

Sufficient to make 4 card inside pages - print the outside covers on reverse of same sheet of card. Fold in half sideways to conceal personal details. Store in a high rucksack pocket or tied near top inside a plastic cardholder 75x105 (30p on a Group Walk or from James and Owen, London Road, Stroud) - perhaps keep another copy in wallet / handbag.

MEDICAL ALERT CARD +

I am allergic to:

Medical conditions:

MEDICAL ALERT CARD +

MY NAME:

CONTACTS IN AN EMERGENCY: TEL:

1.

2.

GPs NAME: TEL:

MEDICAL ALERT CARD +

I am allergic to:

Medical conditions:

MEDICAL ALERT CARD +

MY NAME:

CONTACTS IN AN EMERGENCY: TEL:

1.

2.

GPs NAME: TEL:

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