

# Keep in mind

## Planning a hike

- Choose a hiking route and destination to suit the children's needs and allow enough time for breaks
- Include places of interest to children along the route and choose a destination which provides variety
- Check the weather forecast and observe the current weather situation

## Equipment

- Choose clothing to suit the weather conditions (sturdy shoes, waterproof clothing)
- Food (e.g. fruits, muesli bars, wholemeal bread) and drinks (carry enough liquid)
- First-aid kit
- Mobile phone with fully charged battery
- Hiking map and guide
- Sun protection (sun cream and glasses, hat)
- Equipment important to children: toys, torch, camera...
- Bivouac sack

## Tips and information

- Allow enough time during the hike and provide variety, e.g. by building dams or huts
- Always carry spare clothes, also for older children

- Appropriate for children - *what are they capable of?*
  - **Aged 0-2:** short hikes and walks; ensure protection against sun and cold
  - **Aged 2-4:** short hikes but allow many breaks
  - **Aged 4-6:** half-day hikes with many breaks and time for playing
  - **Aged 6-9:** easy one-day hikes are possible, ideally with playmates; note that children at that age aren't yet aware of potential dangers ahead
  - **Aged 9-13:** Longer mountain hikes and basic instruction on the behaviour in Alpine environments are possible as children at that age already have a certain risk awareness and hence instinctive behaviour. Bear in mind that they can concentrate for short periods only. Most accidents result from distraction!
  - **Aged 13 or older:** Concentration and risk awareness over longer periods; via ferratas and hiking routes or glacier

## First aid

- First-aid kit
- Mobile phone with fully charged battery and charger

## Emergency numbers

- ☎ 140: Mountain rescue service – Alpine emergency
- ☎ 112: European emergency number (*works with any mobile phone & all available networks*)

## No coverage?

If there is no reception and in dead spots, no emergency calls can be made. → Go to an area with better reception and dial 112 regularly. Euro emergency: Access to all available networks if 112 is dialled after switching on the phone instead of entering the PIN or by using the SOS emergency function.

## Reporting an accident

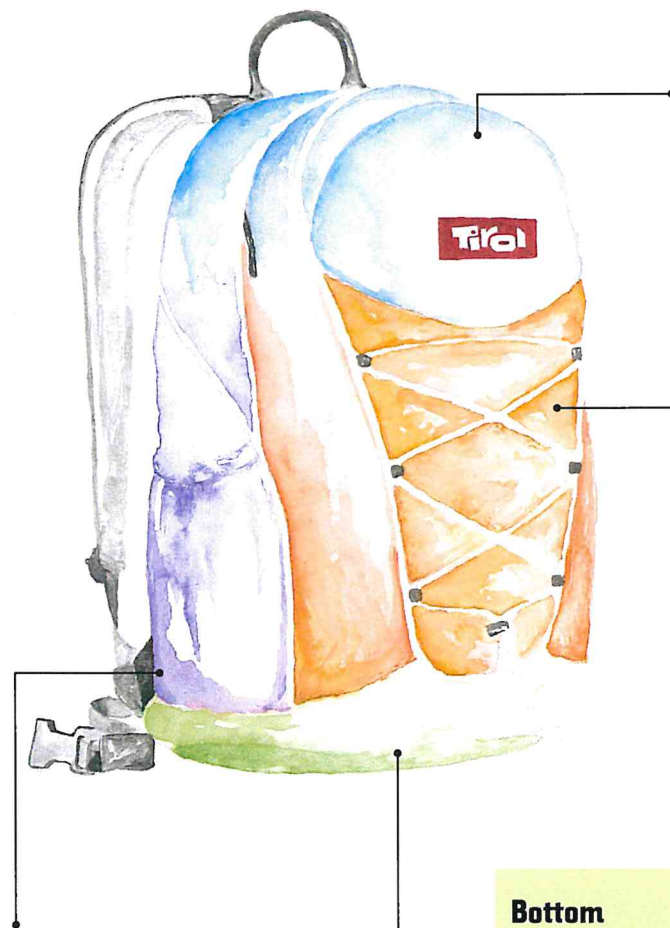
- Who is reporting / call-back number?
- What is the exact location of the accident?
- What has happened?
- How many people are injured?

## Emergency app Tirolean Mountain Rescue Service

Smart phone users can install the new emergency app provided by the Tirolean Mountain Rescue Service. It helps making an emergency call and transmits one's location.



# Packing Checklist for one day



## Top Pocket

- Hiking map
- Blister plasters
- fully charged mobile phone  
(emergency phone numbers:  
mountain rescue 140, European  
emergency service 112)
- Pocket knife
- Cash

## Front

- Snack
- Drink Bottle
- Sun protection (sun cream,  
sunglasses, cap, etc.)

## Bottom

- Spare T-Shirt
- Rain jacket
- Fleece jacket
- Optional (depending on weather):  
waterproof trousers and small  
umbrella

## Centre/back

- Bivouac sack
- First aid kit
- Gloves and warm hat
- Headlamp



# General recommendations

*from the Alpine associations*

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## 1. Getting fit in the mountains

Hiking is an endurance sport. It makes the heart and circulation work, which requires you to be healthy and to realistically assess your fitness. Try not to rush and walk at a tempo where nobody in the group gets out of breath.

## 2. Careful planning

Hiking maps, guide books, the internet and experts can inform you about the length, height difference, difficulty and current conditions of a hike. You should always choose which hiking trails you will take according to the skills of the group. Pay particular attention to the weather forecast because wind, rain and cold increase the risk of an accident.

## 3. Complete equipment

Make sure you have the right equipment for the hike you are taking and that your rucksack is not too heavy. Protection from the rain, cold and sun should always be packed in your rucksack, as should a first-aid kit and a mobile phone (European emergency number 112). Maps and GPS will help you find your way.

## 4. Appropriate footwear

Good hiking boots protect and provide relief to your feet and improve your footing. When choosing a pair of shoes, make sure that they fit perfectly, have non-slip soles, are waterproof, and that they are light.

## 5. Sure footing is key

Falls as a result of slipping or tripping are the most common cause of accidents. Make sure that you do not lose your footing or concentration because you are going too fast or are tired. Also watch out for falling rocks: by walking carefully you avoid loosening rocks.

## 6. Stay on marked paths

In areas without any signs there is an increased risk that hikers will lose their way, will fall or that rocks will fall. Avoid short cuts and go back to the last point you recognise if you stray from the path. Steep old snow fields are often underestimated and very dangerous as one can easily slip.

## 7. Regular breaks

Regular rest helps hikers to recover, enjoy the landscape, and makes the hike more social. You need to eat and drink to sustain your

concentration and energy levels. Energy drinks are ideal for quenching your thirst. Cereal bars, dried fruit and biscuits will satisfy your hunger while walking.

## 8. Responsibility for children

Discovering the landscape in a fun and varied way is very important for children. In passages where there is a risk of falling, an adult can only look after one child. Very difficult hikes, which require long periods of concentration, are not suitable for children.

## 9. Small groups

Small groups are more flexible and allow members to help each other. Tell everyone in your group your end destination, route, and return route. Stay together in your group. Attention to those hiking alone: even minor incidents can require serious emergency assistance.

## 10. Respect for nature and the environment

To protect the natural mountain areas, do not leave rubbish behind, stay on the paths, do not disturb wild animals or livestock, do not touch the plants, and respect protected areas. Take public transport or use carpooling to get to your destination. © Club Arc Alpin, 2012