

Gran Sasso and Monti della Laga National Park Authority

Advice for hikers

1. Choose **the itinerary** of your mountain excursion according to your physical and technical skills; find out about the area to be visited and the characteristics of the route; get a map of the paths in advance and, if you do not know the places and do not feel safe, **rely on professionals**.
2. Find out **the weather forecast** in advance and keep a constant eye on the evolution of the weather during the excursion.
3. Provide yourself with **clothing and equipment** appropriate to the difficulty and length of the excursion; carry in your rucksack the necessary equipment for possible emergency situations, together with a minimum supply of first aid.
4. Avoid undertaking a mountain excursion **on your own**; in any case, let someone tell you the route you plan to take and inform them of your return.
5. **Walk along the path**, avoiding unnecessary off-trails and shortcuts. You will help preserve the important and valuable grasslands and your safety.
6. Pay attention to signs and **markings** along the route.
7. **If in doubt, turn back**; your destination (summit, pass, refuge, etc.) will be there waiting for you next time: try to be there too. Evaluate the weather conditions, do not try to overcome difficulties that are more difficult than you are capable of; study alternative return routes in advance.
8. In the event of an accident, call **the mountain rescue service (118)** following a few clear rules: give your name, telephone number, position (coordinates and altitude), what happened, when, type of injuries, weather conditions, any obstacles in the area (cables, wires, etc.).
9. **Do not hesitate to get help** from an experienced person.
10. **Take your rubbish** back to the valley, **respect the environment you walk through**, don't damage **the flora** and don't disturb **the animals**, respect the local cultures and traditions, remembering that you are a guest of the mountain people.