

Mountain-Day Safety Checklist

A simple final check before setting out - and a reminder to keep deciding.



ROUTE & TIMING

- ☐ Route suits the whole group
- ☐ Distance, ascent and terrain checked
- ☐ Turnaround time and alternatives identified
- ☐ Access, closures and transport checked

GROUP

- ☐ Fitness and recent experience considered
- ☐ Children's needs and supervision planned
- ☐ Medical or accessibility needs discussed
- ☐ Someone knows the plan and return time

WEATHER & CONDITIONS

- ☐ Current mountain forecast checked
- ☐ Temperature, wind and visibility considered
- ☐ Recent rain, snow or heat considered
- ☐ Conditions watched throughout the day

CLOTHING

- ☐ Suitable footwear
- ☐ Warm and weatherproof layers
- ☐ Sun hat, glasses and sun protection
- ☐ Spare layer for delays or changing weather

NAVIGATION & EQUIPMENT

- ☐ Map or appropriate navigation method
- ☐ Phone charged and protected
- ☐ Backup power where appropriate
- ☐ Headtorch and basic emergency equipment

FOOD & WATER

- ☐ Enough water for the route and weather
- ☐ Food for the planned duration
- ☐ Extra food for an unexpected delay
- ☐ Allergies and dietary needs considered

EMERGENCY PLAN

- ☐ Local emergency contact checked
- ☐ Location can be described or shared
- ☐ First-aid kit appropriate to the group
- ☐ Plan for turning back or waiting safely

FINAL DECISION

- ☐ Everyone understands the plan
- ☐ The day still fits current conditions
- ☐ There is enough time and daylight
- ☐ Ready to change the plan or turn back

STOP AND CHANGE THE PLAN IF THE DAY NO LONGER FITS.

General guidance only. This checklist does not replace professional instruction, current local advice, official warnings or emergency services.