

In Case of Emergency

1. Ensure the safety of the group.
2. Do First Aid.
3. Dial 999 or 112 or text 999 service.
4. Ask for police and Mountain Rescue.
5. They need to know –
 - Your contact number + another one
 - Location grid reference + description
 - What happened + injuries
 - Number of people in the group
 - Base contact number

Base contacts –

- **Mike Pescod 01397 772466**
- **Sally Hudson 07552 344161**

After speaking with the police expect a phone call from the mountain rescue team leader who will ask for more details or your position, the incident, group, weather conditions and equipment you have.

If there is no phone signal blow six blasts on a whistle. Send two fit team members with two phones to get a phone signal by going uphill or into line of sight of a town. Share phone numbers, equipment and a definitive plan before they leave.

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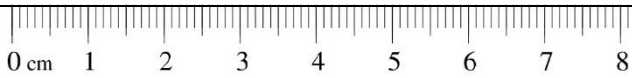
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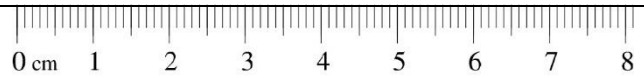
When planning your journey –

1. Consider the weather and mountain conditions. Check the avalanche forecast.
2. Consider the experience of you and your team. Make sure you all have the right equipment and skills.
3. Choose an objective that fits the above and avoids slopes of 30° or more.

Slope Gradient –

- 1:25k index (50m) contours 2mm apart = 45° slope
- 1:25k index (50m) contours 4mm apart = 27° slope
- 1:50k index (50m) contours 1mm apart = 45° slope
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Distance	Speed Km/Hr				
	2	3	4	5	6
100	3	2	1.5	1min 12s	1
200	6	4	3	2min 24s	2
300	9	6	4.5	3min 36s	3
400	12	8	6	4min 48s	4
500	15	10	7.5	6	5
600	18	12	9	7min 12s	6
700	21	14	10.5	8min 24s	7
800	24	16	12	9min 36s	8
900	27	18	13.5	10min 48s	9
1000	30	20	15	12	10



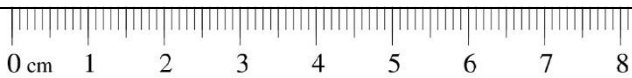
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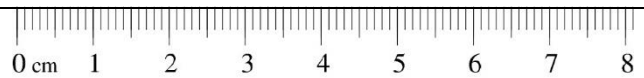
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