

Safety rules in the mountains

Mountains are not just an attraction, but also an important part of life in Almaty. The city is located in the foothills. It takes about an hour to leave for Medeu. Therefore, it is very important to follow the rules of behavior in the mountains to ensure your safety.

Basic safety rules

- Do not go to the mountains when there is an avalanche and mudflow danger, especially in winter and spring. Emergency Situations Ministry will warn you about the increased danger via SMS. If you receive such a warning, it is not recommended to go to the mountains.
- Stick to the usual routes, do not go into the mountains on unfamiliar trails - there is a risk of falling into a crevasse or getting lost.
- Do not go off the trail, especially in winter, do not walk on snowy slopes. There is a risk of an avalanche.
- Plan your route so that you can get back to the city before it gets dark.
- Do not go to the mountains alone. It is better to join a tourist group that can always be found on Instagram.
- In spring and summer, consider the possibility of tick attacks and hot sun. Wear long-sleeved clothing. Don't forget about hats.
- The weather in the mountains is changeable, so bring a change of clothes: a waterproof jacket with a hood in case of rain and wool socks if you get your feet wet.
- When going out on the route, take a charged phone to call the rescue service if necessary.
- Plan the time spent on the route and leave your friends the description of the route and the control time for returning home. If you don't come back by the given time, they will be looking for you.

Before exiting

- The chosen route should correspond to your level of training and capabilities.
- Prepare a week before going out, make a list of what you need to take with you, study the route, possible dangers, water sources and the possibility of going off the route if necessary.
- If you plan to climb above 2000 meters - go through acclimatization.
- Read the weather forecast before going out.
- Do not go on the route under obviously unfavorable conditions: 2-3 days after heavy snowfall, at night, in fog, in the cold or in case of avalanche danger.
- Do not go to the mountains if you feel unwell or have been ill recently.
- Check your outfit, gear, and food carefully.
- Go out into the mountains only in serviceable (durable and dried) shoes, clothes, socks, mittens. It is important to choose comfortable, durable shoes that do not rub your feet.
- In winter, choose shoes that are warm - mountain winter boots. Even if it's warm in the city - it can be very cold in the mountains, there is a risk of frostbite in ordinary sneakers.
- The backpack should be well fitted. The ends of tent poles, cat teeth and other sharp objects that can injure someone should not stick out of it.
- Take a first aid kit with you.

On the route

- Move slowly in the mountains. Don't walk too fast. Never run or jump - falling on a slope is much more dangerous than on a flat surface.
- Do not shorten the path at the expense of safety (you can get into an avalanche, slip, fall on rocks). Always choose a safe path.
- When driving on rocky terrain, extreme caution must be observed – remember that the stones can swing and shift.
- Put your feet carefully and correctly on the route, and if there is the slightest doubt about safety, resort to insurance.
- Constantly monitor the condition of the legs, prevent scuffs and blisters. Don't go barefoot.
- Avoid moving in bad weather, fog, in the dark, late at night.
- Do not drink alcoholic beverages. Do not drink water from reservoirs.
- Do not throw garbage, if someone else's garbage is found, please pick it up.
- Do not swim in mountain lakes where there is a danger of drowning or catching a cold.
- Do not cross fast rivers, do not overcome cracks and other obstacles on the route without ensuring the necessary safety.
- If the weather or your well-being worsened - go to the nearest camp, settlement, hut on the easiest and safest way. If there is no way to leave, break up a bivouac. Sometimes the life of participants of the campaign depends on it.
- Places for bivouacs should be safe, do not camp at the base of gutters, loose rocks, near overflowing rivers, on difficult ledges, etc.
- Observe the stated deadline for returning from the route.
- In case of an accident, provide first aid and immediately call the rescue service.

Ticks

In spring and summer in the mountains, people face such a danger as tick bites. Their main danger is that ticks carry serious diseases such as plague, borreliosis, brucellosis, typhus, as well as tick-borne encephalitis - a severe disease of the central nervous system.

Ticks sit on branches or grass, when a person approaches, they cling to them to get to open areas of skin, and then bite. The main measure of protection is to prevent the suction of ticks. For this purpose, personal protective equipment is used: rational use of ordinary clothes and repellent agents.

Precautions to protect against ticks

- Moving through the mountains, do not tear off the branches, so you shake off the ticks.
- Do not sit down or lie down on the grass. Be sure to bring a blanket with you.
- Arms and legs should be completely covered. The shirt should be tucked into trousers and have long sleeves.
- The presence of a headdress is mandatory. Hide your long hair under it.
- After hiking in the mountains, it is necessary to examine the whole body and clothes (which is best washed immediately).
- If you find a tick on yourself, contact the hospital, especially if it managed to bite you.