

Route Sheet for activities on _____

(specify date)

Name _____		Equipment Carried
Address (home) _____ _____ _____		
Address (where staying) _____ _____ _____		Rucksack <input type="checkbox"/>
Emergency Contact Numbers		Emergency Food <input type="checkbox"/>
Home _____		Head Torch <input type="checkbox"/>
Accommodation _____		Whistle <input type="checkbox"/>
Other _____		Map <input type="checkbox"/>
Route _____ _____ _____		Compass <input type="checkbox"/>
Alternative Route _____ _____ _____		GPS <input type="checkbox"/>
Number in Party _____	Experience (please tick)	Ice Axe <input type="checkbox"/>
		Very Experienced <input type="checkbox"/>
Fairly Experienced <input type="checkbox"/>		
Starting From (Place) _____	Inexperienced <input type="checkbox"/>	Crampons <input type="checkbox"/>
Finishing At (Place) _____		Winter Clothing <input type="checkbox"/>
Estimated Start Time _____		Group Shelter <input type="checkbox"/>
Estimated Finish Time _____		Colour _____
Vehicle Details (if applicable)		Survival Bag <input type="checkbox"/>
Make and Model _____		Colour _____
Registration and Colour _____		Helmet <input type="checkbox"/>
		Colour _____
		Waterproofs <input type="checkbox"/>
		Colour _____
		'Phones Carried <input type="checkbox"/>
		Numbers _____



Please contact the Emergency Services if we're not back by _____

Whatever hill-going activity you are undertaking today, please remember that it is your responsibility to consider the safety of yourself and others, and to treat the mountains with respect. This Route Sheet must not be used as a "fallback plan", its sole purpose is to assist others to help you, should you find yourself in an emergency situation.

Your responsibilities - the walker or climber

This Route Sheet should be left with a responsible person prior to commencing your activity. This could be a friend or family member, your local police station, your accommodation provider, etc.

Remember to take into account that shops and hostels may be un-staffed at the time you are due to finish, and that could cause delays in any rescue. Also remember that it is essential that you report your safe return to the Route Sheet holder, otherwise they have to assume you are in difficulty.

Your responsibilities - the Route Sheet holder

If someone has left this Route Sheet with you then you have now gained some responsibility for their safety. Please familiarise yourself with this Route Sheet, especially the time that the person or party expects to be back. If you still have this Route Sheet by the time the person is expected to be back then they could be in difficulty. Allowing them some flexibility in their timings, you should make efforts to contact the person or party to ascertain if they are safely off the hill. If you are unsuccessful in establishing contact and they still have not returned by the "contact emergency services at" time, then you should enlist appropriate assistance. The correct procedure to request assistance is to contact the Police (999) and ask for "Mountain Rescue". Please remember that Mountain Rescue teams are all volunteers, and they should only be contacted in the event of a life-threatening situation.

The mountains should be treated with respect, and more information is available at the following pages:

Weather forecasts:	www.mountainaid.org.uk/weather
Navigation:	www.mountainaid.org.uk/navigation
Route planning:	www.mountainaid.org.uk/routeplanning
Health and safety:	www.mountainaid.org.uk/health
Equipment and clothing:	www.mountainaid.org.uk/gear

This Route Sheet is provided by

Mountain Aid

a charity dedicated to supporting injured hill-goers, helping fund Mountain Rescue services and promoting mountain safety

Web: www.mountainaid.org.uk
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Issued by

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