

# Pass on to a loved one

The Rule of Threes – a general guide

## How long can you survive without...



### Air

**3 minutes**

in situations of drowning, exposure to carbon monoxide, major trauma



### Clothing and shelter

**3 hours**

in extreme cold due to hypothermia



### Rest

**30 hours**

depending on how much you are exerting yourself



### Drinkable water

**3 days**

if you have shelter and depending on temperature and your activity



### Food

**3 weeks**

if you have access to water and depending on your activity

Supporting your whānau

# Rick's top tips

## Before you go

- Check the weather.
- Let people know where you're going and when to expect you back and don't deviate from your intentions unless you notify someone.

## Take with you

- A Personal Locator Beacon (PLB) – either a personal registered one or a hired one.
- Food, plus enough for a couple of extra days just in case there is a delay in rescue.
- Personal medication.
- Plenty of water.
- Clothing you can layer up and down including windproof and rainproof gear.
- A basic first aid kit.
- 2 torches.
- A fully charged phone in a waterproof case.

## If you have an accident or get lost

- Stay where you are.
- Set off your PLB and place it in the most open space available.
- Place bright or reflective clothing or kit where it can be seen from above to signal to rescuers.
- Start a fire if possible (and safe) and keep warm and dry.

With your support the crew undertake training courses that help to keep everyone safe.



Canterbury West Coast

**AIR RESCUE**

[www.airrescue.co.nz](http://www.airrescue.co.nz)

