



## Wilderness Emergency Procedures

A common concern for those who take a canoe trip into the BWCA and Quetico Park is what to do if there is an emergency. Here are a few procedures to help you in the event of an emergency while on your canoe trip. Please keep in mind that in most instances you are not more than a day away from medical assistance.

### SEND MESSAGE OR DISTRESS SIGNAL

Even in the most remote areas of either wilderness, there are usually other people passing by. If the injured person cannot be moved, send several messages out with other parties in the area. Once a message reaches a Canadian Ranger Station or outfitter, help is dispatched immediately. Visible distress signals that can be picked up by overhead floatplanes are: three small campfires placed in a triangle, anchoring a canoe (if you have more than two canoes in your party) in the middle of the lake, or making a large fire and placing green branches on it to create a smoky fire.

### FIND A RANGER STATION

If the injured person can walk without creating additional harm to themselves, take your two best paddlers, raingear, a supply of food, and paddle them out to the nearest ranger station (usually a day or less away). Traveling with your best paddlers and an empty canoe will be much quicker. Once the injured person has received medical attention, the paddlers (and injured person if well enough) can rejoin the group.

### CELLULAR PHONES

A popular item that works in a very limited area is cellular phones. Some visitors do carry them along on trips, but frequently find that cellular phones will only work on their first and last days (due to the high cliffs, mineral deposits and location of cell towers in our area). Cellular phones should not be relied upon as your only means of assistance.

### SPOT SATELLITE TRACKER

The Spot Satellite Tracker is a state-of-the-industry hi-tech communication and navigation aid which charts your travels via GPS, sends waypoints to friends and co-workers via Google Maps, and alerts emergency responders to your pinpointed location for needed assistance. In an emergency situation...there is NO search, JUST RESCUE! Spot revolutionizes safety in travel and is extremely lightweight, at only 7.37 oz! *Limited supply, reserve in advance. \$12/day or \$72/week.*



### GLOBALSTAR SATELLITE PHONES

While a cellular phone can be unreliable, a satellite phone gives you the peace of mind that comes with knowing you are only a phone call away in case an emergency should happen. Rent one of our Satellite Phones and be reachable anywhere in the world. Globalstar Satellite Phones are now available for rent at Canadian Border Outfitters.

*Limited supply, reserve in advance. \$25/day or \$100/week plus minutes used. (Because of the demand for Satellite Phones, CBO has a no early return or cancellation policy on Satellite Phone rentals)*



### HELPFUL TIPS

Some of the most common minor injuries that occur during the canoeing season are: cut feet due to swimming or walking without shoes, fish hooks, campfire burns, sunburn, dehydration and pulled muscles. Both minor and major injuries can be avoided by canoeing, portaging and relaxing within your own limits or capabilities. If you aren't a rock climber or cliff diver prior to your wilderness adventure, don't decide to try it out on your trip. Watch your water intake (most adults require at least two quarts per day), use sunscreen and portage at an easy pace. Trying to carry too much or doing a portage carrying everything in one trip is guaranteed to pull a muscle, twist an ankle or create a miserable canoe camper. Second trips on portages take a bit longer, but the opportunity to see that grouse or rapids you missed on the first trek across will more than make up for the lost time. You are on your vacation – a time you have set aside especially for you to do something fun and enjoyable.