

What to do in an Emergency

1. Make a note of all relevant details:
 - Location (with a grid reference if possible)
 - Name, gender and age of casualty
 - Nature of injuries or emergency
 - Number of people in the party
 - Your mobile phone number
2. Dial 999 or 112, then ask for 'Police' then 'Mountain Rescue'.
3. Give all your prepared details of the incident and **STAY WHERE YOU ARE** until contacted by the rescue team. If you have to make a further 999 call, follow this procedure in full again.

If you have hearing or speech difficulties, you can contact the 999 emergency services by text. You will only be able to use this service if you are registered with **emergencySMS** first, so register now — don't wait for an emergency! Text 'register' to 999 then follow the instructions sent.

In an emergency, contact the emergencySMS service by texting 999. Your message should include 'Police' + details of incident + location.

Source: Mountain Rescue Service

[In case of emergency - Mountain Rescue England and Wales](#)