

Into the Wonderland Wild

There are very few marked trails or boating routes in Wonderland. And you won't find warning signs before rapids, treacherous landscape features, or other hazards. So checking ahead of time may save your life. To check ahead of time:

- pick up a guidebook for your route at a Wonderland bookstore,
- buy the topographic maps for your travel route ahead of time, because there is no guarantee that all maps will be available at local vendors. Maps can be obtained from vendors across Wonderland and in other countries. For an up-to-date list, check the Wonderland Geomatics dealer website.
- talk to someone who has already travelled the route. Staff at Visitor Information Centres or Environment Wonderland offices may be able to help.

Prepare for medical emergencies

Being prepared to treat injuries and illnesses is one of the basics of wilderness safety. Since you never know who will need care, all members should have these skills. St. John's Ambulance and Red Cross are two organizations offering first aid courses, including basic wilderness first aid training. Private companies offer advanced or specialized wilderness first aid courses. Check with your local recreation and safety organizations for contact numbers and addresses. To prepare for medical emergencies:

- be aware of each member's allergies, health problems or medical conditions, and ensure you have the equipment and skills to deal with them,
- ensure that your first aid kit is waterproof, adequate for wilderness situations, and includes a wilderness first aid book,
- be prepared to treat stings and insect bites (some insect bites can cause strong reactions in those who have never been bitten),
- know how to prevent, identify and treat hypothermia, and
- ensure that your group has adequate health insurance to cover medical treatment in Wonderland.

Prepare for rescue if necessary

If you follow the basics of wilderness safety, chances are you won't need to be rescued. But if a rescue is required, to make sure it goes smoothly:

- let someone know about your travel route, schedule, the number of people in your party and the color of tents, backpacks and other equipment so they can alert the authorities if you don't return as planned