

Complete and leave with a responsible person before you head out.

Name:	Mobile:	Date of walk:
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Home Address:

Visiting Address:

Home Contact:

Visiting Contact:

Trip Leaving Time:

Number in Party:

Planned Route:

Names of Party:

Bad weather options:

Other mobile numbers:

Walk start time:

Estimated Time of Return :

Equipment Carried:

<input type="checkbox"/> GPS Unit	<input type="checkbox"/> Emergency Food	<input type="checkbox"/> Shelters for all	<input type="checkbox"/> Map & Compass	
<input type="checkbox"/> First Aid Kit	<input type="checkbox"/> Torch	<input type="checkbox"/> Additional Water	<input type="checkbox"/> Waterproofs for all	<input type="checkbox"/> Whistle

Vehicle Reg Numbers:

Be worried if I've not checked in before...

Remember to check in with the person you've left this card with upon your return.

Register for the Emergency SMS service before you head out by texting 'register' to 999.

Bookmark [walksaroundbritain.co.uk/calling\\_mountain\\_rescue.html](http://walksaroundbritain.co.uk/calling_mountain_rescue.html) for info if you have a problem.