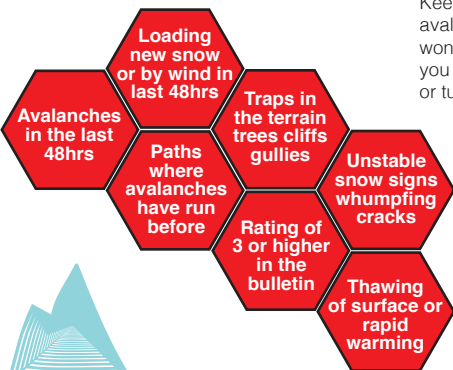


# Backcountry and off-piste checklist

We run courses in:  
Avalanche Training & Companion Rescue & are  
specialists in Human Factors

[www.iamadventure.world](http://www.iamadventure.world)

## ALP TRUTH 7 clues in avalanche terrain



Keep a running total of these 7 clues in avalanche terrain. The number of clues won't predict avalanching but it can help you recognise when to take extra caution or turn back.

3 or more clues means **CAUTION**  
Make your next decision very carefully.

2 or more means **CAUTION** if  
**persistent weak layers** are mentioned in the bulletin.

## HUMAN FACTORS - F.A.C.E.T.S

### FAMILIARITY

Parties traveling in familiar terrain make riskier decisions than parties traveling in unfamiliar terrain.

### CONSISTENCY

Parties that are highly committed to a goal. A summit, slope or an objective in deteriorating weather make riskier decisions.

### TRACKS/SCARCITY

Parties take more risks when they are racing a closing window of opportunity, such as competing with another group for first tracks.

### ACCEPTANCE

Group members want to be accepted by members of their parties.

### EXPERT HALO

De-facto leader – someone who is more experienced, older, more skilled. Novices are more likely to follow the leader into dangerous situations.

### SOCIAL FACILITATION

When skilled parties meet other people in the backcountry, they are more likely to take risks than parties that are less skilled.

## I AM: PREPARED, PRACTICED & PRESENT

- I checked the weather forecast & bulletin
- I have the right gear (TPS) & know how to use it
- I have told someone where I'm going & what time I'll be back
- I have the right route, the right group & the right skills
- I have a communication plan with my group
- I WILL SPEAK UP
- I am willing to turn around
- I understand consequences & will pause & think of others

## IF SOMETHING HAPPENS

**WHO YOU ARE:** Introduce yourself and give your phone number or specify the means of communication that you have (radio)

**WHERE YOU ARE:** Specify your location: massif, summit, altitude, slope, GPS coordinates

**WHAT HAPPENED:** Brief explanation of the accident, activity practiced, nature of the accident (fall, slip, collision)

**WHO IS INJURED:** Specify the number of victims, sex, age and injuries they have suffered.

**112 European emergency number**

Write your local **Search & Rescue** # here: \_\_\_\_\_