



## WHAT TO TAKE

### Wear suitable clothing and footwear

Footwear should have a treaded sole, and provide support for ankles.

Clothing should be warm, windproof and waterproof – layers work best.

Even in summer, always carry spare clothes, including hat and gloves.

### Carry food and drink

Take ample food and drink. High energy foods such as chocolate and dried fruit are ideal.

Always carry water – even in cool weather it's easy to become dehydrated.

### Keep essential kit easily accessible

- **Map and compass**
- **A mobile phone** and GPS are useful tools but don't rely on your mobile to get you out of trouble – in many areas of the mountains there is no signal coverage. Note: GPS is only of use if set up properly with the correct map and grid data.
- **Whistle – the signal for rescue is: 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.
- **Torch** (plus spare batteries and bulbs) for signalling in a similar manner as whistle blasts.
- **Watch** – make sure at least one person has one.

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

**In winter conditions**, take an ice-axe and crampons, and be sure you know how to use them; as well as a survival bag and spare clothes.



**Avalanches:** Avoid walking too near a cornice. The greatest risk is 24-48 hrs after heavy snow, on 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.

## IF THINGS GO WRONG

First make a note of all relevant details:

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

**Dial 999 or 112 and ask for the 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, use ALL the above procedure again**

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?".

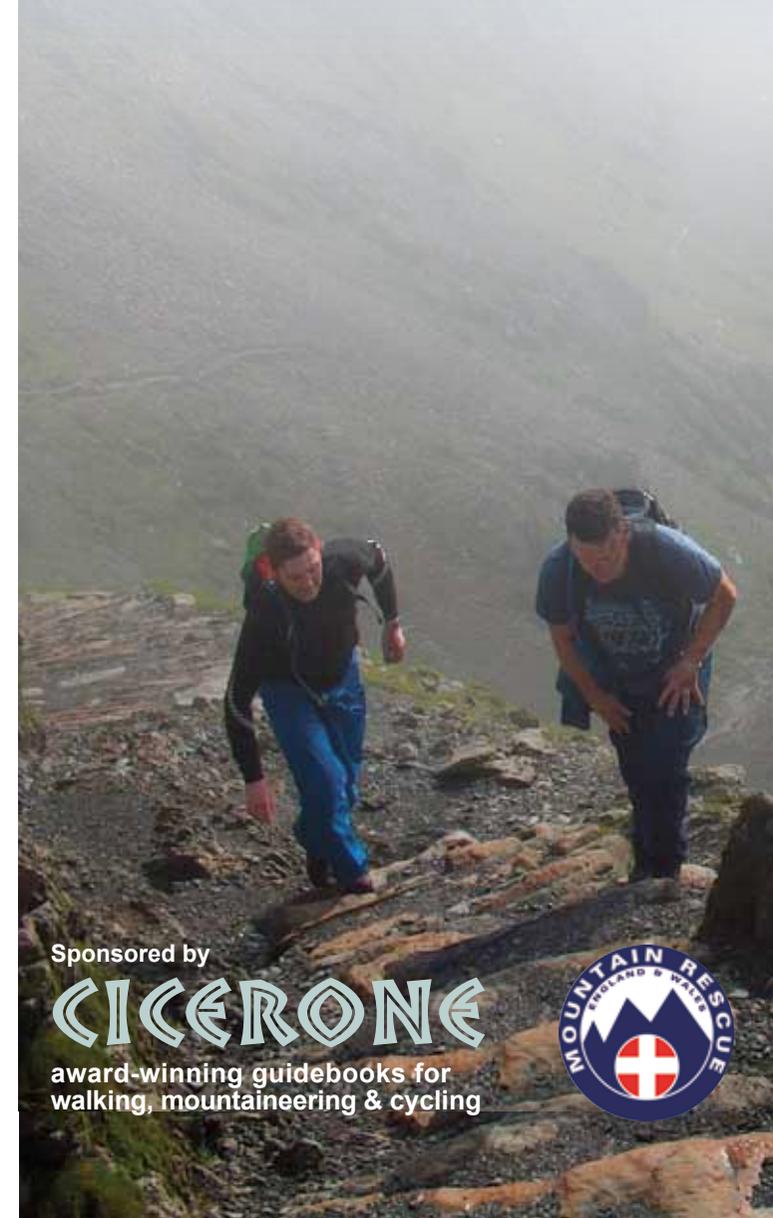


**New – a 999 emergency text messaging service for the hearing and speech impaired**  
Text where you are and why you need help to 07786 208999.

**Now put this leaflet in your rucksack!**

# MOUNTAIN RESCUE

## HOW TO STAY SAFE and ENJOY THE HILLS



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# CICERONE

award-winning guidebooks for walking, mountaineering & cycling



Cover photo © Craig Palmer

## DEVELOP THESE SKILLS

- **Mountain skills and experience** so you can judge potential hazards
- **Learn to read a map and use a compass**
- **Improve your ability** to consider the equipment, experience, capabilities and enthusiasm of your party

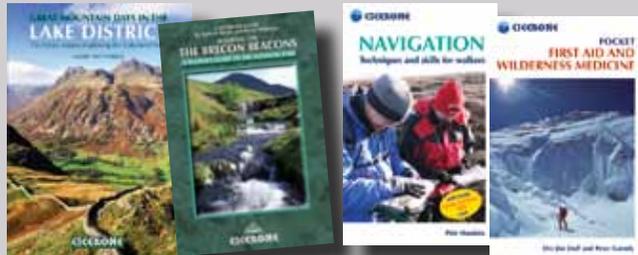
Learn the basic principles of **first aid: ABC** – airway, breathing, circulation and the recovery position. It could make the difference between life and death.

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## SKILLS, INFORMATION and GUIDES



Cicerone seek opportunities to play a positive role in supporting charities directly associated with mountain activities. We are delighted to sponsor this information leaflet. Cicerone have a range of over 270 guides and books to inspire you and help you develop your outdoor skills.

[www.cicerone.co.uk](http://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.



Consider the time of year, terrain and the nature of the trip – and **choose your route** accordingly



### Check the weather forecast and conditions

<http://www.metoffice.gov.uk/loudoor/mountainsafety/index.html>

Mountains can be major undertakings and, in the winter months, night falls early.



### Leave your route plan somewhere reliable

Information should include start and finish points, estimated time of return and contact details.



### Eat well before you start out

## ON THE FELLS



### 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 and weakest in dangerous places.



### Watch for signs of hypothermia

Disorientation, shivering, tiredness, pale complexion and loss of circulation in hands or toes, discarding of vital clothing. 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.

## MOUNTAIN RESCUE TEAMS

Our teams are highly trained unpaid volunteers, available 24 hours a day, 365 days a year - whatever the weather.



The service is free of charge to our casualties and is provided through charitable donations. 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.mountain.rescue.org.uk/giving](http://www.mountain.rescue.org.uk/giving)

or why not **join our support organisation, BaseCamp.**

For a subscription of only **£24 per year** you'll receive a lapel or cloth badge, a car sticker and a copy of our quarterly Mountain Rescue magazine.

[www.mountain.rescue.org.uk/basecamp](http://www.mountain.rescue.org.uk/basecamp)

## Dangers you can avoid

- Precipices and unstable 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.

## 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 night time.