



**West Samos Municipality**  
Department of Civil Protection

  
**Villa Flora**  
spacious apartments  
Tel : +30 697 244 5368  
e-mail : info@villa-flora.gr  
Web : www.villa-flora.gr

## INSTRUCTIONS for CLIMBING and MOUNTAIN HIKING.

- People of old age or with health problems should not engage in such activities.
- Mountain climbing or mountain hiking should be done in groups of at least 2-3 people.
- Appropriate preparation and medical check-up are useful before starting the activities.
- Always inform someone (eg hotel, relatives) about the followed route and the place of destination (location, shelter, cave, etc.), about the departure time and the possible return time.
- NO mountain climbing or hiking during periods of adverse weather conditions (frost, snowfall, heavy rain, low visibility conditions, heat, strong winds, dry storms (lightning) etc.).
- NO mountain climbing or hiking during the night hours.
- Depending on the physical condition of the people, paths of appropriate degree of difficulty should be chosen.
- Follow EXACTLY the markings of mountain paths and long-distance paths, without deviating from their course.
- Avoid isolated, inaccessible and dangerous areas (as shooting ranges, etc.) by inexperienced people and without mountain guides.
- Know the telephone number of their accommodation and emergency numbers such as:  
199 Fire Service,  
100 Police,  
166 E.K.A.B. (emergency & medical care center),  
112 EU-Alert.
- Be aware of the local weather conditions that will prevail throughout mountaineering-mountain hiking, knowing that the weather on the mountain changes often and rapidly.
- Bring appropriate clothing and equipment. Indicative: Backpack, Maps, Headlamp, Light and flexible hiking shoes, Water at least 1.5 liters, Food, Compass, Whistle, Knife or Multi-tool, Watch, Hat, Sunglasses, Sunscreen, Windproof - waterproof jacket, Mobile phone with backup battery and radio, Personal first aid kit, Suitable mountaineering equipment, Cane or walking stick, Waste bag.