

PERSONAL OUTDOOR PLAN

A: PERSONAL DETAILS

1: NAME: BILL SMITH		2: AGE: 32		3: GENDER:		M	F
4: GROUP NAMES: DAVE BROWN, SARAH JONES, MOLLY WISE		5: MOBILE No: 07771 234567		6: NETWORK: Purple			
		7: ALT MOBILE No: Nil		8: ALT NETWORK: N/A			
		9: RADIO CALL SIGN: N/A		10: FREQUENCY: N/A			
11: PLB CARRIED: Yes		12: MAKE: MCMURDO		18: BATTERY LIFE:			
13: FREQUENCY: 406 mhz		14: MODEL: FASTFIND MAX		PHONE 18 hours at start	RADIO N/A	BEACON 48 hours from activation	
15: HEX ID 1DOE5C40C2FFBFF		16: BEACON GPS 800-508288 SN 8289		17: REGISTRATION INFO UK MRCC 11/08/2009			
19: MEDICAL CONDITIONS / ALLERGIES / INJURIES: I have mild Asthma and carry a blue inhaler for this. I also suffer badly from bee and wasp stings and have some Puriton tablets in my medical kit.							

B: DESTINATION / TRIP INFORMATION

1: DESTINATION: WILD MOOR NATIONAL PARK			2: REFERENCE: OUT DOOR WALKERS GUIDE PAGE 345, ROUTE 1. FOREST TRAIL GREEN.				
3: MAP SHEET: 989 EDITION: 1: GSGS DATE: 2006		4: MAP TITLE: WILD MOOR NATIONAL PARK			5: MAP SCALE: 1:50,000		
6: DATUM USED: UTM- OSGB		7: COMPASS CARRIED:		Y	N	8: GPS CARRIED:	
				✓		✓	
9: START DATE: 19/12/2008 TIME: 2pm			START POINT: SW 246 764 We intend to overnight at a campsite grid reference SW 445 889.				
10: RETURN DATE: 21/12/2008 TIME: 10.30 am			FINISH POINT: SW 765 231				
11: 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.							

C: EQUIPMENT CARRIED AT START OF TRIP

BASIC SUPPLIES	RATIONS		EQUIPMENT
RUCKSACK	WATER	5 L	BLIZZARD BAG
SLEEPING BAG	PREMAC FILTER	1	FIRE STEEL
GAS COOKER			COTTON WOOL
FUEL	FOOD		KNIFE
1 MAN TENT	ARMY RATIONS	3	MATCHES
SLEEPING MAT	PASTA	1KG	CANDLE
	TEA	50	PURI TABS
WATERPROOFS	COFFEE	1 jar	MARKER PANNEL
JACKET	MILK POWDER	1 jar	WALKING POLES
TROUSERS	ENERGY BARS	5	TARP
HAT	MEDICAL KIT		HAMMOCK
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	

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 out door trips to this area in last 2 years. First Aid at work qualified. Competent GPS user.

E: EMERGENCY PLAN

Firstly treat any injuries and move from any further danger. Erect shelter and put out marker panel. Maintain heat with the cooker, or start a fire if possible. Keep hydrated and eat if water is in good supply. Then call 999 and explain the situation and give our location. Follow all instructions given. I will tell them the location of the POP and ask them to inform .My group Contact Mr D Smith of the situation. I will maintain a phone link and update them regularly. I will then inform my personal contact who can then contact all personal contacts for the remainder of the group

If there is no phone signal operate the Emergency Beacon and remain in the same position until SAR help arrives.

I will wait for rescue for 96 hours before attempting self-rescue. We will plan that at the time

F: GROUP CONTACTS

EMERGENCY CONTACT INFORMATION FOR: BILL SMITH		
NAME: NICOLA SMITH	TELEPHONE: 1. 01379 987654 2. 01379 012367 3. 01379 554667	MOBILE PHONE: 1. 06669 987555 2. 07123 456789. 3. N/A
RELATIONSHIP: WIFE		
ADDRESS: 35 BURNING ROAD CLASSIC KENT CL79 5UA		
EMAIL: bnsmaith@alo.co.uk		
MISCELLANIOUS INFORMATION: At home all weekend use land line numbers to call.		

EMERGENCY CONTACT INFORMATION FOR: SARAH JONES		
NAME: FREDDY JONES	TELEPHONE: 1. 01362 462211 2. 01362 112264 3. N/A	MOBILE PHONE: 1. 07769 956666 2. 07777888999. 3. N/A
RELATIONSHIP: FATHER		
ADDRESS: 20 SOMERSET STREET UNDERBRIDGE KENT TR7 1HB		
EMAIL: frjones@coldmail.com		
MISCELLANIOUS 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 - 10.3		

EMERGENCY CONTACT INFORMATION FOR: DAVE BROWN		
NAME: ANDREW BROWN	TELEPHONE: 1. 01345 678923 2. 01345 987432 3. 01345 718293	MOBILE PHONE: 1. 07789 345678 2. 07899 87654 3. 07765 876590
RELATIONSHIP: BROTHER		
ADDRESS: 56 LEADER CLOSE OLDQUAY KENT TY78 9PQ		
EMAIL: agbrown123@warmmail.co.uk		
MISCELLANIOUS INFORMATION: Out to dinner Saturday evening from 8pm use mobile number 1 Playing rugby Sunday @ 10am.		

EMERGENCY CONTACT INFORMATION FOR:		MOLLY WISE
NAME: TOM CORNWALL	TELEPHONE:	MOBILE PHONE:
RELATIONSHIP: FRIEND	1. 01399 483375	1. 07769 987543
ADDRESS: 88 SHEPTON STREET OVERTON KENT PQ33 88HT	2. 01399 050123	2. 07777 444555.
	3. N/A	3. N/A
EMAIL: TC123@WARMMAIL.COM		
MISCELLANIOUS INFORMATION: At home all weekend use land line numbers to call.		

G: POP RECEIPT

RECEIVED BY: Mr Robin Jug
ORGANISATION: Wild Moor Search & Rescue Group
APPOINTMENT: Control room supervisor
CONTACT DETAILS:
PHONE NUMBER: 01567 123456
MOBILE NUMBER: 07789 101112
EMAIL: N/A
ADDRESS: Unit 1a Trekkers Avenue Lochnam LN13 8EX
ADDITIONAL INFORMATION: Ground and air search started @ 2pm

POP 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. Following an 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 won’t 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 and 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 peace 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, professional and volunteer.

I feel it is worth remembering that the person who will have the biggest influence in YOUR rescue is YOU.

The POP is an idea and has developed over years in the outdoors and being involved in SAR incidents. At worst we could know how many we are looking for and a rough area to search, and at best comprehensive route information and an exact location. I know which one we all preferred.

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.

Each member of a group can leave their own POP and this then ensures passage of information to the relevant agencies. 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 completed and 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.

A: PERSONAL DETAILS

Your personal details will largely remain unchanged, however the other group member's names and contact information may change.

1. Your full name as this avoids confusion.
2. Used in rescue planning.
3. Used in rescue planning.
4. 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.
5. Your mobile telephone number.
6. Network information for your mobile telephone.
7. The number of any alternative mobile telephones you have with you.
8. Network information for any alternative mobile telephones you have with you
9. Your Callsign / Handle for any radio you are carrying.
10. The frequency you are using. You may also include alternative frequencies you are planning to use or monitor.
11. Do you have a rescue beacon, Yes or No.
12. The make of your rescue beacon.
13. The frequency of your rescue beacon. 406Mhz is standard but you may have an older model using a different frequency.
14. The model of your beacon.
15. 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.
16. This information is transmitted as part of the distress signal and is used to help identify the registered owner.
17. Where the beacon was registered and the date of registration.
18. Battery life can be used as a rescue-planning tool.
19. Add any information you feel may be useful in an emergency.

B: DESTINATION / TRIP 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.

1. The location of the trip.
2. Any references you have used to plan the trip. This can be a useful planning tool.
3. Include all map information, maps change and you may have a different edition to the rescue planners.
4. Quickest way to find a map.
5. Different scales will show different detail.
6. This will ensure that locations can be communicated using a Datum the group will be familiar with.
7. A reminder for you to take one.
8. Not everyone likes to use GPS.
9. ALL start information.
10. ALL planned finish information.
11. The cut off information and the instructions for the person who has been left with the POP.

C: EQUIPMENT CARRIED AT START OF TRIP

Use this section as a checklist 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 may include details of more specialised items such as ropes etc.

D: PREVIOUS TRAINING / EXPERIENCE

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

E: EMERGENCY PLAN

This section to make you think about what you will do if you have an emergency during the trip. It could be useful deciding as a group so that you all agree. DO NOT change from this with out informing the person with your POP of the rescue services during an emergency.

F: GROUP CONTACTS

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.

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.