



#IOCAMMINOSICURO

Decalogue in 16 steps for self-protection



CHOOSE ROUTES SUITABLE TO YOUR SKILLS and to those of **YOUR COMPANIONS**, avoid routes that you don't know and those **WITHOUT TRAILS**. Get informed in advance about your hike, using a map or a Gps tracker and checking its updatedness and reliability. If in doubt about the route, turn back: it's better to give up than to take an excessive risk!

BEFORE DEPARTING, ALWAYS GET INFORMED about the characteristics of the trail you want to hike, the length and the degree of difficulty. Also check the existence of temporary decrees aimed at restricting the access: for different reasons, local authorities may in fact restrict or regulate access to certain trails.



NEVER GO ALONE in the mountains. If you have no alternative, choose easy trails in areas where there is a good mobile phone network coverage; in case of fog, wait for the visibility to improve and avoid venturing into terrain you do not know.

A hike in the company of a licensed **ENVIRONMENTAL HIKING GUIDE** can offer you the opportunity to walk the trails safely and help you discover the incredible richness of flora, fauna and biodiversity of our natural environments.

Check the wide programs of guided hikes or consult the regional Directory of Environmental Hiking Guides.



If your destination is a shelter or a hut, **CONTACT** the **MANAGER**, ask about the conditions of access to the facility (reservation requirement, measures to be taken in common areas) and the services it can offer you.

PUT in your **BACKPACK (RUCKSACK)**, possibly equipped with a **HIP** belt, a sufficient amount of water and food, a first aid kit, rain jacket, sunglasses, hat, utility knife, cell phone with emergency numbers and other products that can be very useful such as protective sunscreen, a headlamp, a tick spray, etc.

Wear sturdy footwear suitable for the hike.





Take advantage of the small commercial activities of the areas you visit, with special care to the ones of the HINTERLAND, enter a store or business and buy local products to take home! Many businesses WORK HARD to offer you products with high environmental value.

WATCH the WEATHER FORECAST before you leave. Observe on site the development of weather conditions, especially wind and fog. Do not hike the trails in adverse weather conditions in order to not endanger your safety and the safety of others.



During the walk, give PRIORITY to the hikers on their way down; when you meet other people make it easier for them to pass by stepping aside or backing up to keep the right distance.

Leave the hurry at home; paths are not trails. If you are a BIKER, or a RUNNER, proceed with caution and at a speed appropriate to the trail; if you meet other people stop to make it easier for them to walk, and remember: on trails, pedestrians always have PRIORITY!



DO NOT LEAVE WASTE of any kind: paper handkerchiefs and leftovers are trash: at home you wouldn't throw them on the ground! Keep a small bag in your backpack to collect them in special containers or to take them home.

DO NOT LIGHT FIREPLACES in nature but only in the staging areas if allowed; follow the rules of use and leave the place clean. Leave the staging areas tidy and respect any equipment (such as short stretches of rope or chain) of common use.



GUARD DOGS are essential to protect flocks and herds from predators: approach them with respect and do not run; if you can, do not create havoc by crossing the flocks and back away discreetly.

RESPECT ANIMALS, if you encounter ungulates (wild boars, deer, etc.) or other wildlife; move away discreetly and do not interfere with their activities because this could disturb them or, worse, pose a risk to your safety.



Exclusively in case of EMERGENCY, call the SINGLE NUMBER **112**: the operator will be the one to forward the communication to the competent authorities. If you have a smartphone with a GPS or a satellite instrument, communicate the geographical coordinates of where you are.

If there is snow, check if the Liguria Region AVALANCHE ALERT (*ALLERTA VALANGHE*) has been issued: as many as 97 municipalities could be affected! In case of a yellow alert, or higher, APS* equipment must be mandatory, even for snowshoeing.

*ARTVA (Avalanche Search Equipment), Shovel and Probe.

