



LEAVE WORD WHEN YOU VENTURE INTO THE HILLS



<p>YOUR NAME AND HOME ADDRESS</p>	<p>ROUTE</p>				
<p>CAMPSITE/B&B/HOTEL ADDRESS</p> <p>TEL NO.:</p>					
<p>PLACE OF DEPARTURE: DATE/TIME OF DEPARTURE: CAR MAKE/COLOUR: REGISTRATION NO.:</p>	<p>BAD WEATHER ESCAPES/ALTERNATIVE</p>				
<p><u>ESTIMATED TIME OF RETURN</u></p>					
<p align="center">Take the right equipment and ensure you know how to use it.</p> <table border="0"> <tr> <td data-bbox="220 1317 746 1653"> <p>Emergency Food Waterproof Clothing (colour:) Spare Clothing (colour:) Torch+spare battery Whistle Map Compass First Aid Kit Polybag/Group Shelter</p> </td> <td data-bbox="874 1335 1401 1527"> <p>In winter conditions: Ice Axe Crampons</p> </td> </tr> <tr> <td></td> <td data-bbox="874 1527 1401 1720"> <p>If Climbing or Scrambling: Ropes/Gear Guidebook</p> </td> </tr> </table>		<p>Emergency Food Waterproof Clothing (colour:) Spare Clothing (colour:) Torch+spare battery Whistle Map Compass First Aid Kit Polybag/Group Shelter</p>	<p>In winter conditions: Ice Axe Crampons</p>		<p>If Climbing or Scrambling: Ropes/Gear Guidebook</p>
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<p align="center">For the person looking after the route card</p> <p>If you are asked to look after this piece of paper, please put it somewhere safe. If the estimated time of return has passed please contact the Police (dial 999) and ask for Mountain Rescue. If you have any doubts it is better to discuss these with someone from the rescue team.</p> <p>If the people return after you have informed the Police please ensure that they report their safe return.</p>	<p align="center">For the person leaving the route card</p> <p>If you have asked someone to look after this piece of paper, and you are late in returning then please contact the person you gave it to and ascertain whether they have informed the Police or Mountain Rescue.</p> <p>If they have reported you overdue then please contact the Police as soon as possible to let them know you are down safely.</p>				