



WHAT TO TAKE

Suitable clothing and footwear

- Warm, windproof and waterproof. Layers work best!
- Footwear with a treaded sole which supports the ankles
- Spare clothing, hat and gloves — even in summer!

Food and drink

- Take ample food and drink for the day, including high energy snacks such as chocolate, nuts or dried fruits.
- Always carry water — even in cool weather it's easy to become dehydrated.

* ESSENTIAL KIT

Map and compass, torch and head torch. And a whistle

- Without a torch, map and compass are useless after dark!
- Both torch and whistle can be used to signal for help: Six good long blasts in a minute. Stop for one minute. Repeat. Continue until someone reaches you and don't stop because you hear a reply. Your whistle blasts may be a direction finder.
- Don't forget spare batteries and bulbs for your torches.

Mobile phone and GPS

- Don't rely on your phone to get you out of trouble — many areas of the mountains have no signal
- Ensure your GPS is correctly set up with map and grid data

Watch — at least one member of the party should have one

First aid kit — including any essential medication.

Finally, climbers and mountain bikers should wear a **helmet**.

In winter: Always carry an ice axe and crampons – and know how to use them. And pack a survival bag!

Now put this leaflet in your rucksack!

IN CASE OF ACCIDENT



Make a note of all relevant details:

- Location (grid ref if possible)
- Name, gender and age of casualty
- Nature of injuries or emergency
- Number of people in the party
- Your mobile phone number.

Dial 999 or 112
Ask for 'Cumbria Police' then
'Mountain Rescue'

- **Make sure** you tell the operator that you require **Cumbria Police**
- Give all your prepared details of the incident.
- **Do NOT change your position** 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.

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:
'Cumbria Police' + details of incident + location

Mountain rescuers will always respond to emergencies but many calls are avoidable with proper preparation and may even compromise other life-threatening emergencies. Before calling for mountain rescue, please ask yourself: 'Is this really an emergency?'

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CICERONE

award-winning guidebooks for walking, mountaineering & cycling



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Cumbria

Photo © Langdale Ambleside MRT



LAKE DISTRICT MOUNTAIN SEARCH & RESCUE





Photo © Craig Palmer

DEVELOP YOUR SKILLS

Honing your hill skills and building your experience will go a long way to keeping you safe and help you judge potential hazards.

● Map and compass

The ability to use a map and compass will enable you and your party to navigate safely through the fells.

● Improve your skills as a party leader

Improving your ability to consider the equipment, experience, capabilities and enthusiasm of your party will help keep them safe and improve their enjoyment of the day.

● Learn the basic principles of first aid

Knowing your ABC — airway, breathing, circulation — and understanding the 'recovery position' could make the difference between life and death for a casualty.

CICERONE: FOR SKILLS, INFORMATION AND GUIDES

At Cicerone, we seek to play a positive role in supporting charities directly associated with mountain activities and we are delighted to sponsor this information leaflet. Take a look at our range of 350 guides (in print and digital formats) for walks, treks, scrambles, winter climbs, cycling and outdoor skills.

www.cicerone.co.uk



BEFORE YOU SET OUT



Charge your phone

Many accidents occur towards the end of the day when both you and your phone are low on energy. Register your phone with www.emergencysms.org.uk

Plan your route carefully

Consider the time of year, terrain and the nature of your trip and choose your route accordingly. Remember: Mountains are major undertakings — in the winter months, it goes dark early!



Check the weather forecast and conditions via Weatherline or MWIS

0844 846 2444 lakedistrict.gov.uk/weatherline
OR mwis.org.uk

Leave details of your planned route

Include start and finish points, estimated time of return and contact details — and leave your note in a reliable place in case of emergency.



Eat well before you start out and snack through the day.

Keeping your energy levels at their highest will ensure you get the most out of your day.

LAKE DISTRICT MOUNTAIN RESCUE

Our teams are highly trained unpaid volunteers, available 24 hours a day, 365 days a year. Whatever the weather.

- Cockermouth • Conistone • COMRU
- Duddon & Furness • Kendal • Keswick
- Kirkby Stephen • Langdale Ambleside
- Patterdale • Penrith • Wasdale
- Lake District Mountain Rescue Search Dogs

Mountain rescue in the UK is free of charge to the casualty but we rely on your support and generosity to maintain this valuable community service. Without you, we simply could not function. To make a donation, visit our website for details. Thank you!

www.lidsamra.org.uk

ON THE FELLS



Keep an eye on the weather

Be prepared to turn back if conditions turn against you, even if this upsets a long-planned adventure.

Keep the party together

Allow the slowest in the party to determine the pace, and take special care of the youngest, weakest, and least knowledgeable in dangerous places.



Watch for signs of hypothermia

Disorientation, confusion, shivering, tiredness, pale complexion and loss of circulation in hands or toes. Children and older people are especially susceptible.

If you go out alone...

Be aware of the extra risk. Let people know your route and when you expect to finish and then stick to it as far as you can. If your plans change, let them know that too.



DANGERS YOU CAN AVOID

- Precipices and unstable boulders
- Ice or steep snow slopes, snow cornices on ridges or gully tops. The greatest risk is 24-48 hours after heavy snow, on convex 30-40 degree slopes. If you witness an avalanche, quickly search where you last saw the victims and call for mountain rescue
- Very steep grass slopes, especially if frozen or wet
- Gullies, gorges and stream beds, and streams in spate
- Exceeding your experience and abilities and loss of concentration, especially towards the end of a day.

DANGERS YOU NEED TO MONITOR

- Weather changes — mist, gale, rain and snow may be sudden and more extreme than forecast
- Ice on path (know how to use an ice axe and crampons)
- Excessive cold, heat, or exhaustion (dress appropriately, know the signs, rest and keep warm)
- Passage of time — allow extra time in winter or night time
- Don't panic. If you've called for help, stay safe and stay put!