

Get tsunami prepared and enter to win prizes!

During **Tsunami Preparedness Week, April 10-16, 2022**, participate in the VIRTUAL High Ground Hike and enter to win great prizes! It's easy. Take a hike to our tsunami-safe location, snap a selfie, and post it to Twitter or Facebook to be entered to win prizes.

How to enter

Go to our tsunami-safe location. The General, EMBC recommended, evacuation for coastal BC is to move to areas 20 m in elevation above sea level.

- **Harbour:** If there is time, up valley locations at Bella Coola, 4 Mile or beyond North Grant Road. If not time, go west on North Bentinck Forest Road beyond Sutley Point (but not down to BC Hydro site and picnic area).
- **Bella Coola:** 20 m elevation is above the Co-op store so people need to evacuate above that location or east to 4 Mile or beyond North Grant Road.
- **4 Mile Reserve:** 20 m elevation is immediately north of Hwy 20 so residential areas are outside the tsunami zone.
- **Valley:** The river flood plain is 20 m above sea level at North Grant Road. People on the river flood plain west of North Grant Road should proceed to higher elevation areas.

Note that Hwy 20 is below 20 m elevation from the Harbour to Bella Coola townsite at Co-op parking lot and most of the way between Bella Coola and 4 Mile reserve. *This location is where you need to go during a tsunami alert to be safe. See map below.*

Take a selfie at safe ground to prove you were there.

*Post your selfie to Twitter or Facebook. **Tag @PreparedBC and use the hashtag #HighGroundSelfie22,** and you'll be entered to win one of 47 prizes from [PreparedBC](#).*

Also use the hashtag #NuxalkHGH to win 3 additional prizes.

When you tag @PreparedBC and use the hashtag #HighGroundSelfie22, you'll be entered to win:

- 2 Preparedness kits for 4
- 4 Preparedness kits for 2
- 5 Phone charger kits
- 6 Grab-&-go-bag starter kits
- 10 Waterproof headlamps
- 20 Phone banks

Add the hashtag #NuxalkHGH to your post, and you'll be entered to win additional prizes:

- Hand crank/battery/solar-powered radio
- WorkSafeBC Basic First Aid Kit
- 1 of 2 PreparedBC backpacks

*Proof of residence will be required to claim these prizes.

3 local prizes worth \$50 to be added.

For full contest rules go to: www.preparedbc.ca/highgroundhike