

#BeAdventureSmart

Make your good day better, ask yourself 3 questions:

1. Am I confident I have the **KNOWLEDGE AND SKILLS** for the day?
2. Do I know what the **WEATHER** will be like?
3. Do I have the right **GEAR**?

If you find someone in trouble, don't put yourself at risk.

In an emergency call 999, then...

- ~ Inland, ask for the Police and then Mountain Rescue
- ~ Inland waters, ask for Fire & Rescue Service
- ~ Sea and coastal areas, ask for the Coastguard



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Lake District Cumbria
**ADVENTURE
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