

# BE A TOA KAIWHAKATAKA, EXPEDITION LEADER



Going for a short walk is a great way to exercise, explore nature, and spend some time with your family or friends. But you need to be prepared before you head out to make sure everyone has a safe and enjoyable expedition. The five simple rules of the Outdoor Safety Code will help you stay safe and have a great time on your expedition!

## 1. PLAN YOUR TRIP

Make sure you know where you're going and have a map of the track – consider taking a photo of the map as a back-up. Ensure you have enough time to complete the walk in daylight. A wrong turn can create an unexpected night out. For inspiration on where to go, or what to take go to [doc.govt.nz](http://doc.govt.nz)

## 2. TELL SOMEONE YOUR PLANS

Let some know where you're going and when you'll be due back. Make yourself easier to be found if something goes wrong.

### BE AWARE OF THE WEATHER

New Zealand's weather can be very changeable. Check the forecast and expect changes throughout the day. Always prepare for wind and rain.

### KNOW YOUR LIMITS

Challenge yourself within you and your family's limit. Consider the ability of the youngest and oldest members to deal with the changing weather and the walk. Stick to the marked track.

## 3. TAKE SUPPLIES

The supplies you need for each walk will vary, but you should always have a waterproof jacket, water, food, hat, and sturdy walking shoes. Place items like phones and maps in a plastic bag to keep them waterproof. Think about what else you need to take like your camera, nature journal and swimming gear.

## 4. REDUCE YOUR IMPACT

Plan to have as little impact as possible on the environment, other people and heritage relics when enjoying activities. There is a lot you can do to make a difference. Read DOC's Care Code and understand the seven principles of Leave No Trace to find out more [leavenotrace.org.nz](http://leavenotrace.org.nz)

## 5. CHECK FOR ISSUES

Make sure to check online for any unexpected issues in the area of your expedition on the day.

Tell us how your activity goes and we'll send you a Kiwi Guardians Toa Kaiwhakataka – Expedition Leader medal.

**REMEMBER TO CLAIM YOUR ACTION  
MEDAL AT [KIWIGUARDIANS.CO.NZ](http://KIWIGUARDIANS.CO.NZ)**



*Let other people know what you are doing and why you are doing it – see if you can change their behaviour too!*