

Welcome to the mountains
Enjoy your stay, whether it be for sport, adventure or leisure!
Look after yourself and your loved ones,
and just like you would on the slopes
– anticipate – act wisely!



Without a car, you could be a long way from the closest pharmacy, especially in the snow!

Ensure you have a complete first aid kit, including

- Basic medication to treat fever, pains and vomiting
- Enough of your regular medication to last your stay,
- a thermometer

Sun, cold and wind

The sun reflects strongly off snow: just as you would protect your eyes, protect your skin (and your children's) with sun cream with an appropriate sun protection factor (or protect yourself from sunburn with a suitably high protection sun cream).

The cold –and the wind– increase with altitude, and the ski slopes get up to 2000m (6000ft) so make sure you have: appropriate footwear, warm ski gloves and wind/waterproofs.

You need a doctor

During the day, go to the GP – don't wait to finish the day's activities.

- The quicker you're treated, the more likely you are to get back on the slopes the next day.
- For doctors who take patients all day, valuable sleep at night will allow them to provide better care during the day, although they remain available in case of emergency.



Special phone number 15

The French medical emergencies centre (SAMU) has a 24h hotline: just dial 15.

The closest centre is in Chambéry. They will dispatch assistance in case of emergency and can advise you on what to do (and what to take) if you feel unwell during the night.