



Top tips

Be prepared and be aware
for your trip away to the snow



Preparing for your trip

- * Check the weather forecast [here](#) so you know what conditions you are travelling in and are travelling to, or if the weather is going to change.
- * Have a good breakfast, pack high energy snacks and don't skip meals.
- * Pack a change of clothes and wear the right gear for everyone, especially [children](#). To find out what you need, click [here](#).
- * Know the signs of [hypothermia](#) and how to deal with it.
- * Pack helmets if you are skiing, snowboarding or tobogganing.
- * Take a First Aid Kit and if you have asthma, diabetes or a heart condition, make sure you are [prepared](#).
- * Tell someone where you are going.
- * Charge your mobile phone and turn on your location tracker.
- * Download the Mt Buller Ski app and plan your activities.
- * Plan your activities so that they are suitable for your level of health and fitness.



Preparing your car

- ❖ Ensure you put antifreeze and use alpine diesel fuel.
- ❖ Check your lights are working and your tyres are in good shape.
- ❖ Make sure you know you have snow chains, or where to get them and that you know how to put them on.

For more information and videos to help you prepare your car click [here](#).



Driving here

- ❖ Be aware of the conditions you will be driving in and how to drive in them.
- ❖ Don't drive if you are tired, and allow enough time for travel and take breaks.

Further information and videos to help you drive safely are available [here](#).



Being aware when here

- ❖ [Watch the 'RU Snowsafe' video](#) so you know how to stay safe while you have fun.
- ❖ [Watch this video](#) so you know what to do if you get lost.
- ❖ Keep an eye out for icy and slippery surfaces and walk carefully.
- ❖ Be aware of others on the ski slopes and make sure you know where the appropriate areas are for your activities.
- ❖ Be aware of changing weather conditions hazards such as falling branches, poor visibility, or wet conditions, and how to stay safe.
- ❖ Visit [the Snowsafe website](#) and watch their [videos](#) as it has all you need to know to make sure you are prepared and aware for a great trip away.