



In Case of Emergency Card

Name:

Date of Birth / / 


Address:

Medical Condition & Allergies:

Medication:



Emergency Contact Details

Name: Relationship: 

Contacting the emergency services

In an area with road access

- Call 999 and ask for an ambulance.

In a remote area

- Call 999 and ask for the police and then ask the police to call Mountain Rescue.
- With reduced phone signal, try to use Emergency SMS to text a message to 999.

In a remote area with no phone signal

- Ask members of the group to seek help. Only split the group if absolutely necessary, and work together in groups of 3 where possible.
- Shout/signal for help - the International Distress signal is 6 whistle blasts/touch flashes, repeated after a minute break.
- Wait until your emergency contact raises the alarm.

