

GOLDEN RULES OF SAFETY IN THE PARKS

Federparchi • Europarc Italy • Parks for Climate

EXPERIENCING THE PARKS

Hiking in natural places is a wonderful activity, and in protected areas it is also very safe. Walking through them lets us experience every environment in all its aspects and appreciate countless details, discovering the pleasure of... slowness. It is not only a physical experience, but also a mental one: a vital recharge of energy, so important in the complexity of modern life. We must remember, however, that zero risk in nature does not exist. Every territory presents dangers: it is up to us not to turn them into real risks.

HOW?

First of all, by remembering that we can rely on the Parks' official guides, especially if we are not very experienced — and not only then: it is sound advice whenever we have little knowledge of an area. Guides are people trained in prevention and safety, but also able to enrich our experience in the field, passing on their passion and knowledge. If instead we go on our own, we must focus on preparation and responsible behaviour. It is enough to follow a few simple rules.

THE 6 GOLDEN RULES — BEFORE SETTING OFF

1. **Plan the itinerary** according to your physical and technical capabilities.
2. **Check weather forecasts** carefully and set off only if the conditions allow.
3. **Leave word** about where you are going and your expected return time.
4. **Wear appropriate clothing** suitable for the climate, season, and elevation.
5. **Use proper footwear** with a sculpted, non-slip sole (vibram style).
6. **Equip your backpack** with necessary safety gear, thinking of emergencies, without excessive weight.

THE 6 GOLDEN RULES — DURING THE HIKE

7. **Stay on marked trails** and follow the official trail markers/signage.
8. **Track your position** occasionally using a physical map or GPS/smartphone.
9. **Drink and eat properly** by consuming small amounts of water and food regularly.
10. **Behave responsibly**, avoid throwing stones, disturbing wildlife, picking plants, or lighting fires.
11. **Monitor weather changes** and be prepared to change your itinerary or turn back.
12. **In case of emergency**, call 112 or 118 immediately, stay calm, follow instructions, and do not move.

EMERGENCY NUMBER: 112 / 118

Active 24 hours a day for emergency medical services, rescue operations and Alpine Rescue (CNSAS). In case of emergency, keep calm, state your position, and follow instructions.

“Let’s do things properly by following these few rules. Let’s walk safely, using our head as well as our legs, and we will return home richer every time.”