

MONTAÑA SEGURA TREKKING

PLAN your activity

- Choose an activity that is suitable for the experience of the group
- Calculate schedule, distances and heights you have to climb
- Check the weather forecast and study avalanche data closely
- Plan for an alternative in case you have to shorten the activity
- Let someone know where you are going and when you plan to return



To safely enjoy
your hike

3 Follow
these
simple
steps

TAKE the right equipment

- Suitable footwear
- Warm clothing
- Waterproof jacket
- Hat and sunscreen
- Adequate food and water
- Mobile phone with the battery charged

- First aid kit
- Flashlight or headlamp
- Whistle
- Map, compass and GPS

ACT sensibly

- Avoid going alone, and start the activity at a reasonable hour
- Constantly check that the rest of the group are enjoying themselves
- Do not separate from your companions, do not leave anyone on their own
- Use the maps to guide you and your timing estimates to make sure you're on schedule
- Drink and eat properly, protect yourself from the sun and the cold
- Spare your and your group's energies, turn around if something does not go as planned
- Check there is no weather risk
- If necessary, consider shorter alternatives or turn around and come back another day



Useful phone numbers

FAM Refugios (Mountain shelters; maintained all year round)

Refugio Lizara,
Aragüés del Puerto (Hu)
Tel. 974 348 433

Refugio Respomuso,
Sallent de Gállego (Hu)
Tel. 974 337 556

Refugio de los Ibones de
Bachimaña (Hu)
Tel. 697 126 967

Refugio Casa de Piedra,
Balneario de Panticosa (Hu)
Tel. 974 487 571

Refugio Góriz, Parque Nacional
de Ordesa y Monte Perdido (Hu)
Tel. 974 341 201

Refugio Pineta, Bielsa (Hu)
Tel. 974 501 203

Refugio Estós, Benasque (Hu)
Tel. 974 344 515

Refugio Ángel Orús, Eriste (Hu)
Tel. 974 344 044

Refugio La Renclusa, Benasque (Hu)
Tel. 974 344 646

Escuela de Montaña Benasque,
Benasque (Hu)
Tel. 974 552 019

Refugio Cap de Llauset,
Montanuy (Hu)
Tel. 974 120 400

Refugio Riglos, Riglos (Hu)
Tel. 974 383 051

Escuela-Refugio de Alquézar,
Alquézar (Hu)
Tel. 974 318 966

Albergue de Morata,
Morata de Jalón (Z)
Tel. 976 818 155

Refugio Rabadá y Navarro,
Camarena de la Sierra (Te)
Tel. 978 768 083

Other refugios

Refugio Linza, Ansó (Hu)
Tel. 974 348 289

Refugio Gabardito,
Valle de Hecho (Hu)
Tel. 974 375 387

Refugio de Bujaruelo, Torla (Hu)
Tel. 974 486 412

Refugio de Viadós, Gistaín (Hu)
Tel. 974 341 613 / 974 506 082

Useful websites

www.montanasegura.com
www.fam.es
www.aemet.es
www.alberguesyrefugiosdearagon.com

WHAT IF SOMETHING GOES WRONG?

In the event of an emergency...

- Assess the situation calmly and act sensibly
- Protect the injured person and give first aid if you are trained to do so
- Call the 112 emergency hotline as soon as possible



Use the 112
hotline responsibly;
someone may need
it more than you



FEDERACIÓN
ARAGONESA
DE MONTANISMO

International distress signals

Signal standing up,
motionless, arms outstretched
facing the helicopter



YES
I need help



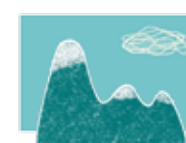
NO
I do not
need help

Emergency message

Identity, age, number of wounds
Place of accident

Is the injured person responding,
bleeding, breathing, in pain?

Weather conditions at place of accident



Your opinion
matters to us
#montanasegura

Safely enjoy the mountains,
it is your responsibility

