

Lost in the Bush in Australia: — What to Do First —

www.firerescue.com.au

Stay calm and think clearly to conserve energy and stay safe.

IF YOU ONLY DO FIVE THINGS:

- Stop, sit down, and stay put
- Try to identify your location
- Call **000** in an emergency
- Signal for help: whistle, mirror, or bright clothing
- Drink water & shield from sun or cold

IMMEDIATE ACTIONS

- Check for landmarks like rivers or trails
- Use your phone or GPS if available
- Make yourself visible and audible
- Conserve your energy, avoid risky areas
- Prepare for weather changes

BUSH SURVIVAL TIPS

- Stay hydrated, ration your water
- Watch for snakes, spiders & insects
- Find or build a shelter for shade or warmth
- Avoid bushfire areas

IMPORTANT REMINDERS:

- Don't panic or keep moving aimlessly
- Keep calm and assess your situation
- Contact emergency services if needed
- Tell someone your plans before heading out

Be prepared and stay safe until help arrives.