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Emergency call for all of the telephone networks in the territory of the Slovak Republic

BASIC INSTRUCTIONS OF THE MOUNTAIN RESCUE SERVICE

- Follow the instructions of the Mountain Rescue Service rangers.
- Get the information on the conditions of trails, avalanche danger and weather forecast.
- Accommodate your garment and gear to the difficulty level of your trekking.
- Use available means to make yourself safe.
- Examine the course of your trek, or ascent on the map in the trekking or climbing guides.
- Leave for your trek early in the morning and complete it till the dark.
- Before the start of the trek, enter your particulars in the Book of Treks and Ascents.
- Get enough food and drinks.
- Accommodate the difficulty level of your trek to your health condition and physical fitness.
- Use the services of mountain guides for marked and unmarked trails, if necessary.
- Do not go for trek if the 4th or 5th degree of avalanche danger has been announced.
- End your trek and return, should the weather deteriorate.
- Do not walk in the close vicinity of trail edges, as the earth might slide.
- Do not lean against the rails, especially not in extremely steep locations.
- Cross the summer snow fields with utmost care and caution.
- Be considerate towards other visitors, but also towards yourselves.
- When skiing or riding a bike, let the pedestrians take priority.
- After returning from the trek, check out from the Book of Treks and Ascents.
- Any accidents of their related circumstances should be announced to the Mountain Rescue Service.
- Never forget to take the first aid kit and mobile telephone with you.
- Never forget to take spare and warm clothes, even in summer.
- In winter it is inevitable to take an avalanche beacon, avalanche shovel, and avalanche probe with you.
- Enter into a policy contract to insure the costs of a rescue action before starting the trek.

Source: www.hzs.sk