

SAFE COMMUNITY SERIES

HIGHLIGHTS

WILDERNESS SAFETY — SESSION SUMMARY

HERE'S WHAT YOU MISSED (August 14th, 2025)



Prepare yourself for the outdoors by following the three T's

- **Trip Planning:** plan your travel route, check the weather, and always fill out a travel plan
- **Training:** obtain the knowledge and skills you need before heading out, know and stay within your limits
- **Taking the Essentials:** bring basic survival items such as a flashlight, fire-making kit, signaling device, extra food, water, clothing, pocket knife, sun protection, and emergency blanket

In the event of an emergency, STOP (stop, think, observe, plan then act), stay calm, stay put, and seek shelter until help arrives. Call for help by contacting 911 and asking for police, then search and rescue.

For more information about wilderness safety, please visit
Coquitlam Search and Rescue: [Coquitlam-sar.bc.ca](https://coquitlam-sar.bc.ca)

Check out upcoming FREE monthly sessions:

burnaby.ca/safecommunityseries | *Scan QR Code*

Any questions, email: crimeprevention@burnaby.ca

