



Get back Alive

*Essential information
from Langdale Ambleside Mountain Rescue Team
for when you're running*

IMPORTANT

Over the years, we have had a trickle of very sad cases when fell runners have not survived. Obviously, you are very fit and travel light, but even if you are not injured, if your progress slows for any reason, you are more likely to run into trouble. Importantly, you cool off very rapidly after exercise if you don't have sufficient insulation, especially if it's windy.

**If you get lost or injured and don't have enough clothing and food,
you may well not survive.**

Simple steps to increase the likelihood that you will return alive.

- Check the weather forecast before you go. If the forecast is bad, run a safer route, take extra clothing and food with you, or don't go.
- Plan your route and stick to it.
- Let someone know where you are going and your anticipated return time.
- Take a mobile phone with you. Make sure the battery is fully charged and that location services are enabled.
- Don't change your route without letting someone know what the new route will be and the revised time schedule.
- If you get lost, consider going back to where you last knew where you were.
- If you think you are getting into trouble, **phone mountain rescue early**. We are not bothered about receiving false alarms, but we hate searching for dead bodies.