

The mountain code

Stay safe by following these simple rules of thumb.

1. Plan your trip and inform others about the route you have selected.
2. Adapt the planned routes according to ability and conditions.
3. Pay attention to the weather and the avalanche warnings.
4. Be prepared for bad weather and frost, even on short trips.
5. Bring the necessary equipment so you can help yourself and others.
6. Choose safe routes. Recognize avalanche terrain and unsafe ice.
7. Use a map and a compass. Always know where you are.
8. Don't be ashamed to turn around.
9. Conserve your energy and seek shelter if necessary

ut.no