

# Hiking in safety

10 recommendations from Club Arc Alpin

**As an outdoor sport, hiking is a great way to get fit, meet people and have fun. The aim of the following recommendations from the Alpine associations is to make hiking as safe and enjoyable as possible.**

## 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, apps and GPS will help you find your way.

## 4. Appropriate footwear

Stable 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. Take special care when descending! Careful walking prevents falling 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 sociable. You need to eat and drink to sustain your concentration and energy levels. Energy drinks are ideal for quenching your thirst.

## 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.

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