

Sufficient to make 4 card covers - print the insides on the reverse of the 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 +



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