

GOING ON THE WATER OR TO THE HILLS TODAY?

LET US KNOW BEFORE YOU GO...



Please complete this form and leave with the local Police, Landlord, Warden or Receptionist, etc.

Request that contact is made with the Police if you are overdue

Name, Address & Tel No: (Home & Local)

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Mobile No.....

(this is for purposes of signal tracking in an emergency situation)

Emergency Contact: (Name ,Address & Tel No).....

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Type of Activity: (delete as necessary) Walking/ Climbing/ boating/Kayaking/ Other: please specify:
.....Do you have an appropriate life vest for on water activities? Yes / No

Number in Party:

(How many adults, children and do any of your group have additional support needs or health issues?)

Location & Route (Include map referance where possible)

Bad Weather Alternative (Include map referance where possible)

Date of Departure: Time of Departure:

Place of Departure: Estimated Time Of Return:

Vehicle Registration Number Make:

Colour:

Produced by 'Safetywise' on behalf of the Outer Hebrides Community Safety Partnership (Accident Prevention and Emergency Response Organisations) And, in association with the Stornoway Gazette



HAVE YOU CHARGED YOUR MOBILE PHONE...?

Please make a note of the following:

POLICE CONTACT DETAILS:

Emergency Number 999
Non Emergency Number 101

INFORMATION SITES:

Hebrides Search And Rescue,
The local Mountain Rescue Team, provide useful advise
for those travelling outdoors.

www.hsar.org.uk

See also:

www.mountainrecuescotland.org

www.mcofs.org.uk/mountain-safety.asp

And

Sport Scotland Avalanche Information Service

www.sais.gov.uk

Stornoway Coastguard

www.stornowaycg.co.uk

To contact the Coastguard dial 999 and ask for the Coastguard

WEATHER FORECASTS:

www.metoffice.gov.uk

www.windfinder.com

www.xcweather.co.uk

**PLEASE USE THIS FORM RESPONSIBLY, REPORT YOUR SAFE RETURN. IT MAY PREVENT A
WASTED AND UNNECESSARY RESCUE OPERATION**

**THE INFORMATION GIVEN IN THIS LEAFLET IS SOLELY FOR THE PURPOSE OF YOUR SAFETY
AND WILL NOT BE PASSED ON TO ANY OTHER AGENCY WITHOUT YOUR PRIOR CONSENT**