



Emergency Contact Details For Walkers And Hikers

What happens if you're out on the trail and the worse case scenario happens? You're injured and unconscious and your phone has no signal – how will first responders know your personal details? Print off this template, fill in your details, laminate it and keep it in your wallet.

Name and Address	Next of Kin: Name and Address
Mobile DoB
Medical Conditions	Mobile: Home no.
Medication	Relationship Notes:
Allergies	
Blood Group Organ Donor: yes/no	

Trim around the inside of the rectangle, fold along the vertical line with the text on the outside, laminate it and keep it in your wallet. Make some copies to keep in your first aid kit and rucksack too.

Name and Address	Next of Kin: Name and Address
Mobile DoB
Medical Conditions	Mobile: Home no.
Medication	Relationship Notes:
Allergies	
Blood Group Organ Donor: yes/no	

Name and Address	Next of Kin: Name and Address
Mobile DoB
Medical Conditions	Mobile: Home no.
Medication	Relationship Notes:
Allergies	
Blood Group Organ Donor: yes/no	