

## 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 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:** Send a text to 999 or 112. Register your phone in advance.

#### **An 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, your mobile number.

**Distress signal:** 6 blasts on whistle or 6 torch flashes at one minute intervals

ISSUED BY MARPLE DISTRICT RAMBLING CLUB