

## The 12 most important rules for behavior in the mountains

1. **Every tour should be planned carefully !** How is the route? Where are there huts? How far are they distances?
2. **Find out about the weather report!**
3. The equipment must fit: good shoes, a weatherproof backpack, sun protection, warm and windproof clothing, enough drinks and provisions as well as a small first-aid kit, hiking map and a mobile phone.
4. Let the landlord or acquaintance know where you are going and also let them know when you plan to be back. In an emergency, it can also be helpful to look in the hut or summit books to enter.
5. Adjust every mountain or mountain bike tour you set off to according to your personal condition. If there are children, be sure to take their physical condition into account.
6. Avoid walking too fast ! The pace should be adjusted to suit the weakest member of the group. Take short breaks from time to time a.
7. **Do not leave the marked Ways.**
8. Caution is advised. Do not step down stones that can endanger other hikers. In stony terrain, animals such as chamois can often fall off a rock trigger.
9. If a thunderstorm threatens, turn back in good time. If you do get caught in a thunderstorm, stay clear of lone trees, don't stay on the peak or ridge, and head into hollows or valleys. Protection from thunderstorms on the mountain is only possible with a safe one Accommodation.
10. **In the event of an emergency, keep calm .** Get help using cell phones, shouting, or waving larger items of clothing to draw attention to yourself. Do not leave injured people alone and try to get them out of the danger zone bring.
11. Dogs are always on a leash too to lead!
12. **Please keep the mountains clean and take the rubbish back with!**