



# The Cairngorm Club

Founded 1887

## ROUTE SAFETY SHEET

**Please note (e.g. in your mobile) the tel. nos. and times immediately below!!**

Meet Organiser (MO): \_\_\_\_\_ MO's mobile \_\_\_\_\_ Back to Base (bus or hostel) by (time): \_\_\_\_\_  
President's Party Leader (PPL): \_\_\_\_\_ PPL's mobile: \_\_\_\_\_ Hotel/hostel: \_\_\_\_\_

Name(s) (and car reg. no. if appropriate)	Mobile no(s).	Route: outward, goal(s), return	Alternative/Escape Route (if any)	Return time (and place, if not base)	Emergency contact (name and phone no.)

Day Meets: It is anti-social to be significantly late for the coach or minibus, which is unlikely to wait more than 30 minutes or so beyond the deadline. If you join the President's Party above, make SURE – especially on the hill – that the PPL knows whether you are still in the Party or not! If you wish to leave the Party, tell the PPL of your new route. The Club will not be held responsible for any items left on the bus - or on the hill!

Winter: as well as the usual items (map, compass, whistle, etc.), everyone must have winter boots and an ice axe (and preferably crampons), and be able to use them.

First Aid: Please tell the meet organiser and/or group leader of any medical conditions, e.g. heart complaints, allergies (penicillin, bee/wasp stings, etc.). DRSABC!