

Teignmouth and Dawlish Ramblers

PERSONAL DETAILS SHEET

Please complete the following and carry with you in your rucksack at all times. If you are taken ill, or have an accident, we will look for this sheet to enable us to give you the appropriate treatment with the minimum of delay.

The contents remain private and confidential, and will only be used in an emergency.

NB It is not compulsory to complete this form but it is your interest to do so.

Name

Address

Doctor's name and phone number

Name, address and phone number of someone to contact in an emergency:

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Are there any people or pets at home needing care?

Is there a Keyholder?

Medication you are taking (if any):

Do you have any conditions that medical staff should know about? (eg diabetes, angina, asthma, allergies etc). If so are you carrying any medication?

Is there anything else that would be helpful for us to know about?