

	NAME	HOME PHONE
LEADER		
ASSISTANT		
HOME CONTACT		
A copy of your route should always be left with your home contact, who should be informed as soon as you are safely off the hill		
In an emergency, dial 999 and ask for mountain rescue. Be prepared to state the nature of the emergency and give a grid reference of the incident. If it is necessary to split the party up, those going for help should take written details with them		
Remember – there is no substitute for good planning and map reading and you should call the mountain rescue only in an emergency		
<b>REMEMBER – DO NOT RELY ON MOBILE PHONES – THERE IS NO GUARANTEE OF COVERAGE IN REMOTE AREAS</b>		