



# In Case of Emergency

Please carry on all walks

Name:

Address:

Emergency Contact Name:  Tel:

Do you have any Allergies/Medical Conditions we should be aware of:



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Mountain Rescue: Call 999 and ask for Mountain Rescue

Alternative Emergency number for no signal: 112

EMERGENCY SIGNAL: SIX BLASTS ON THE WHISTLE or SIX TORCH

FLASHES repeated every minute.

The Ramblers' Association is a registered charity (England & Wales no 1093577, Scotland no SC0039799)  
Registered office: 2<sup>nd</sup> Floor, Carneford House, 87-90 Albert Embankment, London, SE1 7TW



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