



## Visiting Protected areas – Safety checklist

Protected areas in Portugal are favoured locations for diversified entertainment and leisure activities, always in strict respect for nature and the surrounding environment. These areas can take various forms, such as: national parks; natural parks; natural reserve; protected landscape or a natural monument.

### Recommendations when visiting:

- Check the day beforehand the IPMA weather forecast, forest fire index, UV index, noting activities which may be affected on rainy days and bad weather;
- Always inform someone that you are visiting and undertaking the activity, including the identification of the place of departure and return. Thus, in an emergency it will be easy to rescue;
- Avoid traveling alone, especially in mountain areas.
- Use marked paths;
- Use comfortable wear, simple and comfortable and, according to the climatic conditions and the route itself. Footwear should be appropriate to the activity to practice. Do not forget the binoculars;
- Take a backpack with food, water, insect repellent and sunscreen, cell phone, flashlight and even a bag to put the waste produced;
- In order to prevent insect attack, avoid the use of perfumes;
- You should use a map of the route or a leaflet, in order to prevent becoming lost;
- If you have contact with animals, do not feed them, remember that they are wild animals, not domestic, and that their food may put their lives at risk;
- It is forbidden to make fire outside the areas properly marked for this purpose;
- Avoid damaging trees or plants. Remember that the natural habitat should remain as intact as possible, with no trace of human footprint;
- When walking in wet and or rocky areas, avoid sudden movements and / or other acts that may put your life and others at risk.
- Ensure you take with you your identification details.
- If visiting remote areas a small first aid kit is advisable as well as a torch and whistle.
- Take with you your mobile phone and a charger.

Please do not take chances if the weather forecast is uncertain. Remember in certain areas of Portugal, the weather can change very quickly.