



# MOUNTAIN SAFETY

## VISIT THE MOUNTAIN SAFETY COUNCIL OF SWEDEN WEBSITE FOR INFORMATION AND CHECKLISTS

For information about how to prepare for different types of trips to the mountains, please visit the Mountain Safety Council of Sweden website. The website also provides useful advice on how to stay safe if caught in bad weather or if a potentially dangerous situation arises.

[www.fjallsakerhetsradet.se](http://www.fjallsakerhetsradet.se)

[www.facebook.com/fjallsakerhetsradet](https://www.facebook.com/fjallsakerhetsradet)

The Swedish mountain range stretches over 1000 kilometres from Terikröset in the north to Sälen in the south. It covers an area larger than the Alps and is one of Europe's last remaining wilderness regions with very high natural and amenity values.

**THE MOUNTAIN SAFETY COUNCIL OF SWEDEN** consists of representatives from agencies and organisations with extensive accumulated knowledge and experience of mountain safety. Our mission is to prevent accidents in the mountains by providing information and training in mountain safety and by supporting research and development activities in this area. The Mountain Safety Council of Sweden operates under the auspices of the Swedish Environmental Protection Agency.



Naturvårdsverket, SE-106 48 Stockholm, Sweden

Tel: 08-698 10 00

E-mail: [registrator@naturvardsverket.se](mailto:registrator@naturvardsverket.se)



## 6 tips for safe hiking in the mountains

[www.fjallsakerhetsradet.se](http://www.fjallsakerhetsradet.se)



The mountains offer a wealth of breathtaking walks and scenery. There are plenty of marked trails, shelters and cabins for overnight use, as well as stretches of pure wilderness with varying terrain. With the right preparation, hiking is an enjoyable and safe experience.

## 1. CHOOSE THE RIGHT EQUIPMENT

Choose lightweight clothing that protects you from wind and rain and breathes when you warm up. Dress in layers so that you can easily add or remove clothes according to the weather conditions. Good equipment does not have to be expensive and a sensibly packed rucksack should not be too heavy. You can find checklists with tips on suitable equipment for different activities on the Mountain Safety Council of Sweden website.

If possible, call 112 in an emergency, unless there is a mountain shelter or cabin with an emergency phone nearby. It is important to be aware that large areas of the mountain range have no mobile phone coverage.

## 2. LET YOUR ITINERARY AND RETURN BE KNOWN

It is important to inform someone of your intended route and when you expect to be back. Tell a friend, family or someone else who can raise the alarm if you do not return as planned.

## 3. PLAN YOUR TRIP ACCORDING TO THE WEATHER

Mountain weather can change quickly. Check the local weather forecast. Always pay attention to warnings about adverse weather conditions in the mountains.

## 4. KEEP TO MARKED TRAILS

There are thousands of kilometres of marked trails in the mountains, with signs that indicate distances, overnight cabins and emergency phones. It is wise to keep to the marked trails. It makes it easier to find your way and is a safer alternative if you should need help. Remember that winter trails are marked with a red cross and are not always suitable for summer hikes.

## 5. PACK A MAP AND COMPASS

Make sure you have an updated map. A compass is very useful when you leave marked trails. If you are not sure how to use a compass, visit the website of the Mountain Safety Council of Sweden for instructions. A GPS is useful but cold weather quickly drains batteries.

## 6. GET ADVICE FROM OTHERS WITH EXPERIENCE

Experienced mountaineers offer important information. Get in touch with them to ask about routes, water levels, bridges and other information that will help you plan your trip. There are several local mountain safety committees with considerable knowledge of the mountains in their regions. Their contact details are on the Mountain Safety Council website.

