

Print this page to get 2 In-Case-of-Emergency Cards (or print recto-verso for 4 cards).
Always keep one on you, or in your rucksack, when on a Ramblers walk.



In Case of Emergency (ICE) Card

Name:

Phone Number:

Medical conditions/allergies/medication:



Emergency Contact

Name:

Phone Number:

Relationship:

This card is for emergency information purposes only. By attending the activity, the participant declares themselves fit to participate and agrees they will act responsibly during the activity.

contacting the emergency services

1 In an area with road access

- Call 999 and ask for an ambulance.

2 In a remote area

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

3 In a remote area with no phone signal

You may need to:

- 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/torch flashes, repeated after a minute break.
- Wait until your emergency contact raises the alarm.

It is helpful for an emergency message to contain:

- Your location
- Details about the incident and casualty
- The number of people in your group
- Your mobile number
- Any other details to help identify your group

ramblers.org.uk



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