

We can't help but notice a pattern developing in our local Bow Valley mountains. In the last week we've been called to assist with 19 hikers!! Yamnuska, EEOR, and Ha Ling have all managed to stump new hikers and cause a rash of 911 calls. Luckily none of these have involved any injuries, but they have kept us and CO's out into the wee hours of the morning on multiple nights.

This highlights the contributing factors of most of these calls:

- 1) Headlamp- days are getting shorter and shorter. Keep a headlamp (or flashlight) in your pack at all times.
- 2)An alarm- start early!!! late afternoon/early evening is too late to start an alpine scramble!
- 3)A fully charged phone battery is essential. The light on the phone is fine if you are trying to find your keys underneath the car seat, but it is not enough to navigate through the hills. Aside from that, the phone is a critical link for communication.

Now to ask a quick favour. Just a guess, but we expect many followers of this page already know this. If you know any new hikers, or people who don't know this, please share this post. The novelty of 2am hikes wears off after 3 in a week.