

# 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](http://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.



at the heart of walking

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.