

# In case of injury

In case of injury, if possible, dial 112 or 117 specifying your personal information, the mobile number you are calling from and the exact location (if you have the GPS coordinates). State the details of the accident and keep your mobile line free. The Rega App can be very helpful in stress situations but be aware that the mobile signal coverage is not guaranteed over the whole mountain area.



# Adapt your gear to the weather conditions

Always play it safe! Even if the weather is perfect for hiking never forget to bring along the following items in your backpack: a waterproof jacket, a fleece pullover, gloves, wool cap or a head band and the essential “first aid kit”. If your itinerary includes icy or steep tracks, crampons are indispensable. Ensure that every member carries avalanches safety equipment and they are trained to use it.

# Prepare the hike to avoid accidents

A proper planning, good physical preparation/condition and a good knowledge in how to react during an emergency situation, will help you to avoid accidents.

Chose a suitable route and avoid individual hikes; the smallest mishap can transform into a very dangerous situation, particularly in high altitude. The website [www.whiterisk.ch](http://www.whiterisk.ch) gives guidelines and helps to plan your hike and assess the risks. In case of uncertainty, hire a qualified and experienced local guide. Some hiking clubs may organize specific training courses.



# Safe through the mountains during winter time



Repubblica e Cantone Ticino

Dipartimento delle istituzioni  
Montagne sicure

[www.ti.ch/montagnesicure](http://www.ti.ch/montagnesicure)  
[di-montagne.sicure@ti.ch](mailto:di-montagne.sicure@ti.ch)



# Refer to snow forecast

Before you start a hike in the snow it is crucial you refer to the snow forecast. There are 5 different levels of danger: 1 low, 2 moderate, 3 considerable, 4 high, 5 very high. With a considerable danger level, only well experienced persons can assess the situation. In case of high level of danger, remain on open ski runs and trails and avoid off-track skiing and excursions.

Request for updated information on site as mountain guides and mountain hut tenants are the best local experts to value situations as they have the local territory knowledge.



# Always pay attention to the snow conditions

During a hike, the snow conditions can change more than once. Watch out for accumulation of snow carried from the wind as well as steep and shaded slopes. If you are hiking in group, keep the security distance to reduce the overload of the snow cloak to avoid falls. The first sunny day after a snowfall is always the most dangerous. Planning ahead carefully different trail options will help you choose the safest path.



# Handle properly group excursion

If you organize a group excursion you need to set the roles straight. The person in charge should be the person with the biggest experience and training. A clear choice has to be accepted by all members of the group. Unclear communication, different expectations and the excitement for the peak of the mountain and the powdery snow, may lead to dangerous group dynamics and risky irrational behaviors.