



# Active

outdoors in the Dales  
or just out for a casual stroll?

**In an emergency, would**

# YOU

**know how to get help?**

To be better prepared,

## ASK HERE

for your free, handy card  
with what to do and advice on  
outdoor training and safety



[www.cro.org.uk](http://www.cro.org.uk)



SWALEDALE

[www.swaledalemrt.org.uk](http://www.swaledalemrt.org.uk)



[www.uwfra.org.uk](http://www.uwfra.org.uk)



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