



Please complete this form and carry it in the top pocket of your rucksack whenever you walk with the club. It will help us to help you in the event of accident or illness.

EMERGENCY PERSONAL INFORMATION

Your Name

--

Address

--

Allergies

--

Medical conditions

--

Current Medication

--

Your Doctor

Name

--

Address

--

Telephone Number

--

Primary Emergency Contact

Name

--

Address

--

Telephone Number

--

Relationship

--

Secondary Emergency Contact

Name

--

Address

--

Telephone Number

--

Relationship

--

Personal Basic First Aid Kit

Checklist

- Plasters**
- Bandages and gauze**
- Antiseptic wipes/cream**
- Medical tape**
- Triangular bandage/sling**
- Scissors and latex gloves**
- Emergency foil blanket**

Recommended Walk Leader's Kit

Checklist

- Basic First Aid Kit**
- Compass**
- OS map**
- Whistle**
- Mobile phone**
- GPS (if available)**