

Dear mountaineers, hikers, skiers and tourers!

Climbing, hiking, skiing and ski touring in the Alpine region with beautiful nature enjoyment unfortunately may cause lots of dangers.

Please introduce yourself the following important questions to get home safely after your trip in the mountains

- Does the weather allow a mountain tour?
- is equipment is adequate?
- Am I in a good condition to create the proposed tour?
- Does a family member/friend know where I am traveling?
- Am I able to call for help when I am in an emergency on the mountain?
- Do I have enough to drink and to eat?

If you are able to answer YES to these questions there is nothing to spend a beautiful day in the mountains. Before you start please check your backpack if you have the necessary equipment (weather / wind protection, food, drink, bivouac sack, cell phone, pharmacy pack, headlamp with LED's, possibly whistle and an avalanche emergency equipment in winter).

If you have an accident despite of all precautions and appropriate equipment, you can trust that the emergency services (mountain rescue, Red Cross, or helicopter from ÖAMTC/ Interior Ministry) will do everything to help you and bring you safely back from the mountain. However, this emergency care costs a lot of money. So this rescue costs do not have to payed by yourself, we recommend to conclude an insurance contract or become member in an Alpine club, so you are also insured.

Emergency Mountain Rescue: 140



You have the following possibilities to conclude an insurance contract:

Mountain Rescue

<http://www.bergrettung.at/FOERDERER-Vorteile.453.0.html>

Alpine Club

[http://www.alpenverein.at/portal/Mitgliedwerden\\_Vorteile/0100\\_weltweit\\_versichert.php](http://www.alpenverein.at/portal/Mitgliedwerden_Vorteile/0100_weltweit_versichert.php)

Nature friends

[http://www.naturfreunde.at/files/uploads/2011/08folder\\_EsLohnt\\_2012screen\\_1.pdf](http://www.naturfreunde.at/files/uploads/2011/08folder_EsLohnt_2012screen_1.pdf)

