

First Aid

Danger Response

Alert
Voice
Pain
Unresponsive

SHOUT FOR HELP

Airway
Breathing
Circulation
Damage
Everything else

Signs and symptoms
Allergies
Medication
Past history
Last meal
Event

Andy's Mountain Leader Crib Sheet

Maps

1:50,000 means 1cm per 500m
1:40,000 means 1cm per 400m
1:25,000 means 1cm per 250m

The Journey

Description
Destination
Distance
Duration

Weather

Dry air lapse rate = $-1^{\circ}\text{C}/100\text{m}$
Wet air lapse rate = $-0.5^{\circ}\text{C}/100\text{m}$

Wind at 1000m is 2 to 3 x wind speed at 0m

5mph (valley) for every isobar which crosses the UK

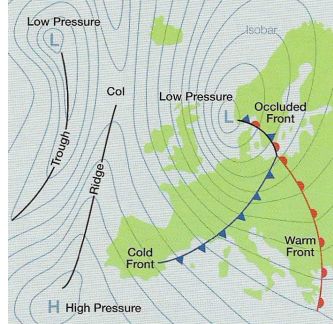
Pacing

Flat 64 paces per 100m
Hilly 75 paces per 100m

Naismith 4km per hour
+ 1 to 1.5 min per 10m ascent

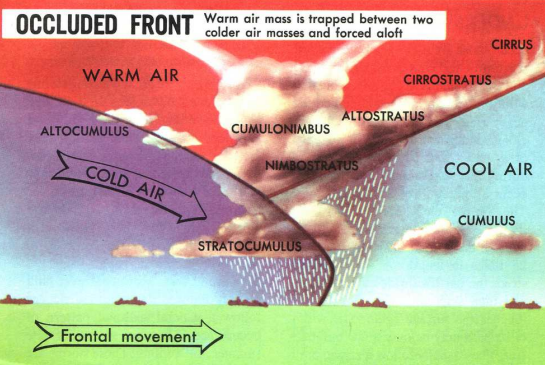
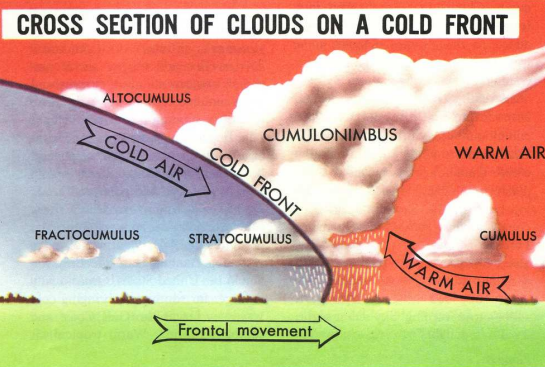
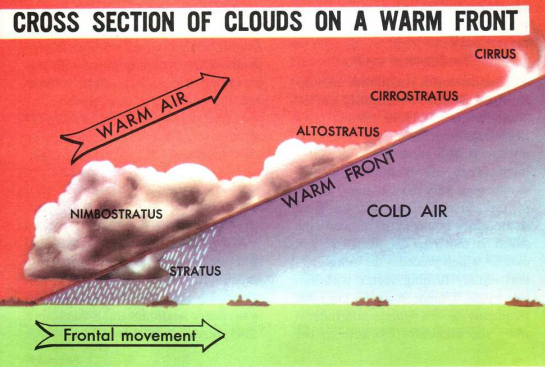
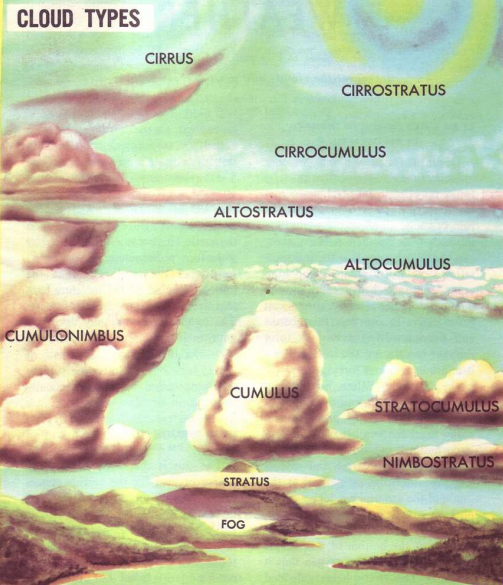
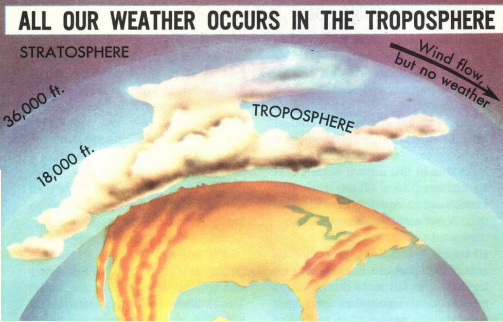
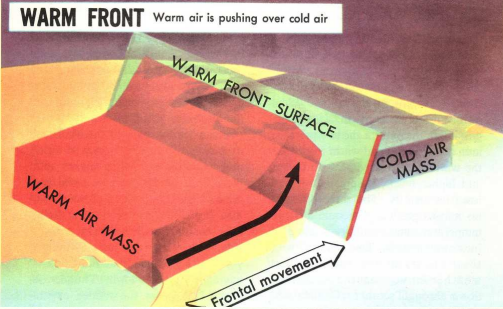
Synoptic charts

More fronts more weather!



Distance travelled Speed kilometres per hour

Distance travelled metres	Speed kilometres per hour			
	5	4	3	2
1000m	12 min	15 min	20 min	30 min
800m	10 min	12 min	16 min	24 min
700m	9 min	11 min	14 min	21 min
500m	6 min	7½ min	10 min	15 min
400m	5 min	6 min	8 min	12 min
200m	2½ min*	3 min	4 min	6 min
100m	1¼ min*	1½ min	2 min	3 min



EMERGENCY

Call 999 and ask for Mountain Rescue. Provide the following information:

- Precise location
- Overall nature and seriousness of emergency
- Number of casualties, with brief identification details (names, sexes, age)
- Overview of suspected injuries
- State of consciousness of casualties
- Airway /Breathing assessment
- Pulse rates
- Any wounds and suspected fractures
- Anything else important (allergies, known illnesses such as angina, asthma...)
- Several alternative mobile phone contact numbers from group members
- Status of group and preparedness to walk off the mountain themselves.
- Brief description of plan - e.g. "we will be surrounding casualty within a large group shelter."

