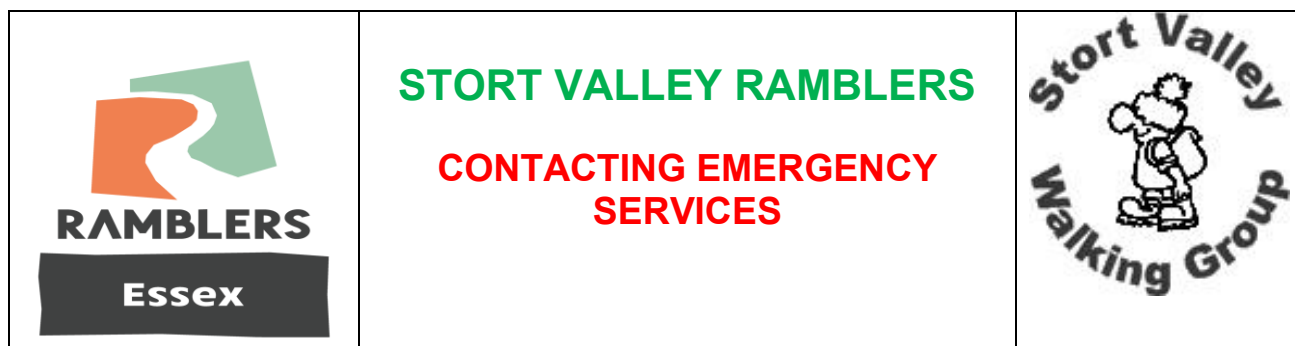




In an area with road access

Call 999 and ask for ambulance

In a remote area

Call 999 and ask for the Police – then ask the Police to call Mountain Rescue.

With a reduced phone signal, try to use Emergency SMS to text a message to 999.

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 necessary and work together in groups of three where possible.

Shout/signal for help – the International Distress Signal is six 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 phone number

Any other details to help identify the group