



WHAT TO DO IF LOST IN THE VELD

Stop - don't push on into the unknown

As soon as you know that you are lost, stop. You are safer staying on a rocky ledge than trying to find a way down a dangerous cliff. If it is getting dark, it is far better to set up a camp in the remaining light rather than to stumble on in the dark.

Stay calm, and think!

Don't panic! You are much safer if you stay calm and think clearly.

Take shelter

Find shelter or build a shelter to protect you from the elements - wind, cold, rain, heat. Try to build a fire to keep you warm.

Stay with your vehicle

If you break down in a vehicle, stay with it. It is much easier for a rescuer to find a car than a person who has wandered away! A vehicle can help in many ways, even if it can't drive.

Signal for help

Build a signal fire with lots of damp leaves to ensure that the fire produces a lot of smoke. Make ground-to-air signals in a clear spot. Shout and blow a whistle when a rescuer is near.

Be visible

As soon as the sun comes up, try to find an open place where you could be seen from the air. Stream beds are excellent for this if you are in thick vegetation. Search helicopters generally traverse waterways first of all when looking for missing people.

Make your supplies last

Ration your food and water. Try to make it last as long as you can. If you are low on water, find a source of water.

Be patient

If someone knows that you are missing, help is on the way.

