

# USEFUL GUIDE ON HOW TO BEHAVE IN THE MOUNTAINS

*Here is a list of rules for proper behavior in the mountains, produced by the Hoteliers' Association, which is committed to promoting good practices for a quality stay.*

-  **1 Plan your hike carefully**  
Choose a route suited to your fitness level. Check trail difficulty, duration, and weather conditions. Use maps or guides and ask locals if needed.
-  **2 Wear proper clothing and gear**  
Dress in layers, wear hiking boots, and bring a windbreaker, hat, water, snacks, a map or GPS, flashlight, and first aid kit. Trekking poles may help.
-  **3 Inform someone of your plans**  
If hiking alone, tell friends, family, or your hotel where you're going and when you expect to return.
-  **4 Check the weather before and during**  
Mountain weather changes quickly. If it worsens, turn back—don't take risks.
-  **5 Stay on marked trails**  
Do not leave the paths or move signage. You'll protect the environment and avoid getting lost.
-  **6 Respect nature**  
Don't pick flowers, mushrooms, or stones. Don't move rocks or disturb animals. Never light fires.
-  **7 Take your waste back with you**  
Carry all trash—including organic—back down. Leave nature as you found it.
-  **8 Be mindful around animals**  
Don't scare or approach wildlife. Keep dogs on a leash to avoid disturbing people or livestock.
-  **9 Share the trail with courtesy**  
Greet others, give way to those climbing, and avoid loud noises or music.
-  **10 In case of emergency, stay calm**  
Call 118 and give clear information. If stuck, stay where you are, find shelter, and save energy.



**Emergency and safety contact number – 118**



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CAP

SNACKS

CHECK THE  
WEATHER  
BEFORE  
LEAVING

WATER

BACKPACK WITH  
WATERPROOF JACKET

LONG PANTS

LONG SOCKS

TREKKING POLES

HIKING BOOTS