



# GOING TO THE HILLS HELP US TO HELP YOU

**Complete this route sheet.** Give it or email to a responsible person before setting out. **ALWAYS ADVISE THEM IMMEDIATELY YOU RETURN FROM YOUR TRIP**

NAME ADDRESS	MOBILE NUMBER
EMERGENCY CONTACT	Vehicle Reg No.
Place, date / time of departure	Estimated date / return time
Route including destination	Planned escape route

## Equipment carried

## Delete what you DO NOT HAVE

Waterproofs state <b>COLOUR</b>	<b>OS Map /Compass /GPS</b>
Torch / Whistle	Mobile phone: map type
Survival bag / Bothy shelter	<b>OS Locate on Mobile</b>
spare clothing / Food	Winter: Ice Axe / Crampons
Other state	Winter Transceiver / Recco

**Mobile phone: Keep warm in inside pocket. Protect from wet. Use battery save. Consider buying back up battery pack**

## **DO NOT GET LOST > USE OS LOCATE**

**Knowing your location is vital for safety on the hills**

We advise you to take a map and compass.

Google and ios maps provided on mobile phones have insufficient detail for mountain navigation

**Ordnance Survey provide a free app OS LOCATE**

<https://www.ordnancesurvey.co.uk/shop/os-locate/>

**It quickly gives a 6 figure grid reference location.**

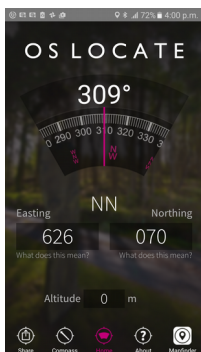
**Vital information to give to rescue services**

**Should you require help in an emergency**

**DOWNLOAD IT BEFORE SETTING OUT**

### **IN CASE OF ACCIDENT**

- **DIAL 999 OR 112**
- **ASK FOR POLICE**
- **THEN MOUNTAIN RESCUE**
- Have available:
- Location (Grid Ref if possible)
- Name age gender of casualty
- Nature of Injury or emergency
- No in party
- Mobile phone no,
- **Maintain mobile phone signal until contacted by Rescue Team**



**Produced by Killin Callander and District SAR**

**Group SC044098 operating as Killin MRT**

**Support our mountain rescue volunteers.**

**Consider donating on our website.:**

**[www.killin.scottishmountainrescue.org](http://www.killin.scottishmountainrescue.org)**

**MY Donate page**