

## Safety Trip Plan

*Moderate Risk to High Risk Trips*

**COUNTRY and YEAR**

### PERSONAL INFOS:

Name: **your name**

Surname: **your surname**

Nationality: **your nationality**

Passport: **your passport**

Age: **XX**

Height: **XXX** cm

Weight: **XX** kg

Eyes: **colour**

Hairs: **colour**

Sex: **your sex**

Medical history: **if you have something relevant for paramedics** Known allergies: **eventuals**

Blood: **type**

More: **eventuals previous experiences or qualifications**

Language spoken: **languages you actually speak and level**

.....

### GENERAL ITINERARY: **total of 10 days mainly hiking**

D1 - **Month, day year**

Arrive by air in **city** at about 01:50pm (**company**) - Visa application ID: **XXXX**

Overnight: **hotel**

D2 - **Month, day year**

Heading west to **XX** then south-east to **Kibale Forest** by **4x4** (about **X** hours)

Overnight: camping in **XXX**

D3 - **Month, day year**

Hiking in **XX**

Overnight: camping in **XXX**

D4 - **Month, day year**

**As before**

Overnight: **as before**

D5 - **Month, day year**

**As before**

Overnight: **as before**

D6 - **Month, day year**

**As before**

Overnight: **as before**

D7 - **Month, day year**

**As before**

Overnight: **as before**

D8 - **Month, day year**

**As before**

Overnight: **as before**

D9 - [Month, day year](#)

As before

Overnight: as before

D10 - [Month, day year](#)

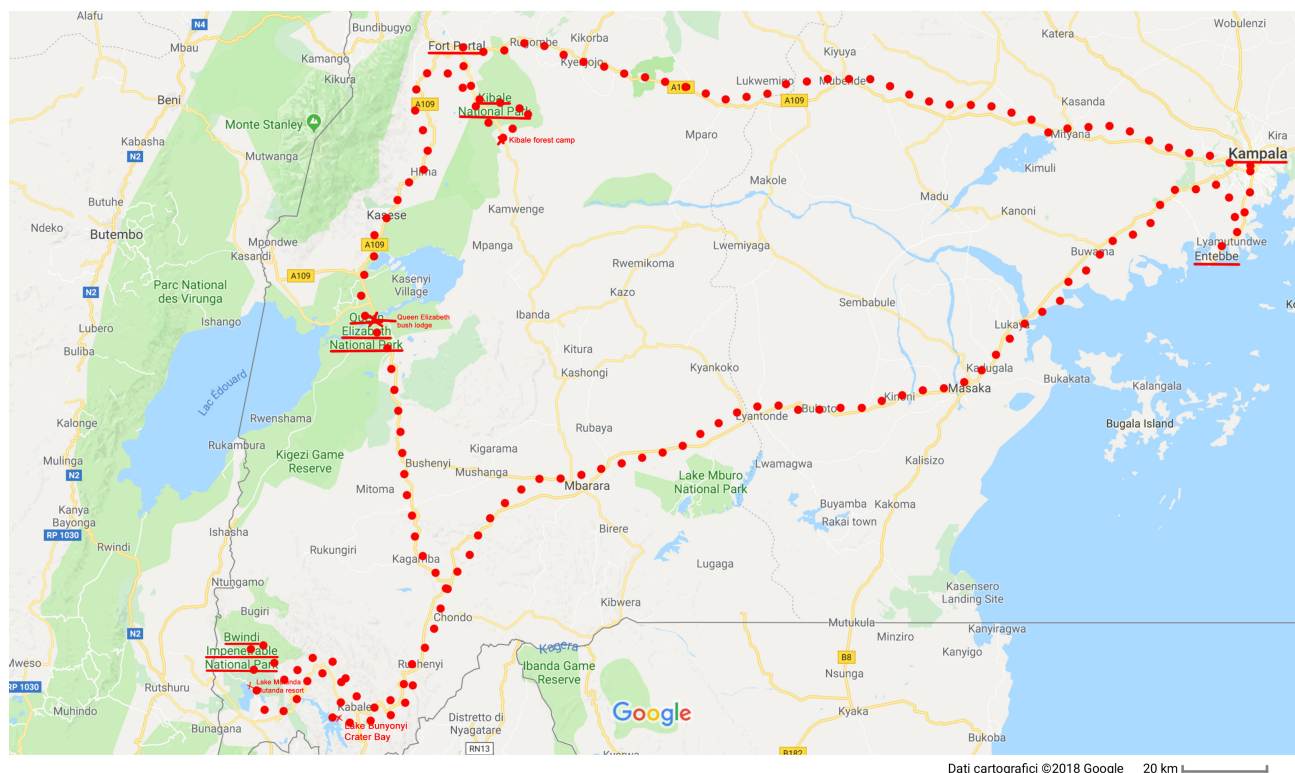
As before

Leaving by air from [XXX](#) to [XXX](#) at about [XX:XX](#)pm ([company](#))

D1 and D9-10 -> [solo or with a mate/group](#)

D2-9 -> moving with a driver from [XXX Tours](#) +258 (0) [XXXXXXXX](#)

Example of a map with a random itinerary. Use your own one.



## BASIC EMERGENCY:

**Tracking:** You can see where I am via Garmin InReach Satellitar track page (10 minutes tracking mode) here:

<https://eur-share.inreach.garmin.com/XXXXXXXXXX>

(password: [XXXXXX](#))

**Alert (satellitar goes dead):** no contacts/no tracking for 24 hours (unless notified via text message or satellite)

What to do: start to closely monitor your phones, email etc. for messages, calls and voice mails from whatever incoming communication device and number.

Absence of messages from any device in 24 hours indicates a significant problem since it is unlikely that every attempt have failed and that I haven't managed to move into a good transmission area to send out some sort of message. Start by calling [your nation](#) Embassy. Take this plan with you and sand a copy to them.

### Emergency numbers:

#### Locals in Uganda:

Your nation Embassy: +256 (0) XXXXXXXX  
Your nation Embassy mobile 24hr: +256 (0) XXXXXXXX  
Uganda police force head quarter: +256 (0) XXXXXXXX  
Uganda police force Entebbe: +256 (0) XXXXXXXX

#### Emergency personal contacts:

EC1 - Name Surname - wife - +33.XXXXXXXX  
EC2 - Name Surname - friend - XXXXXXXXXXXX

### MAPS, paper and electronic versions

- > I have an iPhone 5 with GPS mapping software and 3 apps ("Here WeGo", "Maps.me" and "Gaia GPS") with offline gps maps of the country.
- > I have a gps watch Garmin Fenix 5X with digital compass and preloaded maps of the country
- > I will also carry an analogic compass.

### COMMUNICATION, Tracking

->You can contact me on my usual whatsapp and to an the country number I'll communicate you as soon as I'm there (write it here \_\_\_\_\_). If for any reason I have no signal (most likely in the forest) and you have urgency to contact me:

-> I will carry a satellitar Garmin inReach Explorer+ in 10 minute tracking mode. URL for trip tracking page is above. I will also send occasional text messages to my emergency contacts tracking the trip. You can reach me with info and short only (max 100 digits) communications by sending messages to the satellitar which I will monitor daily.

To text me on my sat: <https://eur-share.inreach.garmin.com/XXXXXXXX> (password: XXXXXX)

### NOTABLE GEAR:

I normally wear coyote colored military dresses and I carry with me:

- > a Canon camera with a XX lense
- > a laptop brand/model
- > a 50lt backpack (coyote colored) plus a black 27lt light backpack
- > a small first aid kit and a simple survival kit with a saw, water filters and fire steel.
- > a 1200 lumens waterproof torch with sos light
- > a small survival knife and a bigger bushcraft one
- > a 26.800mAh battery back with a 28W solar panel charger

### MEANING OF SAT MESSAGES - WHAT TO DO

**Msg 1:** "All ok. (+ additional infos / instructions and gps position)"

Sent to: emails of emergency trip contacts, MapShare

To do: smile :)

**Msg 2:** "Problems, but No rescue required for now. Delay, route change, mechanic, sick.. monitor closely"

*phones (including mobile), email, etc."*

Sent to: emails of emergency trip contacts, MapShare

To do: take your communication device close, expect updates as soon as possible

**Msg 3:** "Need help! I have a problem I can't solve and require rescue in 24-48 hours"

Sent to: emails of emergency trip contacts, MapShare

To do: Call the Italian Embassy, Call Police Force in Entebbe. Don't be stress: it's not an SOS. I'll try to self rescue and assecure my safety. Send them this trip plan so they can hopefully get in contacts with me.

**SOS Msg:** automatic SOS sar message.

Sent to: GEOS sar (search and rescue)

To do: Call the **your nation** Embassy to communicate I triggered the SOS, explain them I have a satellitar 2 way communicator and that the GEOS search and rescue team is already on his way in some how. Send them this trip plan.

What happen after a SOS: When I send an SOS, message is received by a 24/7 global search and rescue monitoring center called GEOS. A trained expert in emergency communications will confirm receipt of my distress message attempting to contact me through my Garmin inReach and coordinating help with the primary first response agency closest to my reported coordinates. The search and rescue monitoring center will also notify the emergency contacts (you) loaded into my Garmin inReach account, so it is very important that you are capable of receiving and handling an emergency call without panic.

**Keyword:** Whatever I write, if you read (alone or in a phrase) the word "XXXXXX" ...it means I have a serious problem but I can't talk about it... Act as Msg 3 and explain this.

#### REMOTE MANAGEMENT OF SOS/TRACKING ACCOUNT

In case either of you need to manage my Garmin inReach Account:

<https://eur.inreach.garmin.com>

Username -> **xxxxxxxx@xxxx.com**

Password -> **xxxxxxxx**