

# WILDERNESS SAFETY

**These instructions could save your life in the wilderness.**

## **1. Plan your wilderness trip in advance.**

- Consider the weather conditions; weather can change unexpectedly and quickly.
- Have respect for the forces of nature. Never defy snow storms, strong currents etc.
- Learn about the local conditions. Ask the locals for advice.
- Leave an itinerary of your trip with family, friends, hotel reception, tourist info, ski rental or the like.
- Inform when you have come back.

## **2. Never travel alone. Stay with your group and leave no-one behind.**

- Leave your names and date in the guest books in the huts and cabins along your route.
- Stay on the marked trails. Pay attention to the signs along the trails and crossroads.
- Bear in mind the risk of avalanche and landslides on steep terrain.

## **3. Assess your physical fitness and health. Be honest to yourself and know your limitations and weaknesses.**

- Choose a route that matches your fitness and skill level.
- Select appropriate clothing that is windproof but breathable.
- Feeling cold starts in fingers and toes.
- Remember that the wind multiplies the effect of cold.

## **4. Getting lost can happen quicker than you think. Always keep a map and a compass with you. Also GPS device can be a helpful aid in navigating.**

- Take high energy snacks and packed lunch with you even on short trips.
- Be prepared to build a fire. Keep matches both in your pocket and in your survival kit.
- Learn to operate your GPS device before your trip, but do not rely on GPS alone.
- Make sure you have enough power in your mobile phone.

## **5. If you get lost, feel exhausted or get caught by bad weather, it is important to find shelter in good time.**

- It is important to stay active if you start to feel cold.
- When you discover that you're lost, stop. Do not wander around aimlessly.
- Keep calm! Make a plan and attempt to discover your location. If possible, you can try to trace back your own tracks to the place where you last knew your location. Or try to find proper shelter.
- Do not stop for long periods of time in cold conditions without proper shelter.

## **6. The most important thing: stay warm! Set up shelter, build fire and eat.**

## **7. Always keep calm and be smart.**

**Know your limits. Wilderness is unpredictable. Prepare for the unexpected. Follow instructions and warnings. You are responsible for your own safety!**

**EMERGENCY CALL 112**