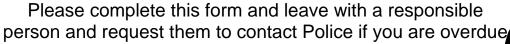
Going To The Hills...?



Lat IIs Know



Name				
Address				
Post Code				
Mobile No	Home No			
Emergency Contact	Name Address Tel No			
Additional Mobile Nos	1	2	3	
of any Group Member	4	5	6	
Time/Date of Departure		Place of Depar	ture	
Vehicle Registration	ion Where Vehicle Parked			
No of People in Group				
DATE OF			ESTIMATED TIME	
RETURN		of Retui	RN	
Planned Route				

REMEMBER TO REPORT YOUR SAFE RETURN THIS IS VITAL TO AVOID NEEDLESS CONCERN

(map, reference book or guide book name would be helpful)

Police Contact Details

Emergency number: 999 Non-emergency number: 101

Information Sites

www.scotland.police.uk www.mountainrescuescotland.org www.mcofs.org.uk/mountain-safety.asp www.trafficscotland.org

Weather Forecasts

www.mwis.org.uk www.windfinder.com www.metoffice.gov.uk

Avalanche Information

www.sais.gov.uk

The information given in this leaflet is solely for the purpose of your safety and will <u>not</u> be passed on to any other agency without your prior consent.



SAFER HIGHLAND

