Staying Safe

Matt Alias - 2026-11-10 - Commentaire (1) - Chapter 2: On the Trail

Most walks end without a problem, but a little preparation means you can deal calmly with the ones that do not. Safety is mostly about small, sensible choices made early.

Before you go

Tell someone your plan, check the weather, and make sure your phone is charged. These three steps prevent most difficulties.

Example

A group of three planned a ridge walk. They left a note with their route and return time. When one walker twisted an ankle, the group stayed together and called for help with a clear position, and the rescue team reached them within the hour.

If something goes wrong

Stay calm and stop. Make sure everyone is safe and warm before you decide what to do next.

1. Stop and take a moment to think
2. Check everyone for injuries
3. Put on warm clothing and find shelter from the wind
4. Work out your position from the map
5. Call for help if you need it

Error

Do not split up if someone is hurt or if visibility is poor. Staying together keeps everyone safer and makes you easier to find.

Useful numbers

Save these numbers before you leave, because signal can be poor and you may not have time to look them up.

Service	When to use it	How to reach it
Emergency services	Injury or immediate danger	Call 999 or 112
Mountain rescue	Lost or stuck on high ground	Call 999 and ask for mountain rescue
Local visitor centre	Route advice and conditions	See the centre's website