

IN CASE OF EMERGENCY CARD

PLEASE CARRY ON ALL WALKS

Personal Details

Name

Address

Contact number

Date of birth

Medical Information

Medical Conditions & Allergies

Medication

Primary Emergency Contact

Name

Relationship

Contact number

Secondary Emergency Contact

Name

Relationship

Contact number

Contacting the emergency services

With a phone signal

Dial 999 or 112 and ask for Police/Mountain rescue. It will pick up any available network.

With a reduced phone signal

Try to use Emergency SMS to text an emergency message to 999 or 112. Register your phone in advance at **www.emergencysms.org.uk**

Any emergency message should contain:

Your location (ideally terrain plus grid reference), name, gender and age of casualty, nature of injuries or incident, any known medical conditions, number of people in the party, the colour of your clothing/equipment, your mobile number.

If you can't get any message through, the International Distress Signal is 6 blasts on a whistle or 6 torch flashes – at 1 minute intervals.