



## Know How To Get help In An Emergency

Warning – not all areas will have a signal for your phone. Your phone may show 0 bar from your supplier but, in the UK, other suppliers will pick up an emergency call, if you have a signal for them

Dial **999** ask for **Police** and then **Mountain Rescue** and be prepared to answer the following questions.

- What is the nature of your emergency?
- What is the location of your incident?
- Where do you think you are?
- What can you see from your location?
- What was your intended route?
- What time did you set off?
- Where did you park your vehicle?
- Do you or anyone in your group have an injury?
- Do you have a smartphone?
- What is the weather like where you are?
- What is the ground condition where you are?