

In the event of an accident

In the event of an accident, if possible, contact 117 or 112 specifying your general information, the number of the mobile phone you are calling from, the area where you are located or better the coordinates with all possible references, the dynamics and finally leave the phone free.

Repubblica e Cantone Ticino

Dipartimento delle istituzioni
Montagne sicure

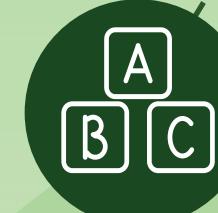
www.ti.ch/montagnesicure
di-montagne.sicure@ti.ch



Allow yourself breaks

Adequate breaks are important to help regain strength and help to avoid getting into dangerous situations.

Have a break drinking and eating and enjoy the scenery in the meantime. This helps to control tiredness and keep a balanced concentration.



Watch out the children

In case of difficult passages with the risk of falls, an adult has to assist the children.

Exposed routes requiring long concentration are not suitable for younger kids.

Safe in the mountains during high season





Fit and safe

A good health condition and a realistic evaluation of one's possibilities are basic before setting off along the paths. Choose a suitable itinerary and avoid individual trips because even the smallest hitch can turn into a serious emergency situation.

Communicate your itinerary to family or friends and don't change it.

The degree of difficulty of the routes is clearly indicated by the colour of the signs and based on the required experience: yellow for hiking trails, yellow with white- red-white tip for mountain trails and blue with white- blue-white tip for alpine trails.

The category of the trail indicates both its practicability and the requirements that the hiker with its equipment must have.



Suitable equipment

It is extremely important to wisely choose the equipment, especially the boots, based on the chosen route.

In your backpack you can't forget a rain coat (protection against rain), clothes against cold weather, sun screen, first aid kit, a map and a mobile phone (emergency number 117 or 112).

A sure step

Falls are unfortunately the most frequent causes of mountain accidents.

Be aware and don't go at a too high rhythm because that can cause fatigue and favour a fall.

Also getting out of the path is dangerous because in can increase the risk of falling and loss of orientation.

