

MONTAÑA SEGURA

WINTER

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 the mountain in winter

3 follow these simple steps

TAKE the right equipment

- Snow boots and gaiters
- Thermal clothing, several layers
- Ice axe and crampons
- Probe, avalanche beacon and shovel
- Windproof and waterproof jacket

- Hat, sunglasses 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. Remember you have only a few hours of light at this time of year
- Equip yourself properly. A probe, avalanche beacon and shovel can save your life
- Use the climbing equipment (ice axe and crampons) whenever necessary
- Stay tuned to weather and snow conditions

- 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
- Do not separate from your companions, do not leave anyone on their own
- If necessary, consider shorter alternatives or turn around and come back another day



ilustraciones: M.Felices

If you want to enjoy the mountain in winter but do not have adequate experience you can hire a guide, a risk management professional, who will teach you to enjoy the sport and will acquaint you with your surroundings

Winter mountaineering is an activity that involves risk and requires technical training and experience

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 Biadós, 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



Avalanche Risk Bulletin



safely enjoy the mountain in winter, it is your responsibility

