**IN CASE OF EMERGENCY CARD**

**MEDICAL INFORMATION**

**PERSONAL DETAILS**

Medical conditions

Name

Address

Allergies

Date of Birth:

Medication

Contact No.

MOB PHONE PIN:

**EMERGENCY CONTACT 2**

**EMERGENCY CONTACT 1**

Name

Name

Relationship

Relationship

Contact No.

Contact No.

www.supandsummit.com

**CONTACTING THE EMERGENCY SERVICES**

**With a reduced phone signal**

Go to ‘OS Locate’ App and look for grid reference Try to send an Emergency text message to 999 or 112.

Register your phone in advance at [www.emergencysms.org.uk](http://www.emergencysms.org.uk)

**With a phone signal**

Go to ‘OS Locate’ App and look for grid reference

Dial 999 or 112

Ask for police then ask for Mountain Rescue

**Any emergency message should contain:**

Your location (ideally terrain + grid reference)

Name, gender, age of casualty

Nature of injuries or incident

Any known medication conditions

Number of people in party

Colour of clothing / equipment

Your mobile number

**WHAT TO DO IF THE LEADER IS INCAPACITATED**

* Stay calm
* Do not put yourselves at risk
* Contact emergency services
* Check airway – is it clear?
* Check for breathing
* Try to stem any bleeding
* Start CPR if no pulse
* Keep the leader warm covering with emergency blanket, hat, any spare layers. Cover with small group shelter
* Group must stay together and assemble in large group shelter

If you are unable to get a message through, the International Distress Signal is 6 blasts on whistle or 6 torch flashes every minute

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**CONTACTING THE EMERGENCY SERVICES**

**WHAT TO DO IF YOU GET SEPERATED**

**FROM THE GROUP**

* As soon as you realise, stop
* Stay calm
* Stay where you are
* Use your whistle or torch in the dark to attract your group’s attention
* Try contacting the leader on **07460 824166** or another member of the group
* If you don’t have a charged mobile phone, ask another walker for use of theirs
* Keep warm and utilise a shelter / bivvy bag
* Be observant for other group members / leader
* Contact Mountain Rescue if weather conditions are poor and there is no sign of your group leader within 30 minutes. Give them the grid reference on your OS Locate app. Let them know that you are on a Get Up 2 Summit event and the contact number for your leader

If you are unable to get a message through, the International Distress Signal is 6 blasts on whistle or 6 torch flashes every minute

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