

MOUNTAIN RESCUE

IN THE SCOTTISH BORDERS

TO GET HELP QUICKLY, FOLLOW THIS PROCEDURE:

DIAL **999** ASK FOR **POLICE** TELL

THE POLICE YOU NEED

MOUNTAIN RESCUE

TELL THE POLICE WHY AND WHERE YOU NEED MOUNTAIN RESCUE.

THE POLICE WILL CALL OUT THE MOUNTAIN RESCUE TEAM AND INFORM THE AMBULANCE SERVICE AS WELL, IF NECESSARY.

When someone is missing, injured or lost – hillwalking, mountain-bike, horse riding, etc accident – on hill, moor or upland ground – call out the Mountain Rescue Team

Tweed Valley Mountain Rescue Team

Scottish Mountain Rescue Post No88

Goslawdales :: Selkirk :: TD7 4EP

web: tweedvalleymrt.org.uk Scottish Charity No: SC009451

