

Fjellvettreglene

The Norwegian Mountain Code

1. Plan your trip and tell someone where you are going
2. Adapt the trip to your ability and the conditions
3. Pay attention to weather and avalanche warnings
4. Be prepared for bad weather and cold, even on short trips
5. Bring the necessary equipment to help yourself and others
6. Make safe route choices. Recognise avalanche-prone terrain
and unsafe ice
7. Use a map and compass. Always know where you are
8. Turn back in time – there's no shame in turning around
9. Conserve your energy and seek shelter if necessary

The mountain code consists of 9 rules that help you stay safe
in nature, in the mountains, and near water.

