



## RESCUE INFO

### FRANCE

PGHM +33 4 50 53 16 89

### EMERGENCY 112

### SWITZERLAND

AIR GLACIERS +41 33 856 05 60

REGA +41 33 333 33 33

EMERGENCY 144 AND 1414

### ITALY

EMERGENCY 112

### AUSTRIA

EMERGENCY 112

## WARNING

This is not a guide or instruction manual.  
BASE jumping kills people just like you, every year.  
Bold = stupid. Successful jumpers study, learn, and control their ego.  
Get professional instruction and learn about your personal limitations so that you may fly within them.

_____
_____
INSURANCE / POLICY NUMBERS:
_____
_____
_____
MEDICAL HISTORY & MEDICATIONS:
_____
BLOOD TYPE
_____
DATE OF BIRTH
____/____/____
3. _____
2. _____
1. _____
EMERGENCY CONTACTS:
_____
COUNTRY
_____
LAST NAME
_____
FIRST NAME
_____



## STANDARD PRACTICES

- 1 Base all decisions on current/expected weather, and personal abilities.
- 2 Identify flight checkpoints, escape routes and cruxes.
- 3 Be familiar with terrain prior to flight using maps, local knowledge, others with previous experience and personal assessment.
- 4 Know what is happening in your airspace at all times.
- 5 Plan the flight and fly the plan, while considering checkpoints and escape routes.
- 6 Account for the double edge sword of currency and complacency.
- 7 Be alert. Keep calm. Think clearly. Act decisively. Fly fast.
- 8 Did conditions change or deteriorate? Walk down, call rescue, or spend the night: discomfort is better than death.
- 9 Be 110% confident with all equipment. Ensure all systems are compatible, appropriate, comfortable, and functional.
- 10 Stay honest with yourself and your companions.

## DANGER DANGER



- 1 Flying at slow speeds.
- 2 Unfamiliar with terrain.
- 3 No communication with jumping partners or ability to contact rescue services.
- 4 Soft, slick, unstable, or weak footing at the exit point.
- 5 Cannot visually see the landing area, and or respective terrain.
- 6 Changing weather, Föhn, or Chinook winds.
- 7 Ignorant of recent weather bulletin and local factors influencing weather behavior.
- 8 Physically affected by stress, fear, or fatigue.
- 9 Focused on camera flying or flight decisions based on obtaining video.
- 10 Multi way with new jumping partners.

## PREFLIGHT CHECK

- 1 Pin check bridle routing, zippers, and all appropriate gear inspections.
- 2 Helmet, goggles, chin strap, chest strap leg straps, booties, pilot chute, recheck zips.
- 3 Visualize line of flight and potential cruxes.
- 4 Identify checkpoints, escape routes and plan B.
- 5 Plan point of separation and pull box.
- 6 Identify precise landing area, identify possible dangers, and locate an alternative.
- 7 Assess exit point quality, performance requirements, and reassess weather.
- 8 Identify potential watchout situations and act accordingly.
- 9 Understand multiway considerations and communicate them thoroughly.
- 10 Physical and mental check in, focus, smile and execute.