

If you realise that you are lost on the Wicklow Way it is important to stay calm, take a deep breath and then assess your situation.

You should have this guideline printed out in case of emergency and it can be found here.

- **Stay Put:** Unless you are in immediate danger or have a clear path to a known location, it is generally best to remain where you are. This makes it easier for search and rescue teams to find you. If you move to this known location and find you have made a mistake, do not continue to attempt to find a known location.
- **Signal for Help:**
 - If you have a phone with reception then you should call emergency services on: 0876222481
 - Use a whistle, mirror or brightly coloured clothing item to attract attention.
 - If it is dark use a torch to signal SOS with three short flashes, three long flashes, three short flashes and repeat intermittently. This should save battery while still being noticeable.
- **Conserve Energy:** Avoid unnecessary movement and try to stay warm and dry.
- **Seek Shelter:** If possible, find a sheltered spot out of the wind and rain.
- **Make Yourself Visible:** Create a visible marker such as piling rocks or branches in a clearing.

Additional Tips

- Always have a map and compass or GPS device even if you think you know the trail well.
- Let someone know your hiking plans, including your route and estimated return time.
- Consider carrying a personal locator beacon (PLB) or satellite communication device for emergencies.
- Learn basic navigation skills and familiarise yourself with the trail map before setting out.