

# Preventing an Accident

Many accidents requiring the rescue are as a result of poor planning, equipment or fitness. The following list is not exhaustive but may go some way to avoiding typical problems that occur on expeditions.

- Have you left a copy of your route plan and emergency phone numbers with a responsible person?
- Have all members been involved in the route plan and is it realistic for the group as a whole?
- Have you planned escape routes and bad weather alternatives?
- Have you started your day early enough and do you plan to finish well before dark?
- Have you all checked your food and equipment against the approved list?
- Are you **all** well and fit at the start of the expedition?
- Have you all completed the expedition training?
- Do you know about any illness or medication that any group member is taking?
- Have you observed the weather pattern in the days leading up to the expedition, obtained a forecast, and made appropriate modifications?
- Are you keeping together as a group while walking and keeping up morale?
- Is your choice of campsite in easy access in case of emergency?