

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	

Emergency Contact

Name	
Relationship	
Contact number	



contacting the emergency services

1 In an area with road access

- Call 999 and ask for an ambulance.

2 In a remote area

- Call 999 and ask for the Police – then ask the Police to call Mountain Rescue.
- With reduced phone signal, try to use Emergency SMS to text a message to 999.

3 In a remote area with no phone signal

You may need to:

- Ask members of the group to seek help. Only split the group if absolutely necessary, and work together in groups of 3 where possible.
- Shout/signal for help – the International Distress Signal is 6 whistle blasts/torch flashes, repeated after a minute break.
- Wait until your emergency contact raises the alarm.

It is helpful for an emergency message to contain:

- Your location
- Details about the incident and casualty
- The number of people in your group
- Your mobile number
- Any other details to help identify your group