



Trip Intentions Form - SOLO MOUNTAIN ACTIVITIES

Your safety is your responsibility

By completing this form, you give the person who receives it the information they may need to alert your family or rescue services if you do not return at the expected time. Please provide accurate details and remember to let them know as soon as you are safely back. The person holding this form is not responsible for your safety, but they do agree to keep an eye on your expected return. You can also take a photo of this form and send it to a trusted contact from your phone.

1. PERSONAL DETAILS

Name and surname(s)	ID / Passport number	Phone number

2. ACTIVITY DETAILS

Start date (DD/MM/YY)		Expected return date (DD/MM/YY)	
Start time: AM/PM		Expected return time: AM/PM	
Activity		Location	
Planned route / expected huts / alternative options		Rescue teams will rely on the information you provide here if assistance is needed. Please take it into account when filling this section and during the activity.	

3. EMERGENCY CONTACT

Full name	Relationship	Address	Phone number

5. SAFETY EQUIPMENT Please tick **only** the equipment you are actually taking

☐	Mobile phone (charged)	☐	Warm clothing
☐	Map	☐	Headlamp with batteries
☐	SPOT GPS tracking device	☐	First aid kit
☐	Avalanche transceiver with batteries	☐	Extra food
☐	GPS device	☐	Survival kit
☐	Whistle	☐	Overnight equipment
☐	Waterproof clothing	☐	Other:

6. VEHICLE DETAILS

Plate number		Colour	
Brand and model			
Where will you park for the activity?			

7. WHERE ARE YOU GOING AFTER THE ACTIVITY?

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