



Press Release

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For immediate release

Don't get left in the dark

Hill-walkers should gear up for the autumn – and get a torch

Mountain safety experts have underlined the importance of hillwalkers carrying a headtorch as the days get much shorter.

And autumn weather makes both careful planning and proper clothing essential.

Mountaineering Scotland's Mountain Safety Adviser, Heather Morning, said: "Autumn is a cracking time of year to get out and enjoy the hills and mountains of Scotland, in all their dramatic colours and moods.

"But it's easy to get caught out as the weather cools and the nights draw in."

Already this autumn people have ended up unable to find their way in the dark when their hike took longer than expected. And with wind and rain more likely, there's less leeway for 'getting away with it' if you misjudge anything in your plan for the day.

Typical autumn weather conditions also underline the importance of being able to navigate in poor visibility.

Heather said: "You should make a point of carrying a fully charged headtorch – and a spare if possible.

"A careful look at the mountain weather forecast will help to plan an appropriate route for the weather conditions. Autumn brings colder, wetter and windy conditions, which may mean a lower route is the best option.

"But in any case, as well as your waterproofs, an additional warm layer, hat and gloves will make your adventures a lot more enjoyable and safer."

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About Mountaineering Scotland:

- Mountaineering Scotland is the national representative organisation for hill walkers, climbers and ski-tourers in Scotland.
- Mountaineering Scotland provides training and information to mountain users to promote safety, self-reliance and the enjoyment of our mountain environment.
- The Mountaineering Scotland is a membership organisation with over 14,500 members and is funded through a combination of membership subscriptions, non-governmental grants and investment from sportscotland, which supports public initiatives and services in mountain safety, mountain training and the development and promotion of mountaineering activities.
- Mountaineering Scotland also acts for 75,000 members of the BMC or British Mountaineering Council on matters related to Landscape and Access in Scotland.
- Mountaineering Scotland landscape and access work is supported financially by the Scottish Mountaineering Trust and the BMC
- Mountaineering Scotland also runs the ClimbScotland initiative to encourage young people to participate in climbing and support their progression.
- Mountaineering Scotland is the national governing body for sport climbing. It offers pathways to climbing coaching, organises and promotes a range of regional and national climbing competitions, and manages the Scottish climbing and bouldering teams. It contributes to the management of the GB teams with the ultimate aim of seeing a Scottish athlete achieve a podium position in the Olympic Games.
- The MCoFS is a not for profit company limited by guarantee and incorporated in Scotland. Company number SC322717.
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