

Please study this pack of three cards and keep it in your rucksack.

1. **Contents**

Card 1	Side 1	This side
	Side 2	Treating Injuries
Card 2	Side 1	Emergency Procedures – Part 1
	Side 2	Emergency Procedures – Part 2
Card 3	Side 1	Personal Details and Emergency Contacts card
	Side 2	Incident Details card

2. **About the Personal Details and Emergency Contacts card**

Please complete this card.

3. **Registering Your Mobile For Emergency SMS Text Messages**

Please ensure that you have registered your mobile with Emergency SMS so that you can try **texting** them when there is no mobile phone signal.

To register, text the word Register to 999 and then follow the instructions you are sent. It takes two minutes and may save your life.

**What3Words Location App** (Addendum June 2021)

This free App is used by rescue organisations, the police and ambulance services. It works via satellite not a data connection. Download it onto your smartphone, so you can if necessary give the emergency services your W3W location by phone, text, email or WhatsApp. If possible have the grid ref handy too, in case they ask for it.