Winter hiking

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.

Planning a hike
• Plan the hike in advance. Is the route appropriate to my skills?
• Be sure to take into account the low temperatures and the shortness of the days when planning a winter hike.
• Familiarise yourself with the subjects of navigation and danger of avalanches beforehand

Equipment
• Sturdy pair of shoes with grip sole
• Clothing suitable for the temperatures in winter (warm, breathable etc.)
• Food and drinks
• First-aid kit
• Mobile phone with fully charged battery
• Hiking map and guide
• Sun protection (sun cream and glasses, hat)
• Telescopic sticks

Tips and information
• Keep well away from wildlife feeding areas and habitats (avoid prohibited areas)
• Do not leave secured winter hiking trails (Alpine winter dangers)
• Thermos flask with hot tea and food

Trail difficulty rating
• A winter hiking trail is defined as 'a trail in the snow which is sign-posted, maintained, checked and secured from Alpine dangers'.

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Winter in the Mountains

Tirol / Heart of the Alps