

OS WALKING ROUTE SAFETY CARD

Title for the walk

Date of the walk

Number in the group

Description of the route including grid references and bearings

Planned start time and estimated finish time

Start and finish location of the walk

Colour, make and reg of the car used to get to the walk

Names of persons in the group

Mobile numbers in the group

Jacket colours

Emergency contact and phone number

Any details on medical conditions or medicine carried for illnesses

Personal kit

Rucksack

Waterproofs

Warm mid-layer

Hat and gloves

Food and water

Compass

Whistle

Watch

Maps and cases

Head-torch and spare batteries

Emergency kit

First-aid kit

Survival bag

Storm shelter

Blizzard bag

Extra clothing

Give this route safety card to your emergency point of contact. Let them know when you will return. Agree a time when they should contact the police.



Ordnance Survey