



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 for non LED lights, spare 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 per person, 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, 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 in avalanches have usually triggered the avalanche...



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 area Police force, then Mountain Rescue

Central Scotland Police • Dumfries & Galloway Constabulary • Fife Constabulary • Grampian Police Lothian & Borders Police • Northern Constabulary Strathclyde Police • Tayside Police

- **make sure you tell the operator that you require the designated area Police force**
- **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 MOUNTAINS



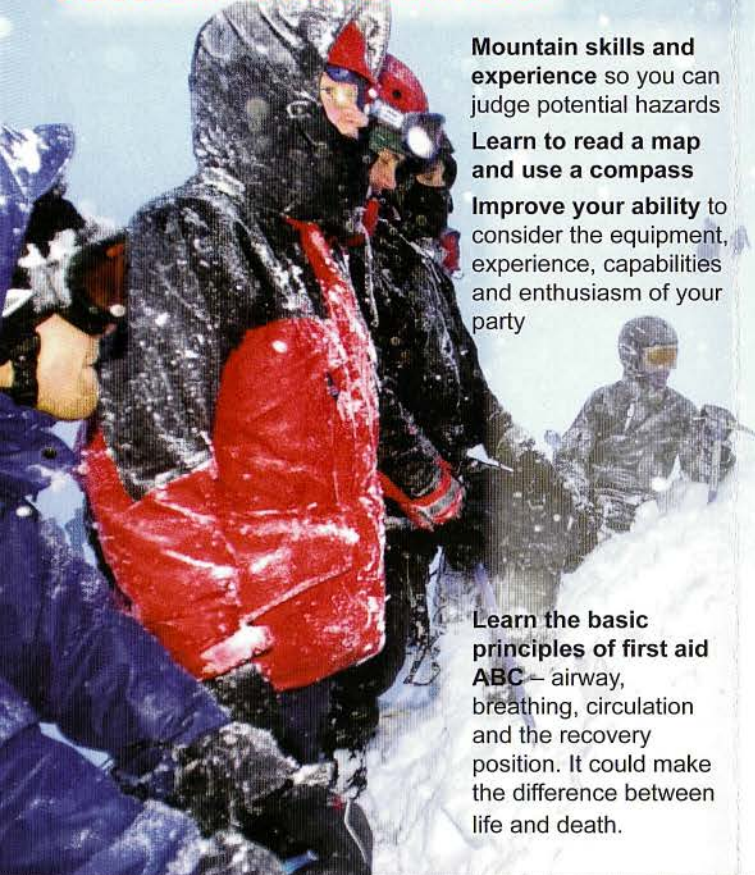
Sponsored by

CICERONE

award-winning guidebooks for walking, mountaineering & cycling



DEVELOP THESE SKILLS



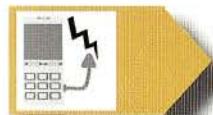
Mountain skills and experience so you can judge potential hazards

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.

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

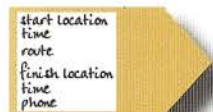


Check the weather forecast and conditions

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

www.mwis.org.uk (provides daily detailed regional mountain forecasts for all of Scotland)

www.sais.gov.uk (provides daily detailed avalanche forecasts in 5 popular mountain areas from mid-December to mid-April)



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 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 and weakest in dangerous places.



Watch for signs of hypothermia

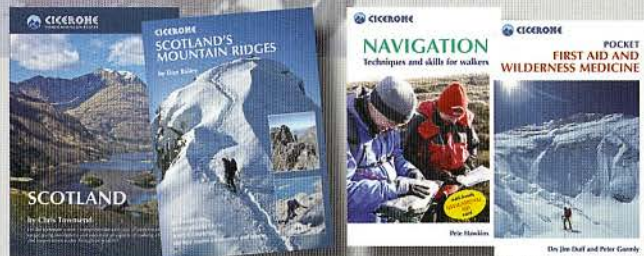
Disorientation, shivering, tiredness, pale complexion and loss of circulation in hands or toes, discarding of vital clothing. Children and older people are especially susceptible.



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.

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

SCOTTISH MOUNTAIN RESCUE TEAMS

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

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

Mountain rescue in the UK is free of charge to our casualties, the service being 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, visit our website for details. Thank you!

www.mrcofs.org.uk

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, stay hydrated and well nourished).
- Passage of time – allow extra time in winter or night time.