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

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

|  |
| --- |
| **PRIMARY EMERGENCY CONTACT** |
| Name: |
| Phone: |
|  |

|  |
| --- |
| **GP DETAILS** |
| Surgery name: |
| Postcode: |
|  |

|  |
| --- |
| **emergency services** |
| In an area with road access:   1. Call 999 and ask for an ambulance |
|  |
|  |

|  |
| --- |
| **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. |

|  |
| --- |
| **SECONDARY EMERGENCY CONTACT** |
| Name: |
| Phone: |
|  |

|  |
| --- |
| **Medical INFORMATION** |
| Medication: |
| Conditions: (allergies, blood group etc.) |
|  |

|  |
| --- |
| **emergency services** |
| In a remote area:   1. Call 999 and ask for the Police, then ask the Police to call Mountain Rescue |
|  |

|  |
| --- |
| **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. |

IN CASE OF EMERGENCY