ULTRACICLISMO

GUIDES · MOUNTAIN

I'm lost: 7 steps

Stop, think, decide. When in doubt, 112.

What to do

1 **Stop**
Sit, breathe, layer up.

2 **Think**
What was your last sure point?

3 **Observe**
Paths, fences, streams, peaks.

4 **Assess**
Light, weather, water, energy.

5 **Locate**
Map, compass, GPS without data.

6 **Decide**
Go back, stay or ask for help.

7 **Ask early**
Call 112 before dark.

Before you go

- [ ] Track and base map downloaded
- [ ] Power bank and cable
- [ ] Paper map, compass and whistle
- [ ] Someone knows your route and return time

Continue, stop or ask for help?

Continue (go back)
You know your last sure point, there is light and the way is safe.

Stop
Unsure of the path or last point. Stay and think.

Ask for help
Dusk, fog, cold, injury, no water or no idea where you are.

Reading coordinates

FORMAT	EXAMPLE
Grados decimales	40.4168, -3.7038
Grados y minutos	40° 25.008' N, 3° 42.228' O
Grados, min., seg.	40° 25' 00.5" N, 3° 42' 13.7" O

Call 112
Works on any operator. Read out your coordinates, don't hang up, save battery. Whistle: 6 per minute.

For guidance only: does not replace a professional or emergency services. Sources: OS Maps, Travesía Pirenaica, Xataka, OCU, Google Maps. ultraciclismo.es