

If you answer 'Yes' to all three, then off you go, have a fantastic day!

Not sure? Here's a few tips to keep you safe...

Whatever your activity, you'll want to come home safe and sound and looking forward to your next adventure — and we want you to come back another day to enjoy the hills, mountains and moorlands of England and Wales.

**Be Adventure Smart:
Make your good day better**

IF YOU HAVE AN ACCIDENT



Make a note of all relevant details:

- Location (grid ref if possible)
- Name, gender and age of casualty
- Nature of injuries or emergency
- Number of people in the party
- Your mobile phone number.

Dial 999 or 112. Ask for 'Police' then 'Mountain Rescue'

- **Make sure** you tell the operator that you wish to speak to the **Police**
- Give all your prepared details of the incident
- **Do NOT change your position** until contacted by the mountain rescue team
- If you have to make a further 999 call, follow the same procedure in full again.

To use the emergencySMS service:

Text **999** and send
'Police' + details of incident + location

Note: With **Location Services** enabled and internet access, the rescue team can send you a SARLOC or Phonefind link. Click on the link to identify your location and **assist the team in reaching you faster.**

Both your whistle and torch can be used to signal for help, as follows: Six short blasts (or flashes) in quick succession, repeated at one minute intervals.

Continue until someone reaches you and don't stop because you hear a response. The rescue team may be using your whistle blasts as a direction finder.

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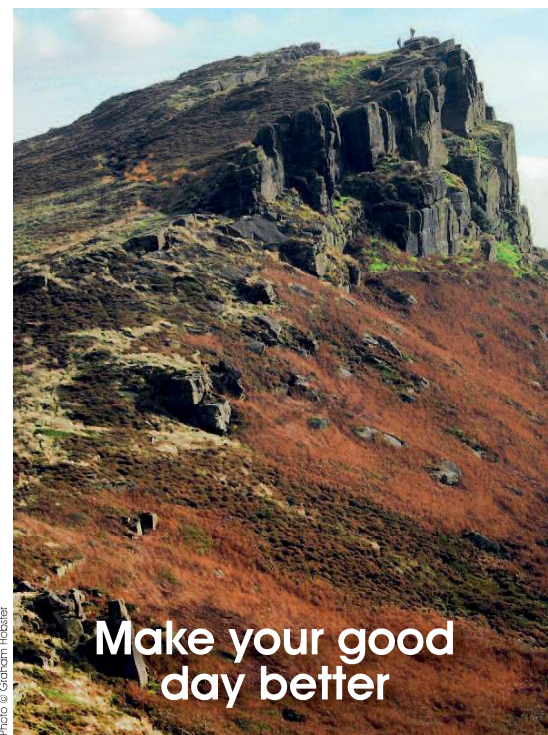
CICERONE

ON BEHALF OF

MOUNTAIN RESCUE ENGLAND AND WALES
SO MUCH MORE THAN MOUNTAINS

PLANNING YOUR NEXT ADVENTURE?

#BeAdventureSmart



Make your good day better

Photo © Graham Hebbeler



**ADVENTURE
SMART.UK**



Before you set out,
Ask yourself **three**
questions...

- 1 Do I have the **right gear**?
- 2 Do I know what the **weather** will be like?
- 3 Am I confident that I have the **knowledge and skills** for the day?

Mountain rescue team members are highly trained unpaid volunteers, available 24 hours a day, 365 days a year. Whatever the weather.

Mountain rescue in the UK is free of charge to the casualty. We rely on your support and generosity to maintain this valuable community service. Without you, we simply could not function.

WHAT TO DO BEFORE YOU SET OUT FOR THE DAY...



#Beadventuresmart with your mobile:
Charge your phone, enable 'location services' and register your number with [emergencySMS.org.uk](https://www.emergencySMS.org.uk). Many accidents happen at the end of the day, when both you and your phone are low on energy.



#Beadventuresmart with your route:
Know where you're going and how to navigate your way there. Consider the time of year, terrain and the abilities of your party and plan your route accordingly.



#Beadventuresmart with the weather:
Check forecast and conditions via Weatherline or MWIS and be prepared to change your route, even if this upsets a long-planned adventure. And don't be afraid to turn back later if things change.



#Beadventuresmart with your plans:
Leave details of your planned route in a safe place. Include start and finish points, estimated return time and contact, in case of emergency.

WHAT TO TAKE WITH YOU

#whatsinyourbag Plan for a great day — the right gear's a good idea

Suitable clothing and footwear

- Warm, windproof and waterproof — layers work best
- Footwear with a treaded sole which supports your ankles
- Spare clothing, hat and gloves — even in summer!

Food and drink

- Ample food and water for the day ahead — even in cool weather, it's easy to become dehydrated.

Absolute essentials

- Map and compass, torch, head torch and whistle
- Spare batteries and bulbs for your equipment
- Mobile phone Don't rely on your phone to get you out of trouble — in many areas there is no signal
- GPS Set up your GPS with the correct map and grid data
- Watch At least one member of the party should have one
- First aid kit including any essential medication
- Climbers and mountain bikers should wear a helmet.

In winter in the mountains take an ice axe and crampons, and be sure you know how to use them — and pack a survival bag.

GET THE SKILLS BEFORE YOU GO

Be honest about you and your companions' knowledge, fitness and ability

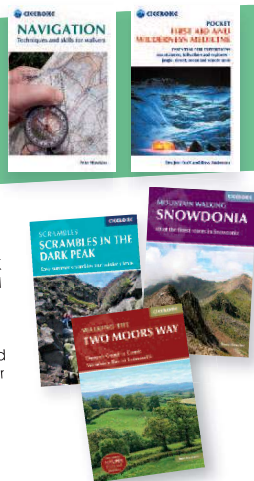
- **Map and compass skills:** The ability to use a map and compass will enable you and your party to navigate safely.
- **Basic first aid skills:** Knowing your ABC — airway, breathing, circulation — and understanding the 'recovery position' could make the difference between life and death for a casualty.

CICERONE: FOR SKILLS, INFORMATION AND GUIDEBOOKS

Take a look at Cicerone's 370 titles (in print and digital formats) for walks, treks, climbs and cycling in the UK and worldwide, and essential outdoor skills.

At Cicerone, we play a positive role in supporting charities directly associated with mountain and outdoor activities, and we are delighted to sponsor this information leaflet.

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YOUR SUPPORT HELPS SAVE LIVES

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