



Press Release

08 September 2016

For immediate release

Warning over shorter mountain days

Walkers and climbers urged to take head torches and suitable clothes for autumn weather

As autumn comes to Scotland's mountains walkers and climbers are being urged to make sure they have the right equipment for the season – and that includes a head torch for getting home safely in the darker evenings.

Already one mountain rescue team has had to assist walkers caught out by the dark and benighted on a mountain ridge in Arran.

Heather Morning, Mountain Safety Adviser with Mountaineering Scotland, said this week: "It is amazing how quickly the Scottish summer recedes into autumn and the woodlands and hillsides bloom in their autumn golds. It's a great time of year to get out into the hills, when the midges have been zapped by the first frosts and, if you are lucky, the air is clear and cool and you can see for miles.

"But it is also a time of year when hill walkers get caught out without the kit they need to get off the hill safely."

On 5th September Arran Mountain Rescue team was called out at 9pm to assist three hillwalkers who became lost and benighted on the ridge between Cir Mhor and Caisteal Abhail. The three were found tired, cold and frightened and assisted to safety.

Heather commented: "Thankfully this incident had a happy ending and provides a great example of the invaluable work done by Scottish Mountain Rescue. But it shows the importance of keeping your rucksack contents suited to the time of year.

"I'm a real advocate of making my rucksack as light as possible. In the longer and warmer daylight hours of the summer months I will leave my head torch at home, my emergency duvet jacket is light and my hat and gloves are thin.

"But when autumn arrives it's important to 'upgrade' and check the state of my head torch and batteries before making sure it's in the rucksack for the autumn and winter season.

Likewise, I replace my thin emergency duvet with something more substantial and upgrade the hat and gloves to warmer options.”

Kevin Mitchell, Vice Chair of Scottish Mountain Rescue, added: “This is a good time to check your head torch is in the rucksack, renew the batteries, put a fresh spare set in the top pocket and set off earlier to allow for earlier sunsets.

“Scottish Mountain Rescue is there for those who need us any hour, any day, any weather, but it’s far better that people are properly prepared, have a great day and get home safely under their own steam.”

Ends

A photo for this press release can be downloaded here

http://www.mcofs.org.uk/assets/media/Head_torches_in_action.JPG

Further information

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About Mountaineering Scotland

- Mountaineering Scotland is the new name for the Mountaineering Council of Scotland (MCofS), which acts to represent, support and promote Scottish mountaineering.
- Mountaineering Council of Scotland remains the registered company name.
- Mountaineering Scotland is the only recognised representative organisation for hill walkers, climbers and ski-tourers who live in Scotland or who enjoy Scotland’s mountains.
- Mountaineering Scotland provides training and information to mountain users to promote safety, self-reliance and the enjoyment of our mountain environment.
- Mountaineering Scotland is a membership organisation with over 13,000 members representing hill walkers, climbers and mountaineers.
- The MCofS is a not for profit company limited by guarantee and incorporated in Scotland. Company number SC322717.
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