

Walking Festival ICE card (In Case of Emergency)

Carry this on all walks in a plastic bag at the top of your rucksack.



Full Name

Address

Date of birth

Tel No:

Emergency contact:

Tel No:

Relationship

Emergency contact 2:

Tel No:

Relationship

Your Medical Conditions

Any Allergies:

Health Care Provider/Insurance

Medications that you are currently taking: Include dosage or attach a recent prescription.

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Contacting the Emergency Services

Prior to coming, **text the word 'register' to 999**. You will get a reply and you should then follow the instructions. This will take about 2 minutes but could save a life.

- 1 **If you are in an area with road access** Call 999 ask for the Ambulance
- 2 **In a remote area** Call 999 ask for the Police then ask
the Police to call Mountain Rescue
- 3 **No phone signal?** Emergency SMS Text 999

Information: Give your location, details of incident or casualty, the number of people in group, your mobile number and any details to identify your group.

- 4. **International distress signal** : 6 loud whistle blasts or torch flashes, repeated at one-minute intervals.

Stay calm. Assess the situation and check that the casualty and your group are not in immediate danger. Seek to make the situation safe. Keep casualty warm and off ground. Take shelter where it is safe. Try to keep warm. It may be a while before the emergency services will be with you. Our guides, leaders and helpers will help you.