

Hiking, a no-risk activity? More than 700 hikers are rescued each year in Haute-Savoie... In order to enjoy the most of your hikes, here are a few advices.

### PLANNING

- weather
- itinerary
- difficulty

Adapt the hike to the abilities of the weakest and your cardiac capacities !

### MATERIAL



- sunglasses
- hat
- sun cream
- sufficient amount of water
- food
- warm clothes
- waterproof jacket
- map or guidebook
- first aid kit
- phone

### THE NATURE

- Dogs are not allowed in protected area.
- Do not leave marked trails.
- Bring back all your waste in the valley !
- Do not venture in streams (risk of water releases).
- Be careful of eventual rockfalls.



### CHILDREN



- Young children shouldn't go above 2500 m; avoid cable cars.
- Be careful with motionless children and of their exposure to cold and/or sun in child carriers.
- Children get quickly tired.

**INFORM A THIRD PERSON OF YOUR ITINERARY AND YOUR EXPECTED RETURN TIME.**

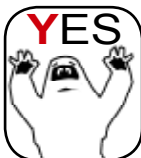
**START EARLY TO COME BACK EARLY  
A GUARANTEE OF PLEASURE AND SAFETY!**

**KNOW TO RENOUNCE!**

IN CASE OF ACCIDENT



On helicopter approach  
need a rescue?



About the Yetis ...

