




MOUNTAIN SAFETY CHECKLIST

- Weather Forecast Checked
- Navigation Tools at Hand
- First-Aid Kit Packed
- Adequate Food & Water
- Proper Clothing Layers
- Local Emergency Numbers Stored
- Shared Itinerary with Someone
- Emergency Shelter
- Avalanche Forecast Reviewed
- Route & Trailhead Researched
- Fire Starter Kit
- PLB or Satellite Device

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MOUNTAIN SAFETY BEST PRACTICES

Weather Forecast:

Always check the weather forecast for your specific destination. Sudden weather changes can turn a fun trip into a dangerous situation.

Navigation Tools

Carry a map and compass and know how to use them. Even with GPS, it's crucial to have traditional navigation tools as a backup.

First-Aid Kit

Never leave without a basic first-aid kit. Make sure it includes items like bandages, antiseptics, and pain relievers.

Adequate Food & Water

Bring enough food and water to last for the entire trip plus an additional 24 hours for emergencies.

Emergency Shelter

An emergency space blanket or bivy can be a lifesaver. It's lightweight and can help retain body heat in critical situations.

Proper Clothing Layers

Dress in layers to easily regulate body temperature and pack additional clothing suitable for changing weather conditions.

Fire Starter Kit

Carry waterproof matches and a fire starter. Knowing how to start a fire can be essential for warmth and signaling for help.

Multi-Tool or Knife

A good multi-tool can serve various purposes, from food preparation to making emergency repairs on gear.

Local Emergency Numbers

Save local emergency numbers in your phone and write them down as a backup. Know the quickest route to the nearest medical facility.

Leave No Trace Principles

Familiarize yourself with the Leave No Trace principles. Practice sustainable outdoor ethics to protect natural resources and minimize impact.