

Going Outdoors Safely

Practical skills

The preparation that prevents most mountain rescue callouts.

Educational reference. Conditions change faster than plans do.

Before

Check the forecast — mountain-specific

Tell someone your route and return time

Check daylight hours

Match the route to the least experienced person

Carry

Map and compass, and know how to use them

Waterproofs, extra layer

Head torch and spare batteries

Food and water

First aid kit

Fully charged phone, plus a power bank

During

Turn back when the plan stops working

Keep the group together

Reassess at every escape point

Turning back is a skill. Most serious incidents involve continuing when the sensible decision was to stop.