

WHAT TO TAKE

Suitable clothing and footwear

- footwear with a treaded sole, which supports the ankles
- warm, windproof and waterproof – layers work best
- spare clothes, hat and gloves – even in summer!

Food and drink

- Take ample food and drink, including high energy snacks such as chocolate nuts and dried fruits.
- Always carry water – even in cool weather it's easy to become dehydrated.

ESSENTIAL KIT

- **map and compass, torch/head torch, whistle**
- **Both whistle and torch can be used to signal for help:**
Six good long blasts in a minute.
Stop for one minute. Repeat.
Carry on the whistle blasts until someone reaches you and don't stop because you've heard a reply – rescuers may be using your blasts as a direction finder.
- **spare batteries and bulbs** for your equipment
- **a mobile phone** and GPS – don't rely on your mobile to get you out of trouble – in many areas there is no signal. Set up your GPS with the correct map and grid data.
- **watch** – at least one member of the party should have one.
- **first aid kit** — including any essential medication.

Climbers and mountain bikers should **wear a helmet.**



In winter in the mountains, take an ice-axe and crampons per person, and be sure you know how to use them, and pack a survival bag or group shelter and spare clothes.

Avalanches: Check the avalanche forecast - www.sais.gov.uk

Avoid walking too near a cornice. The greatest risk is 24-48 hrs after heavy snow, moderate to strong winds and convex 30-40 degree slopes. If you see an avalanche, quickly search where you last saw the victims, and if necessary call the Rescue Team.

REMEMBER – victims have usually triggered the avalanche...

IN CASE OF ACCIDENT

Make a note of all relevant details:

- location (grid ref if possible)
- name, gender and age of casualty
- nature of injuries or emergency
- number of people in the party
- your mobile phone number

Dial 999 or 112.

**Ask for Police,
then Mountain Rescue.**

- **Make sure** you tell the operator that you require the **Police.**
- Give all your prepared details of the incident.
- **Do NOT change your position** until contacted by the Rescue Team.
- If you have to make a further 999 call, follow this procedure **in full** again.

You can also
contact the 999 emergency services by text.

You will only be able to use this service if you are registered with emergency SMS first.

Register now – don't wait for an emergency!

Text 'register' to 999 then follow the instructions sent.

In an emergency

contact the emergency SMS service by texting 999.

Your message should include:

'Police' + details of incident + location.

Mountain rescuers will always respond to emergencies but many calls are 'avoidable with proper preparation' and have the potential to compromise other life-threatening emergencies. Before calling out mountain rescue please ask yourself the question: **Is this really an emergency?.**

Now put this leaflet in your rucksack!

STAY SAFE

AND ENJOY THE MOUNTAINS



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DEVELOP THESE SKILLS



Developing hill skills and experience will go a long way to keeping you safe and help you judge potential hazards.

Learn to use a map and compass

The ability to use a map and compass will enable you to navigate safely.

Improve your skills as a leader

Your ability to consider the equipment, experience, capabilities and enthusiasm of your party will help keep them safe and improve their enjoyment of the day.

Learn the basic principles of first aid

ABC – Airway, Breathing, Circulation – and the recovery position.

It could make the difference between life and death.

CICERONE: FOR SKILLS, INFORMATION and GUIDES



At Cicerone, we seek to play a positive role in supporting charities directly associated with mountain activities, and we are delighted to sponsor this information leaflet. Take a look at our range of 350 guides (in print and digital formats) for walks, treks, scrambles, winter climbs, cycling and outdoor skills.

www.cicerone.co.uk

BEFORE YOU SET OUT



Charge your phone

Many accidents occur towards the end of the day when both you and your phone are low on energy. Register your phone with www.emergencysms.org.uk.



Plan your route carefully

Consider the time of year, terrain and the nature of the trip – and choose your route accordingly. Remember that mountains are major undertakings – and in the winter months, it gets dark early.



Check the weather forecast and conditions via Weatherline or MWIS

0844 846 2444 OR mwis.org.uk
<http://www.metoffice.gov.uk/outdoor/mountainsafety/index.html>

www.sais.gov.uk (daily detailed avalanche forecasts in 6 mountain areas from mid-December to mid-April)



Leave details of your planned route

Include start and finish points, estimated time of return, number in your party and contact details – and leave your note in a reliable place in case of emergency.



Eat well before you start out and snack through the day

Keeping your energy levels at their highest will ensure you get the most out of your day.

IN THE MOUNTAINS



Keep an eye on the weather

Be prepared to turn back if conditions turn against you, even if this upsets a long-planned adventure.



Take good care of everyone

Keep together, allow the slowest member of the party to determine the pace and take special care of the youngest, weakest and least knowledgeable in dangerous places.



Watch for signs of hypothermia

These are disorientation, shivering, tiredness, pale complexion and loss of circulation in hands or toes. Children and older people are especially susceptible.



If you go out alone

Be aware of the additional risk.

Let people know your route, stick to it as far as you can and notify them of any changes.

DANGERS YOU CAN AVOID

- precipices and loose boulders
- ice or steep snow slopes, snow cornices on ridges or gully tops
- very steep grass slopes, especially if frozen or wet
- gullies, gorges and stream beds, and streams in spate
- exceeding your experience and abilities and loss of concentration, especially towards the end of a day

DANGERS YOU NEED TO MONITOR

- weather changes – mist, gale, rain and snow may be sudden and more extreme than forecast
- ice on path (know how to use an ice-axe and crampons)
- excessive cold, heat, or exhaustion (know the signs, rest and keep warm)
- passage of time – allow extra time in winter or at night
- don't panic – if you've called for help, stay safe and stay put!

SCOTTISH MOUNTAIN RESCUE TEAMS

Mountain Rescue teams are highly-trained unpaid volunteers, available 24 hours a day, 365 days a year – whatever the weather

Aberdeen MRT	Glencoe MRT	Oban MRT
Arran MRT	Glenelg MRT	Ochills MRT
Arrochar MRT	Glenmore Lodge MRT	Skye MRT
Assynt MRT	Hebrides MRT	Tayside MRT
Borders Search & Rescue Unit	Killin MRT	Torriond MRT
Braemar MRT	Kintail MRT	Tweed Valley MRT
Cairngorm MRT	Lochaber MRT	Scottish Cave Rescue Org
Dundonnell MRT	Lomond MRT	SARDA Scotland
Galloway MRT	Moffat MRT	SARDA Southern Scotland

Mountain rescue in the UK is free of charge to the casualty but we rely on your support and generosity to maintain this valuable community service. Without you, we simply could not function.

To make a donation, please visit our website. Thank you!
www.mountainrescuescotland.org