

# Camp, Cottage and RV | Emergency Plan

## Hiking & Trail Safety

- Plan ahead to avoid getting lost.
- Tell someone where you are going.
- Know your campsite name and number – this is particularly important for young children.
- Dress properly. Comfortable closed-toe shoes are important!
- If you realize that a member of your party has gone missing, contact park staff or, call 911.

### If you get lost remember to **STOP!**

1. **STOP** and take a breath.
2. **Think** about what you need to do next (take a moment to calm down).
3. **Observe** all around you.
4. **Plan** what it is you need to do next. Remember to stay where you are, and someone will find you!

## Water Safety

- Swim in designated areas.
- Understand your limitations. Don't push your swimming abilities.
- Swim with a buddy.
- Supervise children at all times, even if the water is shallow.
- Bring a lifejacket or personal flotation device (PFD) for children & non-swimmers.
- A PFD is a must for boaters & paddlers - even if you are a confident swimmer!
- It's important to find a PFD that fits correctly.
- Stay out of the water during thunderstorms.

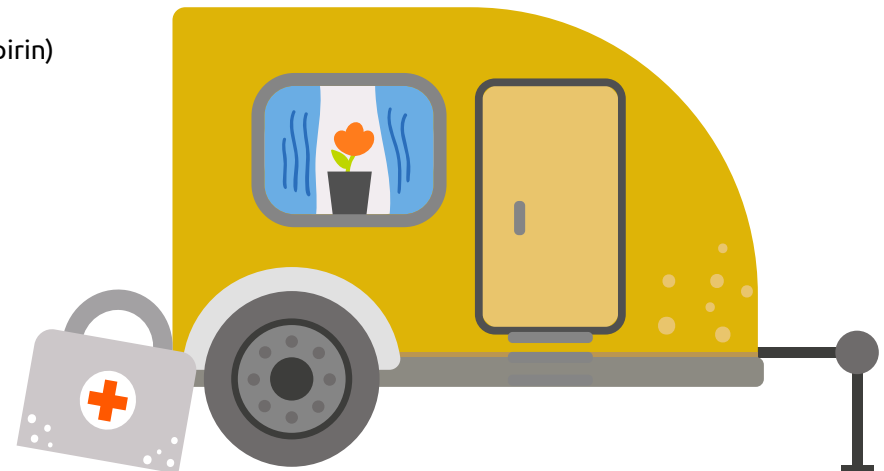
## Enhanced First Aid Kit

Most prepackaged first aid kits are designed to be used in settings where emergency services are readily available. To enhance your kit for wilderness adventures, consider adding:

- Large trauma dressings
- Tourniquet
- Moleskin or blister dressings
- Prescription medications
- Pain and fever relievers
- Antibiotic cream (Polysporin)
- Anti-itch lotion
- Sunburn relief gel or spray
- Throat lozenges
- Eye drops
- Antihistamine medications
- Diarrhea medication
- Antacid tablets
- Oral rehydration salts
- Glucose or other sugar
- Injectable epinephrine (Epi-Pen)
- Naloxone
- Acetylsalicylic Acid (ASA or Aspirin)

## Cottage and RV Fire Safety

- Prevent fires from starting.
  - Have, maintain and know how to use fire extinguishers and fire blankets.
  - Maintain working smoke and carbon monoxide (CO) alarms in your cottage and RV. Most fatal fires occur at night when people are asleep. Working alarms give you precious time to escape.
  - Plan and practice a fire escape plan so everyone in the cottage or RV knows exactly what to do should the smoke alarms sound.
- Draw a floor plan of your cottage and RV.
  - Include all possible emergency exits.
  - Ensure there are 2 ways out of every room.
  - Know who will need help to escape.
  - Designate a meeting space outside.
  - Call the fire department from outside.
  - Test you alarms and practice your escape.



**IF EMERGENCY CALL:**

**911**

**THIS LOCATION:**

ADDRESS:

PLACE NAME:

SITE #:

WHAT:

THREE:

WORDS:

*What Three Words* is an emergency location app available on the App Store or Google Play

**EMERGENCY GEAR LOCATIONS:**

FIRST AID KIT:

AUTOMATED EXTERNAL DEFIBRILLATOR:

FIRE EXTINGUISHER:

NALOXONE KIT:

EPI PEN:

**IN CASE OF:**

**STORM**



If in a tent or tent trailer, go to the closest comfort station or hard-top vehicle. If no shelter is available nearby, lay flat in a low lying area and cover your head.

**FLOOD**



Never wade or swim in flood waters. Do not attempt to drive on flooded roads or washouts. If flash flooding occurs, get to higher ground.

**TORNADO**



If no solid building or basement is nearby, lay flat in a low lying area and cover your head. Do not shelter in your vehicle, RV, picnic pavilion, shed, etc.

**FIRE**



If you see smoke or flames, it's time to go! Take only what is essential for your escape and move away from the direction of the fire.

**EMERGENCY CONTACTS:**

HOSPITAL:

VETERINARIAN:

PARK OFFICE/SECURITY:

WALK-IN CLINIC:

PHARMACY:

FAMILY OR FRIEND:

**EMERGENCY MEETING SPOT:**

[Empty box for emergency meeting spot]