

12 Important Do's and Don'ts in the Mountains.

1. Plan your tour! Take a close look at the route and altitude profile and highlight points of reference such as huts and water stations.

2. Check the local weather forecast in advance! In the mountains, the weather is often unpredictable.

3. Do not skimp on your equipment! Sturdy shoes, warm and windproof clothing, a weatherproof backpack and enough water should not be missing on any tour. A small first aid kit, sunscreen and your cell phone will also fit in every backpack.

4. Always let someone know where and how long you are on the way!

5. Do not overestimate your stamina! The physical condition of the weakest member of the group should always be the deciding factor when planning a tour.

6. Avoid walking too fast and have regular breaks! The pace should always be adapted to the weakest member of the group.

7. Always stay on the marked trails!

8. Be aware of rockslides!

Watch your step to protect other hikers from falling rocks. In stony terrain, a rockfall is also often triggered by wild animals.

9. In case of an impending thunderstorm: turn around in time! If you do get caught in a thunderstorm, stay away from free-standing trees, don't stop at the summit or ridge, and get to a safe shelter as quickly as possible.

10. In case of emergency: stay calm and get help! By calling the mountain rescue (140) or by waving larger items of clothing, you draw attention to yourself. Never leave injured people alone and try to get them out of the danger zone as quickly as possible.

11. Dogs must always be kept on a leash!

12. Keep the mountains clean and always take your trash with you!