



THE PLAN

HAVE A PLAN. BE INFORMED.
BE EQUIPPED. BE SEARCHABLE.

Be Searchable



IN COLLABORATION WITH:

AIR-GLACIERS
COMPAGNIE  D'AVIATION



canadianavalancheassociation



SVERIGES
LAVINUTBILDNINGAR

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INTRODUCTION

This booklet provides basic information to help you recognize mountain dangers and handle trouble when it strikes.

There is no replacement for education, experience, and good judgment. RECCO reminds you the best rescue is one that need not happen because an accident was prevented by your knowledge and preparation.


When visiting the mountains be sure your skills and knowledge match your ambitions. When in doubt stay inbounds, stay on the trail, wait for a better time, travel with more experienced people, or hire a professional guide. Continue your process of learning by taking courses specialized for the activities you enjoy.

LOCATION MATTERS!

The chances of a slip and fall and getting hurt, whether in a retail store or in the mountains, are probably the same. Even the result of the fall (the type of injury) – may be the same. However, the ramifications of where you get hurt can have a huge impact on the outcome.

The goal of every adventure is to make it back home. Just because you can reach the summit or start down a snow-filled couloir doesn't always mean you should. Ultimately, you control your own risk by deciding when, where, and how you'll travel.

Think, not only of yourself, but of those you might leave behind by making poor decisions.



BEFORE YOU GO BE PREPARED

DO YOU HAVE A PLAN AND DO OTHERS KNOW IT?

- When are you going
- Where are you going
- How long will you be gone
- Who is to be notified when you don't come home
- Consider taking a partner
- File a trip plan with a responsible person and tell them if you're equipped with RECCO reflectors

ARE YOU INFORMED?

- Weather forecast
- Route / trail conditions
- Avalanche danger and avalanche problems
- Time to complete your tour



DO YOUR ABILITIES MATCH THE ACTIVITY, LOCATION AND CONDITIONS?

- If going alone consider activity and location

ARE YOU EQUIPPED IF THINGS GO WRONG?

CARRY GEAR THAT WILL:

- **FIND YOUR WAY**
 - navigation (map, compass, and gps)
 - headlamp (and batteries)


 - **GIVE YOU ENERGY**
 - extra food and water

 - **PROTECT YOU FROM THE COLD, WET, WIND AND SUN**
 - extra clothing
 - sun (sunglasses / goggles and sun cream)

 - **SHELTER YOU FROM THE ENVIRONMENT**
 - bivy sack or bothy bag

 - **GIVE YOU HEAT**
 - lighter and tinder (fire starter)

 - **ENABLE YOU TO CALL FOR HELP**
 - cell phone with power bank,
satellite messenger, PLB

 - **CARE FOR AN INJURED FRIEND**
 - first aid kit (CPR mask, bandages and dressings for serious bleeding....)
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DO YOU HAVE RECCO REFLECTORS?

- Already in your gear
- If you added - are they placed correctly?



ARE YOU SEARCHABLE?

- Transceiver, probe and shovel (winter)
- RECCO rescue reflector (summer and winter)
- Whistle (summer and winter)
- Light (summer and winter)
- Bright clothing (summer and winter)

ON THE MOUNTAIN

BE ALERT

WHAT PROBLEMS – YEAR-ROUND – SHOULD I WATCH OUT FOR?

- Summit fever: no flexibility to change or cancel an activity or destination
- Loss of cell phone communications – dead battery or no service
- Inadequate food and water
- Sudden changes in weather
- Terrain that becomes more challenging
- Thunderstorms – lightning
- Hypothermia (cold, wet and exhausted)
- Hyperthermia – heat exhaustion and heat stroke (too hot)
- Getting injured
- Getting lost / cannot navigate (lack of experience, no GPS, no paper maps, batteries die)
- Too ambitious: abilities, distance and time do not match goal

WINTER SPECIFIC PROBLEMS

- Avalanches – most people are injured / killed in an avalanche they cause
- No experience travelling in avalanche terrain
- Inadequate clothing and eye protection (no goggles or sunglasses)
- Getting lost, especially outside ski areas
- Difficult travel (snow conditions, poor visibility, trail covered, etc.)
- Getting wet (sweat, precipitation, falling into snow-covered streams)

AVALANCHES

BE READY



1. LOW



2. MODERATE



3. CONSIDERABLE



4. HIGH



5. VERY HIGH

WHAT TO BE READY FOR

ARE YOU EDUCATED?

- Avalanche trainings
 - Can recognize avalanche terrain
 - Can recognize avalanche dangers
 - Can travel avalanche-smart
 - Can perform companion rescue
- 1st aid and CPR trainings

ARE YOU INFORMED?

- Avalanche bulletin
- Weather forecast
- Why?
 - Baseline assessment of the avalanche danger and the associated avalanche problems types.
 - A starting point. Ultimately, you control your risk by deciding when, where and how you'll travel.
- Forecasts available from:
 - avalanche.org (US)
 - avalanche.ca (CA)
 - avalanches.org (Europe)

ARE YOU EQUIPPED?

- Transceiver, probe, and shovel (companion rescue)
- RECCO rescue reflectors
- Avalanche airbag
- 1st aid kit
- Communications: phone, satellite communicator, radio

WHEN TROUBLE STRIKES

BE RESPONSIVE

CAN I HELP MYSELF? CAN I CALL FOR HELP?

- Emergency telephone numbers
 - North America 911
 - Europe 112
 - Asia 119
 - New Zealand 111
- Satellite communicators
- If involved in an avalanche, start Companion Rescue immediately
- Care for injured – perform 1st aid & CPR
- Protect yourself first and then your friend from the environment
- If you have to wait for organized rescue, be ready to wait - it may take a while
- If you hear a helicopter, get out in the open
- When a helicopter arrives:
 - Know the hand signals:



YES - RESCUE NEEDED



NO - RESCUE NOT NEEDED

- Secure all loose gear so not to blow away or into the helicopter
- Protect your eyes from blowing dust / snow
- Do not approach the helicopter— wait for crew member to approach you

AFTER THE TRIP, QUESTIONS TO ASK

BE READY TO LEARN

WHAT DID I LEARN? WHAT WILL I DO DIFFERENTLY?

- Did the outing happen the way I thought it would?
- Any surprises?
- Any hazards missed?
- How can decisions be improved?
- What can I / we do better next time?



RECCO RESCUE TECHNOLOGY

BE SEARCHABLE

WHY BE EQUIPPED WITH RECCO TECHNOLOGY?

1. RECCO technology makes you searchable by organized rescue to find and help you faster when lost in the outdoors or in case of an avalanche.

HOW DOES IT WORK?

2. The RECCO detector, used by rescuers, sends out a directional radar signal, which is reflected back by the RECCO rescue reflector in your gear, leading rescuers to your location.

WHERE IS THE RECCO SYSTEM IN USE?

3. RECCO detectors are a standard rescue tool for rescue teams and ski patrollers worldwide. RECCO SAR Helicopter Detectors are new and used in a growing number of countries. See all locations at recco.com/global-network/



Scan to show
RECCO map

RECCO 
ADVANCED RESCUE TECHNOLOGY

Be Searchable

RECCO.COM