

MOUNTAIN SAFETY TIPS

MINIMUM GEAR CHECK LIST - WEATHER DEPENDANT

- 1x LIGHT RUNNING PACK
- MINIMUM 1.5 LITRE WATER
- FOOD AND ELECTROLYTES
- FULLY CHARGED CELL PHONE*
- BUFF / MASK
- HAT / CAP
- 1x FULLY CHARGED HEADLAMP
- 1x FLEECE / WARM LAYER
- 1x WIND BREAKER / RAIN JACKET
- 1x GLOVES / MITTENS
- 1x THERMAL / FLEECE PANTS
- 1x SPACE BLANKET
- 1x WHISTLE
- ANTI-CHAFE CREAM / PETROLEUM JELLY
- SUNSCREEN

OPTIONAL EXTRAS:

- COMPACT, INSULATED JACKET
- POWER BANK & CHARGING CABLE

*Check airtime and data. Save and favourite the Emergency Number 021 937 0300. Medical conditions saved under the phone emergency details are important especially if allergies or other conditions are relevant.

First Aid Kit: Space blanket, whistle, tension bandages, anti-septic cream, plasters, Rehidrat sachets, cable ties, super glue, printed & laminated card with Emergency Number

IN AN EMERGENCY:

If you are injured, alone and can't move, check for reception to call in the emergency. If you have no reception use your whistle to try and gain attention from walkers or hikers to assist you.

If you are lost and alone, find reception to call a friend who knows the mountains well or call the emergency number for assistance.

If you found someone who is injured:

Stay calm and keep yourself collected.

Try to determine exactly what the injuries are and what you can help with.

Consider whether you should report the injury immediately, or take time to observe the situation, making the person comfortable as it can take some time before help arrives.

Try and keep warm by layering up and use the space blanket as the last layer.

Apply first aid if it is safe to do so, by checking the ABC:

Check Airway

Check Breathing

Check Circulation and stop bleeding

If you suspect spinal damage, especially the neck, do not move the person unless it is necessary for safety reasons.

