

Before you go:

- Register your phone with the emergency text service <https://www.emergencysms.net/> This means that in the, hopefully, unlikely event of needing to summon emergency help, you have the best chance of sending an emergency message, even in low-signal areas.
- Check weather forecasts, mountain weather, avalanche forecasts as appropriate. Choose routes appropriate to weather conditions, and your abilities.
- Check for any up to date info about your routes including local knowledge/ guidebook/ websites
- Discuss with companions- route choice, gear needed (don't be shy to check each other's climbing gear!), bothy shelters/ midge repellent/ tick precautions/sunglasses (especially in snow)/ sunscreen/ clothing/ liquids/ headtorch/ compass...
- Leave a note of your *intended* route, with any known alternatives (and note your return!)

When you're out:

- keep your eye on changing weather and ground conditions - especially in winter. A forecast is only that- you're the ones there.
- Keep an eye on your own and your companions' physical and mental abilities, especially in challenging conditions.
- Be prepared to alter your plans if deemed necessary.
- <https://mwis.org.uk/forecasts/scottish>
- <https://www.mountaineering.scot/safety-and-skills/health-and-hygiene>
- <https://www.walkhighlands.co.uk/>

Climbing specific:

- buddy check gear, knots, belaying, calls/ routine (again, don't be shy- it's you and your buddy's life)
- helmet advised (objects can fall on you)
- check no loose items in pockets etc which could fall on others
- check out route, and descent as much as possible before starting
- be aware of nesting birds and don't climb at a crag if present or agitated
- <https://www.ukclimbing.com/logbook/conditions/>
- <https://www.mountaineering.scot/access/birds-and-nesting>

Training:

The LSCC encourages training from professionals, and can assist with funding through the ESMA fund. Get in touch with our training co-ordinator, who is an ordinary

committee member listed on the website, with any requests for LSCC- organised sessions.

For further info see also Risk Assessments and advice on MS website:

<https://www.mountaineering.scot/clubs/advice-and-resources/safety-and-liability-guidance>