

# Rock Fishing Checklist



**Wear high visibility/warm clothing and suitable footwear to maximise safety**



**Take plenty of food & water appropriate to your trip as well as any prescription medication**



**Carry a handheld VHF radio & GPS and a mobile phone that is sufficiently charged**



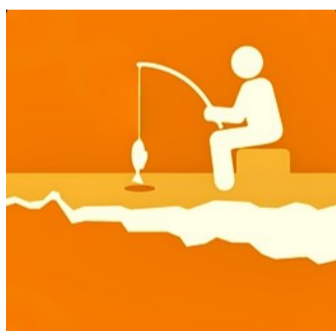
**Ensure you have adequate lighting and something to attract attention Eg. A flashlight**



**Always fish with a friend. Remember to maintain communication at all times**



**Be aware of your surroundings take into consideration the weather and sea conditions**



**Ensure there is enough land space behind you, in the event the sea conditions change**



**Carry a first aid kit to include bandages, alcohol swabs, gauze, pain relievers, and antibiotic ointment**



**Inform someone of your location, leaving & returning times, and keep them updated**

**\* The information in this poster is intended as a general safety guide and the steps to be taken are not intended to be comprehensive for the activities in question. Have fun but be safe!**



**St Helena  
Government**



*St Helena Island*  
Secret of the South Atlantic

