



# GOING TO THE HILLS? Let us know before you go



Please complete this form and leave with the Local Police, Landlord, Warden or Receptionist etc.



Request Landlord, Warden or Receptionist to contact Police if you are overdue.



Local Area Police Tel: 01851 702222 (Stornoway)

<b>Name &amp; Address &amp; Tel No: (Home &amp; Local)</b>
<b>Next of Kin: (Name &amp; Address &amp; Tel No)</b>
<b>Route: (Include map references where possible)</b>
<b>Bad Weather Alternative: (Include map references where possible)</b>
<b>Date of Departure:</b>
<b>Time of Departure:</b>
<b>Place of Departure:</b>
<b>Estimated Time of Return:</b>
<b>Vehicle Registration No:</b> <b>Make:</b> <b>Colour:</b>
<b>Where Vehicle Parked:</b>
<b>Walking / Climbing (delete as necessary)</b>
<b>Number in Party:</b>

**PLEASE TICK EQUIPMENT CARRIED:**

- Emergency Food
- Map & Compass
- Whistle
- Head Torch & Batteries
- Crampons
- Ice axe
- Weather proof Clothing (Colour) .....
- Winter Clothing (Colour) .....
- Avalanche Transceiver (Make) .....
- Survival Bag (Colour) .....
- Mobile Phone (Number) ..... **(Is the battery charged?)**



**OUTDOOR SAFETY IN THE WESTERN ISLES**

The Outer Hebrides – also known as the Western Isles and the Long Isle – is an island chain which runs for over 130 miles along the Northwest coast of Scotland.

The terrain across the area varies dramatically from high sea cliffs, flat desolate moors, mountainous areas and low-lying loch covered machair. The area can also experience some of the most extreme weather conditions in the UK, with high levels of rain and very strong winds being brought in from the Atlantic Ocean. These two factors together make the Outer Hebrides and area worthy of some respect when venturing into the outdoors.

The best way to ensure your safety is to make sure you are prepared for the challenges you could face. The information below should help you to stay safe. (Hebrides Search and Rescue Team)

**Links:**

- [www.mcofs.org.uk](http://www.mcofs.org.uk) – the Mountaineering Council of Scotland provide advice to those venturing into Scotland’s outdoors on safety.
- [www.hsar.org.uk](http://www.hsar.org.uk) – Hebrides Search and Rescue, the local Mountain Rescue Team, provide useful advice for those travelling in the outdoors.
- [www.metoffice.gov.uk](http://www.metoffice.gov.uk) – The Meteorological Office provides regular updates on the forecasted weather around the UK.

**Please use this form responsibly, report your safe return, it may prevent a wasted and unnecessary rescue operation.**

**In an emergency always call 999**