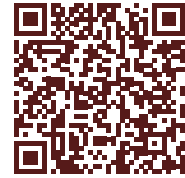


# WINTER HIKING



Emergency Call App  
Mountain Rescue Tyrol

## FIRST AID

- First aid equipment
- Mobile phone with a fully charged battery

### EMERGENCY CALL

#### 140

Mountain rescue – Alpine emergency call

#### 112

European emergency call  
(works with any mobile phone & in any available network)

### NO NETWORK?

Without a network and in a radio shadow, no emergency call is possible. → Move to a better location and **regularly dial 112**.

Euro emergency call: Access to any available network if 112 is entered instead of the PIN code after turning on the phone or using the SOS emergency call function.

### ACCIDENT REPORT

- **Who** reports/callback number?
- **Where** exactly is the scene of the accident?
- **What** happened?
- **How many** injured?

### EMERGENCY CALL APP

#### MOUNTAIN RESCUE TYROL

Smartphone users can download the emergency call app of the Mountain Rescue Tyrol. It helps with sending an emergency call and transmits your own location at the same time.

## TOUR PLANNING

- Tour planning in advance – does the route suit my ability?
- Take the temperatures and weather forecast into account when planning
- Plan your time well to avoid getting caught in the dark, as the days are shorter and the nights longer in winter.
- Think about orientation and avalanche danger in advance
- Winter hiking trails are generally easy to walk on, but require a certain amount of surefootedness on snow, which can have different properties depending on weather and time of day (powder snow, firm, hard snow, slush, etc.). Particularly in late winter/early spring, the changing snow conditions during the day should be noted (icy in the morning, slushy in the afternoon).

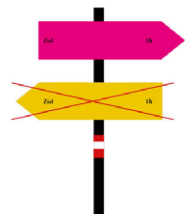
## EQUIPMENT

- Sturdy shoes with good tread
- Note on footwear: Depending on the snow conditions, different footwear may be required. The choice of footwear is the responsibility of each winter hiker.
- It is recommended to take spikes with you.
- Winter hikers are free to use „snowshoes“ on winter hiking trails at their own discretion, even though these are usually used as aids for moving in untracked terrain.
- Clothing adapted to the winter temperatures (warm, breathable, ...)

- Snacks and beverages
- First-aid kit
- Mobile phone with a fully charged battery
- Hiking map and guide literature
- Sun protection (sunglasses, sunscreen and cap)
- Telescopic poles

## TIPS AND ADVICE

- Do not leave secured winter hiking trails (winter alpine dangers)
- Avoid feeding wild animals and their habitats
- Thermos flask with warm tea and snacks
- All dog waste must be removed (even on snow-covered meadows and paths)
- Winter hiking trails are temporarily marked with traffic purple signs.



## MOUNTAIN TRAIL CLASSIFICATION

A winter hiking trail is “a path laid out in the snow, that is marked, maintained, controlled, and secured against alpine dangers.”

# GENERAL HIKING RECOMMENDATIONS

ACCORDING TO CAA (CLUB ARC ALPIN)

As an outdoor sport, mountain hiking offers great opportunities for health, community and experience.

The following recommendations of the alpine clubs are intended to make mountain hikes 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 EQUIPMENTS

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 shortcuts 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. 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.

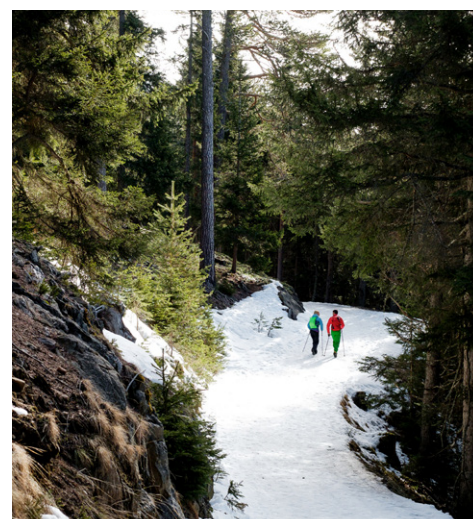
## 9. SMALL GROUPS

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.

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1. Kartitsch
2. Pillerseetal, Fieberbrunn
3. Tyrolean Oberland, Puschlin



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Österreichisches  
Kuratorium  
für Alpine Sicherheit