

Contact Card

This card should be completed and left with a reliable contact who should be made aware that this card must be handed to the emergency services should the need arise

1 Today's Date

2 Time Started

3 Time Due Back

4 Card left at/with

5 Names of people in walking group

	Name	Level of Experience
a		
b		
c		
d		
e		
f		

6 We have a copy of today's weather forecast Yes / No

7 Outline of today's route

	Description	Grid
Starting at		
Via		
Via		
Via		
Via		
Via		
Via		
Via		
Via		
Via		
Finishing at		

8 Ordnance Survey Map Information

Location	
Map Type	
National Grid Map Reference	
Series	
Sheet	
Edition	

This form should be handed over to the Police/Mountain Rescue Team Leader in the event of an emergency.

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9 Additional Information (Equipment/Medical Alerts etc)

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