

# Walking Route Notification Card



Walks in the countryside, on the coast or in upland areas can be challenging if you are unprepared, potentially resulting in injury. Take time to make sure you know what to expect and can deal with any eventuality.

Planning and preparation before setting out on a walk whether on your own or in a group is important. Before you set off: be Adventure Smart, plan for a great day, read a weather forecast, and in winter, a ground conditions report if available. Take advice and only attempt a route within you and your companions' capabilities. For further information on how to stay safe when out on a walk whether on your own or in a group visit [AdventureSmart.uk](https://www.adventure-smart.co.uk)

Remember don't be afraid to turn back or change your route if the weather conditions make that a sensible option.

This important planning and safety tool is only used in the unlikely event you or your group get into difficulties and/or fail to return from your walk when anticipated.

The information you provide gives Mountain Rescue Teams and other Emergency Services who will commence a search for you/ your group crucial information which narrows the search area and speeds the arrival of support.

Developed in collaboration with The BMC, Mountain Rescue England & Wales and AdventureSmart.UK – Working together to encourage safe enjoyment of the outdoors.

## How it works

### Actions for those walking:

- Complete the information on the reverse.
- Take a photograph of the completed form and check it is clear.
- Text, WhatsApp or email the image to a responsible family member or friend not on the walk.
- Prior to setting out, speak to the person you sent the information to and check they have received it. Explain its purpose and ask them to follow the instructions below if they don't hear from you at the time stated.
- Ensure they will act should they not hear from you.

### Actions for those receiving this information:

- If by the agreed time you have not heard from the person who sent the information, call them to check progress.
- If there is no response, dial 999 and ask for the Police and Mountain Rescue or Coastguard if the walking route follows the coastline.
- Provide all the information you have. You may be asked to forward the photograph of the route information you were sent.
- If having called the emergency services you receive a call or message from the individual/group to say they have returned safely, contact the Police so they can stop the search.

### Failure to inform your contact you have finished and are safe:

- It is essential that you inform the information holder of your safe return at the end of your trip, otherwise the mountain rescue and emergency services may be alerted unnecessarily. Mobile phones can be useful but it is not always possible to get a signal in remote locations. Mobile phones are no substitute for planning and preparation.

Day / Date	Planned start time	Planned return time	Get concerned at	Call 999 at

No. in group	Name	Age	Ability/experience 1 Beginner 2 Some experience 3 Experienced	Mobile number	Mobile tracking apps installed and access codes – username & password e.g.: Outdooractive (BuddyBeacon), FindMyiphone, FollowMee, Track View, Google Maps (share my location)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Vehicles if driving to starting point of walk:			
	Expected parking location (grid reference & description)	Car make and colour	Registration no.
1			
2			
3			

Intended route:		If running late I/we will: call, text, WhatsApp, email	Safety equipment carried e.g. group shelter & colour
Main objective			
Intended route Include route url if available e.g. Komoot, OSmaps, Strava, Google Maps			
Possible escape routes/ short cuts/extensions			

After the walk:			
I/we might call at this pub / café when we have finished		I/we will be staying here tonight	