



## PLANNING GUIDE



### INCREASE TSUNAMI PREPAREDNESS IN YOUR COMMUNITY

In British Columbia, Tsunami Preparedness Week is the second full week of April each year.

Hosting a High Ground Hike in your community is a fun and engaging way to educate residents and visitors about your community's tsunami risk and proper response.

The event could start in any area at risk of tsunami and have participants run, walk or hike to a designated "high ground" location following a marked tsunami evacuation route. Remember to practice "Drop, Cover and Hold on" before you start your hike!

Everything you need to run a High Ground Hike—from promotional posters to graphics—can be found at [PreparedBC.ca/HighGroundHike](https://PreparedBC.ca/HighGroundHike)

#### PLANNING CHECKLIST

- Select a location and date. E-mail [PreparedBC@gov.bc.ca](mailto:PreparedBC@gov.bc.ca) to share your event details.
- Plan your route.
- Use posters and social media to promote the event and raise awareness.
- Consider hosting an information fair, lunch or presentation at "high ground". Invite people to participate – community members, businesses, local officials, community partners, preparedness experts, guest speakers and the media.
- Host your High Ground Hike event.



#### CONNECT WITH US

Running a High Ground Hike in your community? We want to hear from you! Connect with **PreparedBC** on [Facebook](#), [Instagram](#) and [X](#). We would love to see and share your pictures.

#### HERE TO HELP!

If you have questions about the planning process or want to customize the High Ground Hike logo with your community name and event date, contact the PreparedBC team at [PreparedBC@gov.bc.ca](mailto:PreparedBC@gov.bc.ca)



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