Using the Route Card

This tool will be useful for remote or challenging walks. It helps you plan your walk and share important information with a friend or family member, who can act as Emergency Point of Contact (EPoC).

You can also use this route card in conjunction with our risk assessments, to make a note of any additional risks for your specific walk, and the steps you can take to manage safety – proportionate to the type of walk you're leading. You can adapt it for your group too!

If you're sharing this form with an EPoC, make sure they know what they need to do in the case of an emergency.

The walk leader should:

- Complete this form in advance of a walk.
- Use it to help plan the day with a careful eye on timings and mobile phone coverage.
- Share a copy with the EPoC and check in with them before setting off.
- Let your EPoC know if timings change.
- Check in with your EPoC at the end of the day to let them know you got back safely.

The EPoC should:

- Read the information on the form and clarify any details that are not clear.
- Store this form safely – it contains personal information.
- Be available by phone to receive end of day confirmation at the allotted time.
- If no contact has been made by the allotted time, call the phone numbers of other participants to try to contact the leader.
- If not possible to establish contact with the leader, contact the emergency services to raise the alarm.

To get help call 999.

Ask for Police to put you through to Mountain Rescue. In areas with road access, ask for Ambulance. In coastal areas, ask for Coastguard.

Be ready to share information from this form.

Useful information to share includes:

- Group size and description.
- Route outline.
- Expected location based on timings from this route card.
- Contact details.
- Possible escape routes.

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RAMBLERS

Ramblers Route Card

Please complete this form and give a copy to your Emergency Point of Contact (EPoC).

Trip	Date	Leader	Contact number
	/ /		

Weather conditions	Sunrise	Sunset	Avalanche risk
	am	pm	

Start and finish time		Ascent (m)	Moving time	Start / end location
:	:	m		

Group details – Name, contact number, car registration	

Specific hazard?	What could happen and who could be harmed?	How to reduce the risk

Ramblers Route Card

Please complete this form and give a copy to your Emergency Point of Contact (EPoC).

Waypoints	Route

Please add any maps, links or route plans.

Standard safety measures (tick all that apply)	
☐ Phone pre-registered with 999 text service	☐ Power bank for charging mobile phones
☐ OS Locate on phone	☐ Group shelter
☐ Escape routes / contingency routes planned	☐ First aid kit
☐ ICE cards for walkers	☐ Head torch
☐ Additional clothing	☐ Map, guide, and compass
☐ Additional food and drink for emergencies	☐ Emergency Point of Contact aware of walk plans

For the latest weather information visit **metoffice.gov.uk**

For the latest avalanche risk information visit **sais.gov.uk**