**WEST TYRONE RAMBLERS: EMERGENCY MEDICAL TAG**

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The table above sets out the sort of information which the rescue services would like all ramblers to carry in case of emergency. Participants in mountain first aid courses are trained to check an unconscious casualty for a medical alert disc that might indicate a potentially serious condition such as diabetes.

The committee of the West Tyrone Ramblers recommends that all members of the club make and carry such a tag fastened securely inside the lid pocket of the walker’s rucksack, where it is out of view but is easily accessible in an emergency.

The tag should be made for a piece of card about the size of a credit card with the required information typed or handwritten in a clear legible format. The card should then be made waterproof either by laminating it or simply placing it in a clear plastic bag well secured with cellotape.

With thanks for your support

The Committee