

**2<sup>nd</sup> MORNINGTON SEA SCOUTS  
CROSS COUNTRY SKIING AND SNOW CAMPING WEEKEND  
SKIING SAFELY**

<b>Groups</b>	<ol style="list-style-type: none"> <li>1. Don't ski alone.</li> <li>2. If leaving the village or training/range areas, minimum group size is four (4).</li> <li>3. Inform activity leader or proxy of your intentions, route &amp; timings.</li> </ol>	
<b>Clothing and Equipment</b>	<p>Away from shelter, carry the following as a minimum:</p> <ol style="list-style-type: none"> <li>1. Waterproof clothing</li> <li>2. Extra warm hat and gloves</li> <li>3. Warm top</li> <li>4. Food and drink</li> <li>5. Mobile telephone or radio</li> <li>6. Compass, whistle &amp; emergency shelter</li> </ol>	
<b>Action on Incident/Lost</b>	<p>If you know your rough location: move to the Great Alpine Road If you are lost:</p> <ol style="list-style-type: none"> <li>1. Stop.</li> <li>2. Get out of the wind.</li> <li>3. Mark your position clearly with bright clothing or crossed skis</li> <li>4. Sit on your insulated pack/pad.</li> <li>5. Seek help with whistle or communications</li> </ol> <p>One member should remain with an injured party if the remaining pair leaves to seek help.</p>	
<b>Communications</b>	<p>Radio and telephone communications may be unreliable. If possible move to a position that may be within line of sight of Mt Hotham or Dinner Plain to improve reception. If telephone signal strength is insufficient for voice, try text messaging.</p>	

**BECHE-DE-MER SAYS:**

**LIVE LONG AND PROSPER**