




- ~Things you must know to avoid accident~
- 1 Give yourself plenty of time to spare when hiking considering your experience, skills and physical fitness.
 - 2 Do not strain yourself too much. Keep in mind to "leave early, arrive early." Get the right gear to keep you safe and comfortable on the trail, like helmet.
 - 3 Hiking alone will increase potential risks.
 - 4 You must be in good shape when hiking.
 - 5 You should be checking on the developing weather conditions, and take immediate action to ensure your safety.

| Hiking Checklist | | |
|-----------------------|-----------------------|---------------------------|
| Clothing | Equipment | |
| Hat | Backpack | Map |
| Longsleeve shirt | Headlamps | Compass |
| Climbing pants | Towel | GPS |
| Thermal clothes | Snacks | Mobile phone |
| Rain gear | Water | Recharger |
| Gloves | First-Aid kit | Safety aiding accessories |
| Gaiters / Leggings | Medicines | Heat emergency blanket |
| Socks | ID card | Toilet paper |
| Hiking Shoes | Trekking Poles | Extra shoelace |
| Extra clothes | Wristwatch | etc,etc. |

Dial 110 for accidents or crimes.

Clearly state the following.

- ① What happened?
(slipping, falling, rock fall, fatigue, getting lost, etc) 
- Symptoms
(very painful, slight pain, etc)
- ② Where are you now?
- ③ What is your name and mobile phone number? 