

## The mountain handbook

**Prepare your itinerary beforehand** by consulting maps and tourist guides. Equip yourself with ad hoc mountain shoes, clothes and gear. **Consult snow and weather reports:** remember that weather conditions in the mountains can change dramatically in a few minutes. **Before setting off for an excursion** choose a proper route for your skills and training. Overestimating your abilities could be dangerous for you and your companions.

**Ensure you can use your equipment** and do not forget to take a first aid set. **If you decide to set off on your own**, take a mobile phone or a transceiver. Always give someone information about your route and the approximate time you will get back. Mountain huts have registers to note down your origin and your destination. **When on excursion**, follow indications and lane markings regarding your route carefully. When in doubt, always ask for information from the mountain huts' managers. **If weather conditions get worse** soon after you set off, go rapidly back to the point of departure. If you are caught in a thunderstorm, do not shelter in group under isolated trees. It is better to take refuge under a rock or in a cave far from rain streams.

**Equip yourself in order to be protected from cold and sun rays** by wearing boots, windbreaker, gloves, hats, sunglasses, and suntan creams. If you walk away from marked paths, you must rope up.

**If you witness an accident**, call emergency number 118 at soon as possible providing all necessary information without panicking.

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