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.