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| **PERSONAL DETAILS** |
| Name: |
| Address: (house no, postcode) |
| Date-of-Birth: |

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| **Beds, Bucks & Northants LDWA** |
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| Please carry with you on all walksin an accessible place! |

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| **PRIMARY EMERGENCY CONTACT** |
| Name: |
| Phone: |
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| **GP DETAILS** |
| Surgery name: |
| Postcode: |
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| **emergency services** |
| In an area with road access:1. Call 999 and ask for an ambulance
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| **NO PHONE SIGNAL** |
| Ask members of the group to seek help.Only split the group if necessary, and work together in groups of 3 if possible.Shout / signal for help e.g., 6 whistle blasts and wait until your emergency contact raises the alarm. |

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| **SECONDARY EMERGENCY CONTACT**  |
| Name: |
| Phone: |
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| **Medical INFORMATION** |
| Medication:  |
| Conditions: (allergies, blood group etc.) |
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| **emergency services** |
| In a remote area:1. Call 999 and ask for the Police, then ask the Police to call Mountain Rescue
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| **EMERGENCY MESSAGE DETAILS** |
| 1. Your location.
2. Details about the incident and casualty.
3. Number of people in your group.
4. Your mobile number.
5. Any other location details to help identify your group.
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IN CASE OF EMERGENCY