

Staying in touch

Can I bring my phone?

Yes, although it should be for emergency use only. Please make sure it is charged, protected from the elements and has plenty of credit.

Will I be able to talk to friends and family when I'm on expedition?

Your phone should be kept for emergency use and for contacting your instructor if you need to. You need to save your battery and credit for this. You will be in an area with poor signal, which could cause family to worry if they try to call but can't get through.

We are lost, who should I call?

You should call your instructor, who will help you get back on track. Do not call parents or friends as they are unlikely to be able to help and will be worried for you. We will be making regular checks on your progress in order to keep you safe and make sure you succeed. If you can't get through to your instructor, keep trying (signal can be poor in the hills) or send them a text message / voicemail with where you think you are and what the problem is.