

FJELLVETTREGLENE 2016

The Norwegian Mountain Code



- 1. Plan your trip and inform others about the route you have selected.**
- 2. Adapt the planned routes according to ability and conditions.**
- 3. Pay attention to the weather and the avalanche warnings.**
- 4. Be prepared for bad weather and frost, even on short trips.**
- 5. Bring the necessary equipment so you can help yourself and others.**
- 6. Choose safe routes. Recognize avalanche terrain and unsafe ice.**
- 7. Use a map and a compass. Always know where you are.**
- 8. Don't be ashamed to turn around.**
- 9. Conserve your energy and seek shelter if necessary.**