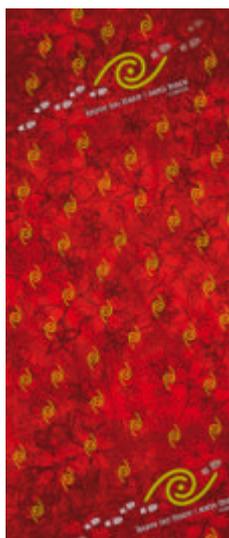


WHAT'S NEW WITH LEAVE NO TRACE CANADA?

Leave No Trace Canada recently made some changes to its membership levels, and updated its benefits.

Levels:

Hiker	\$25
Backpacker	\$50
Explorer	\$100



Leave No Trace Canada Buff®
Only for Explorer Members!

Benefits:

- Personalized LNTC membership card
- One year subscription to the LNTC newsletter
- LNTC bumper sticker
- LNTC reference card
- Annual General Meeting voting privileges
- Special discounts offered by our partners
- Satisfaction that you are playing an essential role in spreading the Leave No Trace ethic
- Backpacker level membership includes a reusable grocery bag made of recycled material with a new LNTC design!
- Explorer level membership includes a unique LNTC/Buf® tubular headwear!

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We are currently working with some of our partners to provide our members with special discounts throughout the year. The information will be found in our newsletter, on our website and member mail.

We would also like to let our instructors know that it is now mandatory for people teaching or taking a Leave No Trace course to be current members of LNTC. We feel that this is a way for instructors and course participants to support our program and for us to stay connected with our new and current ambassadors. For complete information on how to run a LNT course in Canada, please review the 'Canadian course guidelines' document available on our website or by contacting the office.



Leave No Trace Canada reusable bag
Only for Backpacker Members!

LEAVE NO TRACE CANADA'S ANNUAL GENERAL MEETING

by Lyse Boyce

Leave No Trace Canada had an Annual General Meeting (AGM) on November 27th, 2010. We met using an online network called Webex which linked us all across the country. We had access to this network thanks to *Mountain Equipment Co-op (MEC)*, one of our founding partners of who has provided generous ongoing support since *LNTC* started in 2005.

People attending the meeting were at *MEC* stores in Vancouver, Calgary, Toronto, Montreal, and Halifax. Webex also made it possible for a couple of members to connect to the meeting from locations outside of the stores. The Toronto location had several enthusiastic people in attendance, thanks to the outreach of Board member Todd Ward who has been a part of *LNTC* since it was a steering committee. The Toronto group met for some brainstorming and visiting after the AGM.

Using Webex was a good option for *LNTC*. While we do need some face to face meetings once in a while, ideally once a year, we cannot afford to meet in person very often. It is much more affordable to use Webex, and it was agreed that it would be a good format for future meetings. It allows for voice communication, sharing of documents, and video images if the meeting participants have a web-cam.

Laurie Edwards, who has been a part of *LNTC* since the beginning, facilitated her last meeting as the Chair. She has stepped down from the organization after many years of involvement. She will continue her support of *LNTC* through her work at *MEC* and during her outdoor adventures in BC and Alberta.

At the AGM Laurie presented the Chair's report outlining things we're proud of and the main goals of our strategic plan. Some of the accomplishments of *LNTC* are: securing charitable status in Canada; securing partnership with *Aventure Écotourisme Québec (AEQ)* to support and sustain our administrative capacity; and hiring of our first employee, and transitioning to our second (very talented and capable) employee. Renée-Claude Bastien worked for *LNTC* from September 2008 to April 2010, and Catherine Pinard has been with us since May 2010.

LNTC's three main strategic goals for 2010 to 2013 are:

- Develop existing and new partnerships in order to secure stable funding and to work collaboratively to achieve our mission;
- Encourage, facilitate and support training activities;
- Increase organizational effectiveness through leadership development of board and staff.

These strategic goals were discussed in detail at the AGM. Catherine Pinard then presented the Coordinator's report. She has been hard at work! She gave updates on membership, partners, what's been happening at the office, Board activities, training and educational material, and more. Catherine also outlined the challenges she faces with this position: there is a lot of work to do and the position is only a part time one.

We then made a few amendments to the *LNTC* bylaws. These clarified our membership policies and added a preamble to the bylaws that clarifies our commitment to being a bilingual organization. Board member Élyse Lauzon has been instrumental in creating our bilingual policy, as well as many other documents for *LNTC*.

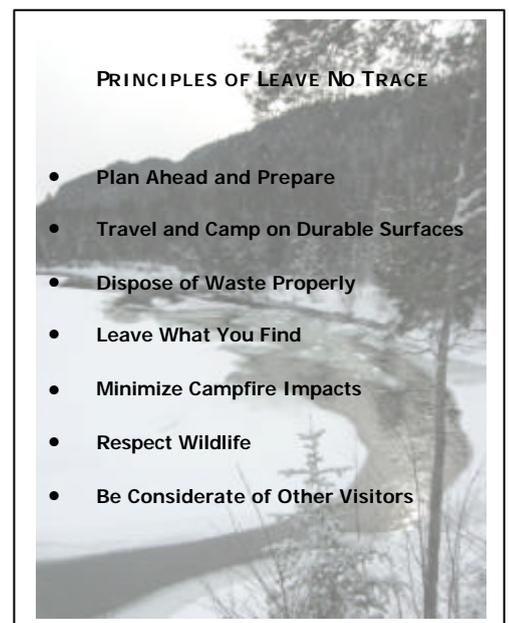
Our Treasurer, Jo-Anne Reynolds presented a financial report and audit review. *LNTC*'s expenses have been pared down and we need more funding coming in soon so we won't be in a deficit position. *LNTC* would benefit a great deal from making the coordinators position a full time one and hiring a second employee. However, we won't be able to do this until more funding is secured.

Six of the Directors were then confirmed and two new Directors were introduced, nominated and voted in. *LNTC* is pleased to welcome Sylvain Marcoux and to welcome back Dean Cattell.

After the AGM, the new Board of Directors met to vote on executive positions. Here is the Board of Directors and the executive positions as confirmed then:

- John Nisbet: Chair (Nova Scotia)
- Élyse Lauzon: Vice Chair (Quebec)
- Jo-Anne Reynolds: Treasurer (Alberta)
- Lyse Boyce: Secretary (Nova Scotia)
- Todd Ward (Ontario)
- Kevin Maloney (Ontario)
- Sylvain Marcoux (Quebec)
- Dean Cattell (Saskatchewan)

We would like to thank everyone who attended the AGM.



A WORD FROM OUR PAST CHAIR

by Laurie Edward



As my term on the *Leave No Trace Canada* Board of Directors comes to a close, I realize the occasion marks the 10-year anniversary of my involvement with this movement.

I was first introduced to Leave No Trace outdoor ethics as an instructor-in-training with the National Outdoor Leadership School. A few years later, I took on a role at Mountain Equipment Co-op coordinating national community involvement activities and programs. Around that same time, a handful of motivated and passionate people had come together to establish and grow the program in Canada. From day one, MEC recognized that supporting Leave No Trace Canada was an important and effective way to address many environmental and social impacts of the business of outdoor retail and the activities that MEC supports. One of my first assignments in my new role was to represent MEC on that committee and in 2006, when Leave No Trace Canada became a registered non-profit organization, I joined the Board.

It has been a privilege to support this work, not only as an ambassador for (and conduit of resources from) *MEC*, but also to invest personally as a passionate user of trails, crags, rivers, lakes and alpine meadows all over this country. Serving two consecutive terms on this board has been an incredibly gratifying way to help nurture an outdoor culture of respect, responsibility, knowledge and awareness in Canada.

It will be exciting to see the organization continue to evolve from a new vantage point. Here's to the next decade!

NEW MEMBERS ON THE BOARD OF DIRECTORS

Kevin Maloney

I was born and raised in downtown Toronto. Despite that, or more likely because of that, my fondest childhood memories were in the great outdoors. It may have been hiking the Bruce Trail with my father and brothers, or possibly during one of innumerable weekends in Ontario's cottage country. Maybe it was time spent in Algonquin, Silent Lake or another Provincial Park. Whatever it was, somewhere along the way, the wilderness took hold deep within me.

Today I remain an avid hiker, trail runner, paddler, swimmer, snowboarder, and angler. Now that I have children of my own, I want to make sure that they experience the beauty of Canada's wild spaces in a similar way: we've already been to Pacific Rim, Banff, Kootenay, Jasper, and St Lawrence Islands national parks, and we have more on the 'wish' list.

I'm a believer in the *LNT* principles and I want to teach my children that they need to be aware and respectful of their surroundings as they enjoy the mountains, trails and rivers they encounter.

I look forward to all of the great things *LNTC* will accomplish in the coming years.



NEW MEMBERS ON THE BOARD OF DIRECTORS (CONT'D)

Sylvain Marcoux



My interest in protecting the integrity of natural environments is directly connected to my five years of pure happiness with the Scouts, in my early teens. I was wearing proudly the beige and crimson red scarf of the 138th St-Maxime. It allowed me to explore the forests of the Lower Laurentians in southern Quebec. It was also an opportunity to adopt nature-caring camping principles and techniques, while having lots of fun and adventures. These principles followed me later on my annual canoe trips in La Mauricie National Park where we had to carry all the necessary equipment ourselves, a tradition my university colleagues and I established. These experiences have certainly influenced my career choice as I am now working in the field of environment.

Getting to the end of a trail to find a waterfall, reaching a peak in the Adirondacks, or a fabulous view point, are some of my most beautiful and vibrant memories. These moments would not have been the same if these places had been altered by previous users. They will not be the same for subsequent visitors if I leave my trace

We must learn to appreciate the natural environment and leave it intact for others to enjoy as well

I hope to assist *Leave No Trace Canada* in promoting its message and ensure that more people *Leave No Trace*.

Dean Cattell

Dean Cattell, founding member and Master Educator for Leave No Trace Canada is back on the Board of Directors! You can find out more about Dean in our August 2010 Newsletter!



WELCOME TO THE NEW DIRECTORS!

DESIGN CONTEST : AND THE WINNER IS...

Following our design contest held this summer, *Leave No Trace Canada* is proud to announce that the design submitted by Ms Danièle Lauzon was selected. We believe that her design represents the message we want to promote. Her winning design is now printed on reusable grocery bags that are offered exclusively to members who purchase or renew a *LNTC* Backpacker level membership!

We are pleased to offer Ms Lauzon a one year *Leave No Trace Canada* membership and a \$100 cheque for her contribution. We would also like to thank the other artists who submitted a design.

ARTIST'S PROFILE : DANIELE LAUZON

She holds a certificate in Fine Arts and a Bachelor of Environmental Design from the *University of Quebec in Montreal*, and currently works as an Interior Designer specializing in the commercial sector.

For the last twelve years she devoted herself to her art. She enjoys exploring the different facets of visual art, particularly oil and acrylic painting. She is currently developing an interest in photography.

She signs under the pseudonym **Èle**.

Her website : ele-art.org

Her blog : ele-toile.blogspot.com



ACROSS THE ATLANTIC TO PROMOTE ENVIRONMENTAL AWARENESS

Leave No Trace Canada is proud to count Mylène Paquette among its members. From June to September 2011, this determined young woman will row solo across the Atlantic Ocean, planning to become the first Canadian to achieve this feat. As a follower of the Leave No Trace principles, she hopes to raise awareness of environmental issues related to the ocean.

by Mylène Paquette



On my last trip across the Atlantic between Morocco and Barbados, I was able to see trash floating on the ocean here and there. I remember getting worried about it and talked about the "Great Pacific Garbage Patch" with my teammates. During that same period, the *Sea Education Association (SEA)* announced some disturbing news; the discovery of a floating dump on the North Atlantic.

Although its existence was announced only last February at the conference of the *American Geophysicist Union* devoted to the oceans, the presence of this floating pollution has worried scientists for over 24 years. Its size is difficult to evaluate, some documents indicate that it may even be as large as the province of Quebec.

SEA has analyzed 6136 samples from 1986 to 2008 and found in them more than 64,000 pieces of plastic. Several of these samples were taken hundreds of miles from the U.S. East Coast, at the level of Atlanta, Florida and Bermuda. This toxic soup is situated in a zone of convergence including the Sargasso Sea, called the North Atlantic Subtropical Gyr.

The debris collected during the study ranged from small consumer products to many recognizable objects such as bottles, bags and plastic packaging. Simple methods were used to collect pollutants from the ocean including the use of plankton nets. Samples were collected only from the top 40 meter layer of the ocean. The techniques used allowed only a tiny fraction of the floating debris to be picked up. The majority of plastic pieces analyzed were polyethylenes and polypropylenes. These polymers have a lower density than salt water where they occur, allowing them to be in the top layer of the ocean. These studies have failed to collect other more dense polymers such as PVC and polystyrene, which suggests that the seabed could be even more polluted than their surfaces.

According to the *United Nations*, this mass of floating litter in the Atlantic Atlantic, or "*Atlantic Garbage Patch*", reaches concentrations of up to 120,000 pieces of plastic per square kilometer. Furthermore, the *Ifremer (French Research Institute for the Exploitation of the Sea)* says the number of debris present from the surface to a depth of 200 meters is more than 150,000 pieces per square kilometer.

Macro-debris are often recognizable plastic debris that can be seen with the naked eye, floating on the surface, or a few meters deep. They can also form large piles. Micro-debris for their part, are too small to be visible. They result from the degradation of all plastic materials that reach the ocean and they are much more difficult to quantify and probably much more damaging.

It goes without saying that these pollutants have a direct impact on the health of oceans and their inhabitants. This form of pollution is due to a lack of or improper treatment of sewage, poor waste management, but also to other natural factors such as winds and rain that can carry the waste into rivers and eventually to the oceans.

Unfortunately, even in an environment as remote and inaccessible as the ocean, humans leave their trace. Some solutions can be envisaged to reduce our negative impact:

- reduce the use of plastic
- choose products made of biodegradable or reusable items
- recycle more
- dispose of our waste properly



I also believe that part of the solution lies in prevention and awareness. It is for this reason that in my next journey rowing across the North Atlantic, I intend to witness the changes that are occurring, and transmit to people my humble findings.

From my odyssey, I hope to make the ocean more accessible and tangible to a larger number of individuals, and thereby perhaps influence people's behaviors to become more responsible, for a future that belongs to us all.

I invite you to follow my *Leave No Trace* journey on my website: www.mylenepaquette.com.

NEWS FROM HAUT DÉFI!

by Frédéric Bleau

Last September, 4 Quebecers went to Nepal to attempt the ascent of Mount Manaslu, the 8th highest mountain in the world, following the LNT principles. LNTC is proud to support these 'eco-responsible' mountaineers. For more information, see our August 2010 newsletter.

I am writing from Montreal, our comfortable urban base camp, where all decisions and preparations for our expeditions take shape. The Manaslu project was born in 2008, after we returned from our expedition to Mount Denali in the summer. It took almost two years of work to make it happen. In retrospect, calling this project a mere "adventure" is a very small word to describe the intensity and emotions we experienced in the Himalayan mountains from August 28 to October 11 of this year.

The trekking approach to base camp took nine days and allowed us to interact with local people who live at the foot of the mountain and in the Tsum valley. It was almost like traveling in a medieval era; these people must rely on horses to travel from village to village, and have no means of modern communication. Corn fields and yaks are still common sights in Nepal.

The base camp is the logistics centre of all expeditions. This is where we spend most of our time during an expedition, in order to acclimatize and discuss strategies. Manaslu Base Camp is situated at 4800 meters, in a landscape of rocks and ice. This is where the human body maximizes its adaptation to altitude. Our progress was slow in establishing the 4 high camps chosen to take us as directly as possible to the top. The journey between camps was very dangerous since we traveled on Manaslu glacier which hides many crevasses under the snow bridges we had to cross.

Our team consisted of four members using two different strategies: François-Xavier Bleau, 32, and Mathieu Morin, 31, who climbed with the help of Sherpas; while Frederick Bleau, 30, and Pierre Boutin, 49, did so without high altitude porters. All climbed without supplemental oxygen. In view of what is common practice in the field of mountaineering, it is clear that the approach with porters facilitates the transport of equipment and the establishment of high camps. However, the approach without porters is very feasible and more environmentally friendly. Throughout the expedition, with or without porters, we followed the *Leave No Trace* principles.



The acclimation process involves a series of trips back and forth between camps to maximize our ability to operate at high altitudes. However, given the poor weather conditions we experienced for 20 out of our 25 days on the mountains, the process was disrupted. Our progression occurred more slowly than anticipated because of the heavy snow fall.

Also, under these conditions avalanche risk is high. We experienced it first hand during our descent from Camp 1 to Base Camp when an avalanche brushed past us at a distance of only 20 meters.

When the window of good weather presented itself, we launched our summit assault despite our exhaustion and our suboptimal acclimatization, reaching at least 7700 meters, an altitude close to the summit of the 8th highest mountain in the world, at 8163 meters. Although we didn't actually reach the summit, this attempt was a step further in our progressive learning of the context of climbing 8000 meter peaks.

MASTER EDUCATOR PROFILE : TODD WARD

by Todd Ward



As an outdoor guide and canoe trip leader working in Algonquin Park and other popular regions in south central Ontario in the late 1990's I began to think critically about my role as an outdoor educator and guide in perpetuating the impacts to the natural areas that sustained my work. My desire to reacquaint people with the outdoors and assist them in developing a renewed or revitalized appreciation for our wilderness areas was not without its ethical dilemmas. As an outdoor guide I worked for outfitter's and adventure based tourism companies whose primary focus was sustainability of the business and not necessarily the sustainability of the natural recreation resources that supported their business. Large groups of clientele ensured profit for the business and pay for staff; a fact I appreciated fully. However, large groups of people and some questionable outdated industry practices were most obviously having negative impacts on the places we enjoyed. Add to this the rise in popularity of outdoor adventure pursuits and continued or rising visitor use rates for many popular areas in Ontario at the time and the sum of it all seemed unavoidable. Our favourite outdoor spaces were being loved to death.

Investigating this phenomenon online led me to many peer reviewed research articles highlighting the impacts of nature based recreation as determined by some of North America's leading recreation ecologists. While their conclusions in relation to the impacts were as varied and diverse as the areas they studied, a common phrase repeated itself in many of their recommendations – the practice of *Leave No Trace (LNT)* principles. Further investigation led to the discovery of the *Leave No Trace Center for Outdoor Ethics*. This was the first and only organization

I could find that was wholly dedicated to the ethics of self-propelled outdoor recreation; an organization that had developed a comprehensive set of principles under a memorable and marketable name. The *LNT* program represented a certain universality that I felt was long overdue in Canada. Beginning in 2000, I began to make inquiries with the *Leave No Trace Center for Outdoor Ethics* about available *LNT* training and educational resources relative to Canada. I quickly discovered that no such opportunities existed; something I became dedicated to changing.

In early 2002, after multiple email inquiries and networking within the outdoor community, a small group of Canadian *LNT* Master Educators, Trainers and advocates formed the *Leave No Trace Canada (LNTC)* steering committee; a group whose sole purpose was to establish the *LNT* program in Canada, for Canadian's. In 2004, with our steering committee hard at work raising support, financial backing and approval from the *Leave No Trace Center for Outdoor Ethics*, I travelled to Vermont for a five day *LNT* Master Educator course; a course that would provide me with a significant education and critical evaluation of my past practices and a mental map of my future endeavours as an outdoor professional. While many on my course had plans to incorporate elements of *Leave No Trace* practices in to their personal and professional lives and workplaces, my goals of establishing *LNT* in Canada seemed grandiose and over-inflated! Thankfully I was not alone or discouraged in the endeavour. Thanks to people like Debbie Van Berkel, Dean Cattell, Mike Horembala, Tina Barzo, Jody Conrad and Justin Ellis, our collective vision became reality. In 2006, our steering committee had grown to include industry stakeholders of such reputation that *LNTC* was a success before it had even officially incorporated. In March 2006, *LNTC* was incorporated as a national non-profit organization dedicated to promoting and inspiring responsible self-propelled outdoor recreation in Canada.

Today, I continue on the Board of Directors for *LNTC*, and through my work with the Board and my role as a *LNTC* Master Educator and Instructor Trainer I have gained a sense of purpose and direction in my professional life and a sense of peace and redemption with nature for my past transgressions. Consider what you can do... you might be surprised by the result.

Todd Ward, from Port Stanley, Ontario, is married to Stephanie Isard and has 2 daughters; Sass and Julie.

PARTNER WITH LEAVE NO TRACE CANADA : THE TRANS CANADA TRAIL

by Jane Murphy

The *Trans Canada Trail* is the world's longest and grandest recreational trail, providing Canadians and visitors with a path to explore our natural surroundings from coast to coast to coast. Initiated in 1992, the Trail is being built by thousands of volunteers who are dedicated to safeguarding our magnificent outdoor heritage for future generations.

The *Trans Canada Trail* organization is committed to fostering awareness of the myriad forms of life with which we share the outdoors. We have partnered with like-minded organizations – *Parks Canada*, *the International Year of Biodiversity* and *Leave No Trace* – to spread the message of respect and care for a world-renowned natural legacy.

The *Trans Canada Trail* applauds conservation efforts like that undertaken by *Jack Callaghan Public School* students on the Kawartha Lakes section of trail adjacent to their school. This spring 150 trees and shrubs were planted along the Trail in an effort to improve wildlife habitat.

Whether you're on a wilderness, rural or urban trail, remember to be courteous to your fellow creatures, human and otherwise.

For more information, call 1-800-465-3636, visit www.tctrail.ca or find us on Facebook.

Find the Trail near you at <http://www.tctrail.ca/tlocator/>.



GETTING LOST AND FOUND : THE IMPACTS OF SEARCH AND RESCUE, AND WAYS TO BE SMARTER IN YOUR PLANNING

LEAVE NO TRACE PRINCIPLE: PLAN AHEAD AND PREPARE

by Lyse Boyce

People who get lost or injured in the outdoors have often ignored the first principle of Leave No Trace, or have not been thorough enough about the principle of "Plan ahead and prepare." It is important to plan and prepare before leaving on an outdoor adventure or even for an afternoon hike in the woods. The records of search and rescue missions clearly show that most of the people who get lost or injured were not prepared adequately for their trip or outdoor work.

Leave No Trace educational materials outline some of the consequences of lack of preparation. The North American Skills and Ethics booklet very accurately states: "Getting lost has important implications for you, the people who attempt to find you, and the terrain. Significant impacts to the landscape can result from rescue operations that involve vehicles and large numbers of people." My background as someone who loves the wilderness, has some knowledge of ecosystems, and has experience as a ground search and rescue volunteer gives me the opportunity to describe some of the impacts of search and rescue operations.

When I'm in the woods on an outdoor adventure or a teaching assignment I try to have as little impact as possible. However, on a search all bets are off: I have personally cut down a lot of trees and trampled through many beautiful and fragile ecosystems on search tasking throughout Nova Scotia. I'm only one of many searchers, but I'll provide a few examples of assignments I've had that have left an impact on the land: One cold November night in 2004 we were in the Lower Chezzetcook area looking for a lost cranberry picker. When he was found and assessed it was clear that he would be unable to walk out. The team I was on was tasked to find the best route out for a litter carry, to clear a trail for the evacuation, and then to help carry the subject out. We cut down a lot of trees on our mission to create a trail that was about 700 metres long. I was really happy about the man being found alive and how our team got him to safety. I also noticed the negative impacts we had on the coastal boreal forest and bogs we had searched in.

When hasty teams don't find a lost subject in high probability areas, such as along trails, shorelines and rivers the search managers then implement the next phase of the search. This involves segmenting the search area by directing teams to lay out base lines that are marked with a great deal of flagging tape. These base lines typically follow a compass bearing and we walk through any terrain we find along that bearing – even if it is a fragile bog or riparian zone. We need to use lots of flagging tape so that teams later looking for the base line can find it, sometimes in the dark. The teams that grid search areas need to clearly see these lines even in thick vegetation and low light conditions. They lay out even more flagging as they search their segments.

When good search management techniques such as preplanning, starting searches quickly, searching night and day, and choosing an appropriate lost person subject category are implemented most searches are over before we get to the grid searching stage. However, we do have searches that last several days and involve grid searching. This means many pairs of boots on the ground and lots of flagging tape getting tied to trees and other plants. This plastic tape takes many years to break down. The brightly coloured tape also creates a visual impact in an area that has been searched.

On a search this November for a missing hunter near Parrsboro there was a huge impact on the land. The search lasted for five days and nights and involved 559 people, many of whom did multiple tasking. There were 140 documented tasking which involved over 7500 hours of people's time. There were two helicopters searching during daylight hours. The helicopters used are owned by the *Department of Natural Resources* and cost 600 dollars an hour to operate. (If a *Cormorant* helicopter is used for a rescue the cost is 20,000 dollars an hour!) My teams went through at least 40 rolls of flagging tape throughout the six tasking I completed on the four days and nights I was there. Those were six of a total of 140 tasking. As well as leaving behind lots of flagging tape and boot prints we disturbed a lot of wildlife: deer, foxes, rabbits, coyotes, grouse, mice, squirrels, and more.

On a similar multi-day search in 2006 near Antigonish there were also lots of boot prints and flagging tape left behind. On the last day there I was tasked with another searcher to take an *Argo* to check out a few areas. An *Argo* is an amphibious off-road vehicle. When the subject was found in a marshy area we drove the *Argo* in to do the recovery. This was an off-trail route. I remember us driving over a surprising range of things on our way into and out of the find site, including small trees. *Argos* and other off-road vehicles that are used on some searches leave big impacts.

Another factor in search and rescue operations are the risks to the people called out on the search. These people are trained to work safely and to look after themselves throughout searches. However, they are often searching at night in difficult terrain and weather conditions, so there are some risks. Search and rescue crews for land, marine or air searches will turn down missions when the conditions are very extreme, but there is a certain level of calculated risk taken in any search and rescue situation and accidents have happened.



I asked Tony Isaacs, a retired military SAR tech who now works at the *Joint Rescue Coordination Centre* in Halifax for his ideas on what could help people plan ahead and prepare better. The *JRCC* bases in Halifax, Trenton and Victoria coordinate responses to marine distress and air distress throughout Canada. Cases on land are usually a provincial responsibility and searches are coordinated by law enforcement agencies or by *Parks Canada* within National parks.

Outdoor adventurers need to carry maps and keep track of where they are, a GPS is great to have but batteries die so a paper map is also needed. Isaacs says that paddlers need to look at their maps and charts carefully in advance to determine safe landing places on rivers and coastlines. Many Canadian coastlines are isolated and exposed. If your group has some safe landing places chosen in advance you'll know where to go when a storm or other difficulties arise. Referring to tide charts and weather forecasts is also important.

If you have an EPIRB (Emergency Position Indicating Radio Beacon) or a PLB (Personal Locator Beacon) make sure you register it. You can register it for free online www.canadianbeaconregistry.forces.gc.ca or by calling a 1-877-406-7671. If an unregistered beacon goes off then there is no information about who needs help – and this happens way too often. A SPOT messenger is good to have, but you need to know how to use it properly. Isaacs mentioned a recent case that would likely have had a better outcome if the subject had known how to use the SPOT they had with them.



HRSAR training exercise Oct 2010

The *JRCC* has found that many people's trip plans are incomplete or inaccurate. Make sure you include the important details: The number of people on the trip, names, ages, physical descriptions, any medical concerns, types of equipment with you – (the colours and design features of your kayaks for example), emergency contact numbers of people who are not on the trip with you. If important details are missing from your trip plan that can make the rescue efforts proceed very slowly. If your problems include a serious medical situation that can make the difference between life and death.

Isaacs recommends that if you know you are in trouble seek help quickly. A rescue is more likely to be successful if you call for help early on in a difficult situation; people often underestimate the amount of difficulty they are in. If you or your emergency contact people wait until the weather is really bad that makes the rescue mission more risky. There is some abuse of calling for rescue that is not needed: for example, a group on a river trip called for help on their SPOT messenger three times: once for water, second time for a minor boo-boo, and the third to get back to work on time!

When you're going for a day hike you're likely not going to pack a PLB or SPOT messenger. It is important that you leave a trip plan with someone, and there are simple signalling options you can carry. Just a whistle and an orange garbage bag can fit into a pocket and can make your day if you get lost or injured. There are good ideas about signalling on the *AdventureSmart* website. www.adventuresmart.ca There are also trip plan forms available there and many other excellent resources. *AdventureSmart* started in British Columbia in 2004. It went national in 2009 due to a partnership with the *National Search and Rescue Secretariat* and the *Search and Rescue Volunteer Association of Canada* (SARVAC). Search and rescue teams across Canada are now incorporating *AdventureSmart* ideas into their public education programs. The three T's are the main components of *AdventureSmart* education; Trip Planning, Training, and The Ten Essentials.

The Ten Essentials are ten things you can bring –just in case. They will fit in a day pack with room to spare. There are many different versions of The Ten Essentials. They were first listed in the 1930s by *The Mountaineers*, a Seattle based group of climbers and outdoor adventurers. The idea is to carry these things in case you have an emergency to deal with or if you have to spend the night outdoors unexpectedly. It is really important to have the knowledge base required to use these things. If you have any doubts, ask a knowledgeable friend or take a course. This list is adapted from the *AdventureSmart* website, with my notes in brackets:

1. **Flashlight, spare batteries and bulb:** *(A high output LED headlamp is a good choice.)*
2. **Fire making kit :** waterproof matches/lighter, fire starter/candle. *(Pack more than one way of starting fires. Practice your fire-starting and maintenance skills when camping or in your backyard – if you have access to spaces that are OK for campfires.)*
3. **Signalling device:** Whistle or mirror to signal searchers if you become lost. *(Bring both, using a whistle is way better than yelling. At night, a chemical light stick spun around on a string is visible from the air. Spotters in aircraft notice movement, shiny things, smoke in the day, and large things or arrangements of things that are out of place in the natural environment.)*
4. **Extra food and water :** 1 litre/person: *(Bring food that keeps well and doesn't need to be cooked– trail mix, energy bars, jerky.)*
5. **Extra clothing:** rain, wind, water protection and toque.
6. **Navigational/ Communication Aids:** maps, compass, GPS, charts, cellular phone, satellite phone, hand held radio – fully charged battery. Know how to use them. *(Map and compass are essential, the battery operated things are great to have, but don't rely only on battery powered equipment. Take a navigation course if you don't know how to use a map & compass.)*
7. **First Aid kit :** know how to use it. *(Consider taking a wilderness first aid course.)*
8. **Emergency shelter:** Orange tarp or large orange garbage bag. *(These can also be used as signalling devices.)*
9. **Pocket knife .** *(Or multi-tool.)*
10. **Sun protection:** glasses, sunscreen, hat. *(Important in the winter too: think about the sun reflecting off the snow.)*

Some may think it is overdoing it to carry a day pack on an afternoon hike. However, many searches are for people who just planned to be out for a day or an afternoon and ended up spending a night or more outdoors. The people who have some useful stuff with them tend to be warmer and healthier when we find them!

Lyse Boyce is a Leave No Trace Master Educator and the Internal Training Officer for Halifax Regional Search and Rescue. She has carried a pack in the woods since she was a little kid – her first knapsack was a small bright red one from Canadian Tire!

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