

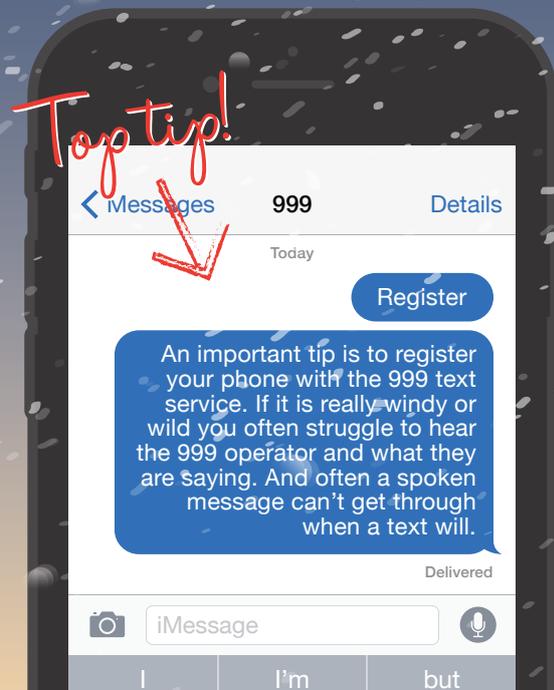
TAKE CARE OF YOUR PHONE, AND YOUR PHONE WILL TAKE CARE OF YOU!

If you are really in trouble, your mobile phone could make a significant difference. Ensure your phone is well charged for the day and that any applications running are not compromising its battery life. It could pay to carry a power bank with you – and they're getting lighter and easier to use all the time.



DON'T BE AFRAID TO GO 'OLD SCHOOL'

Electronic GPS systems are great, but a trusty paper map doesn't need charging, doesn't rely on signal and can be used whatever the conditions. So, always pack one as a back-up.



MOUNTAIN RESCUE ENGLAND AND WALES

Mountain rescue team members are on call, 24 hours a day, 365 days a year to recover climbers from precipitous crags, reunite lost walkers with their pals and ensure injured and sick casualties are safely delivered into vital hospital care.

But they also regularly help search for missing children and vulnerable adults, on and off the hills, whilst administering sympathetic support to their families. They search river banks and swift water, and wade chest-deep through flooded urban streets aiding swimmers, kayakers and devastated homeowners.

And, between them, they rescue a frankly stunning number of dogs, cows, sheep and any number of other animals, from all manner of inaccessible places.

All this whilst continuing to practise and hone their first aid skills, technical ropework, water rescue and search management, and maintaining their bases, equipment and vehicles – not to mention taking time to maintain their own fitness. Oh, and did we mention they're all volunteers?

Mountain rescue. So much more than mountains.

www.mountain.rescue.org.uk



MountainRescueuk

moutnrescueuk

JustGiving mountainrescue

VARTA

Following a successful two-year partnership, Mountain Rescue England and Wales (MREW) has agreed a three-year extension to its sponsorship agreement with VARTA.

The manufacturer of award-winning torches, portable power products and consumer batteries, will continue to supply its products to more than 3,500 MREW volunteers nationwide, as well as providing an annual cash donation and ongoing fundraising support for the 57 regional MREW teams.

Part of Spectrum Brands, VARTA is one of the leading consumer battery manufacturers in Europe and has expanded its range to include an exciting array of premium tech products such as chargers, portable powerbanks and torches.

www.VARTA-consumer.co.uk



VARTA.ConsumerUK



THE WANDERER'S GUIDE

to Winter in the Great Outdoors!

Brought to you by Mountain Rescue England and Wales,
the British Cave Rescue Council and VARTA Consumer Batteries



As the clocks go back on Sunday 30th October 2016, the nights are now drawing in. But, that doesn't mean that the British countryside is out of bounds.

Snowy hilltops and frosty meadows can provide an incredible backdrop to a winter ramble or outdoor sports challenge, and there are plenty of winter walking routes to help work off the extra Christmas calories!

HOWEVER, WITH JACK FROST TAKING OVER, THERE ARE A FEW KEY SAFETY CONSIDERATIONS FOR ADVENTURERS HEADING OUTWARD BOUND...



BE AWARE

Make sure you start your walk early enough in the day; be aware of what time it gets dark and allow for a change in the weather too.



PLAN



Plan your day and route taking into consideration a reliable mountain weather forecast such as www.mwis.org

PREPARE



You'll need a good torch and spare batteries whatever your plans in case you get delayed. Some people prefer to carry a second lightweight torch so they don't need to mess about trying to change batteries in the cold or the dark if the head torch packs up.

PACK

Whatever the time of year, it's worth checking your wardrobe to ensure you have sturdy footwear with a good tread and a bag that contains food, drink, waterproofs, extra layers to keep warm and dry if the worst happens, hat and gloves, map and compass.



WINTER WALKING CHECKLIST

- Fully charged phone & Portable Phone Charger
- Torch & batteries
- Suitable footwear
- Food
- Drink
- Waterproofs
- Extra Layers
- Hat
- Gloves
- Map
- Compass

ADEQUATE LIGHTING

Adequate lighting is critical when the nights draw in. Trying to read a map or make your way over rough ground from a little light on a mobile phone is a nightmare you really don't want to experience. It will also use up what could be vital mobile phone battery life. Modern LED head torches don't cost a lot, use little battery power and are much brighter.



To find out more about winter walking and mountain safety, visit www.mountain.rescue.org.uk