

ACTIVITIES WITH ALPINE GUIDES

SKI-TOURING



SNOWSHOEING



ICE CLIMBING



FREERIDE



HELISKI



INDOOR CLIMBING



Other activities

TOUR OPERATOR



BAR / RENTAL / SHOP



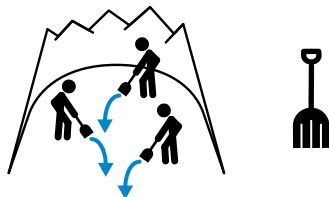
In addition: Special proposals for your experiences in the Dolomites and more...

IN CASE OF EMERGENCY CALL 112 or 118

1. SEARCH



2. RESCUE



3. FIRST AID



Communication with the helicopter in case of need:



"Montagna Sicura" (Safe Mountain)
Free number: 800.22.13.25

Ask **Cortina360 Alpine Guides** for more information and join in our mountain safety courses.

Cortina360 Alpine Guides Mountaineering school

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SIGN

survey

1.8
signal accuracy

10
location

35
location

signal research

RICERCA



MOUNTAIN APPROACH IN THE WINTER

Tips from
Cortina360 Alpine Guides



MOUNTAIN APPROACH

Before leaving

- Plan the route and rest points
- Check the weather and avalanche bulletin ⚠️
- Inform someone of your itinerary
- Dress appropriately
- Check self-rescue and first aid devices (Artva/Shovel/Probe/ABS/First aid kit)

During the activity

- Analyse the terrain, snow cover, and weather
- Assess how to move, where to stop, and potential danger zones
- Analyse your psycho-physical condition
- Always use sunglasses and sunscreen

WINTER CHALLENGES

Weather

- Sudden weather changes
- Rapid increase or decrease in temperature and decrease in daylight hours: RETURN ⚠️
- Wind and snow accumulation: DANGER ⚠️

Risks

- Recent avalanches, assess the danger for yourself and others
- Ice crevasses and sliding
- In case of strong winds, prefer routes in the woods for at least 3 days ⚠️
- Deep snow/poor visibility/fog: RETURN ⚠️

In the backpack

- Artva / Shovel / Probe and First aid kit
- Sunglasses and sunscreen
- GPS, Phone and Topographic Map
- Hot drink and supplements (bar or gel)
- Down jacket / Hat / Technical base layer / Headlamp
- Adhesive tape and repair kit

IN CASE ON AN ACCIDENT

In case of an avalanche

- Stay calm and assess severity and dangers
- Secure yourself and the group and memorize disappearance points
- Call **112/118**
- Switch the ARTVA to search mode and start searching
- After the first signal: slow down and follow the directions
- When close (less than 3m): ARVA close to the snow, mark the point

In case of being caught in an avalanche

- Spiral probe and leave the probe once found
- Shovel downhill from the probe with a V technique
- Clear airways and check consciousness
- If breathing: monitor and protect. If not breathing: perform CPR 30:2
- Close mouth and "swim" for buoyancy / abandon skis and poles