

# IN CASE OF EMERGENCY CARD

## Personal Details

Name

Address (include first line of address, UK postcode or equivalent & country if not UK)

Contact number

Date of birth

## Medical Information

Medical Conditions

Allergies

Medication

(and location of any emergency medication you carry with you, e.g. epipen in top pocket)

# Contact in Case of Emergency

Name

Relationship

Contact number

Address (include first line of address, UK postcode or equivalent & country if not UK)

## Contacting the emergency services

### With a phone signal

Dial 112 or the emergency number for your locality and ask for Police/Mountain rescue. It will pick up any available network.

### With a reduced phone signal

(When in Great Britain and Ireland) use emergencySMS to text an emergency message to 999 or 112. Register your phone in advance at [www.emergencysms.org.uk](http://www.emergencysms.org.uk)

### Any emergency message should contain:

Location including terrain and grid reference, details and time of incident, suspected injuries, age of casualty, what assistance is required, number of people in party, your phone number.

**alpenverein**  
britannia



If you can't get any message through, the International Distress Signal is 6 blasts on a whistle or 6 torch flashes - at 1 minute intervals.