Scottish Mountain Rescue
Lomond Mountain Rescue Team

Introduction and Background

- Introduction – Who are Scottish Mountain Rescue
- What do we do
- How do we deploy
- Equipment, Training, Navigation, Clothing, Food and Water
- People, Terrain, Weather
- Understanding the conditions
- Mountain Safety and Expeditions
- Pictures

Mountain Rescue are contacted and controlled by Police, in emergencies dial 999 or 112

How do we get there

Typical types of Rescue

Searches for Missing Persons , often with Hypothermia , Broken Limbs, Medical emergencies, Crag Fast or stuck in Gorges or simply just lost !!!

Mountain Rescue and Coastguard Vehicles

Helicopters

Ambulance and SCV

Landrovers

Rescue Boats

Mountain Rescue Equipment

- Clothing, Waterproofs, Belay Jacket, Hats, Gloves and Footwear
- Radios, Navigation Equipment, Notebooks, Food and Water
- First Aid Kit
- Personal Technical Kit and Personal Safety Kit
  - Helmet, Crampons, Ice Axes, Karibiners, Belay Devices, Slings, Torches, Transceivers
  - Shovel, Probes, GPS, Compass, Maps, Harness, Lanyard, Goggles, Sunglasses
- Group Technical and Medical Kit
  - Ropes, Stretchers, IDS, Climbing safety kit, Shelters, Oxygen, Entonox, Pain Relief Drugs
  - Splints, Kendrick, SAM, Blizzard Blankets, CAS Bag, Vacuum Mat

Approximate Cost

£ 4,000

Walking Shoe Trails and paths

B Rated Walking Axe

T Rated Walking Axe

Climbing Axe

Approach Shoe, steeper, muddy Trails and paths

Walking Poles

2 to 3 Season B1

3 to 4 Season B2

4 Season B3

Mountain Summer Boot B0

C1 Walking Crampon

C2 Semi Auto Crampon

C3 Auto Crampon

Mountain Safety

- Plan ahead
-

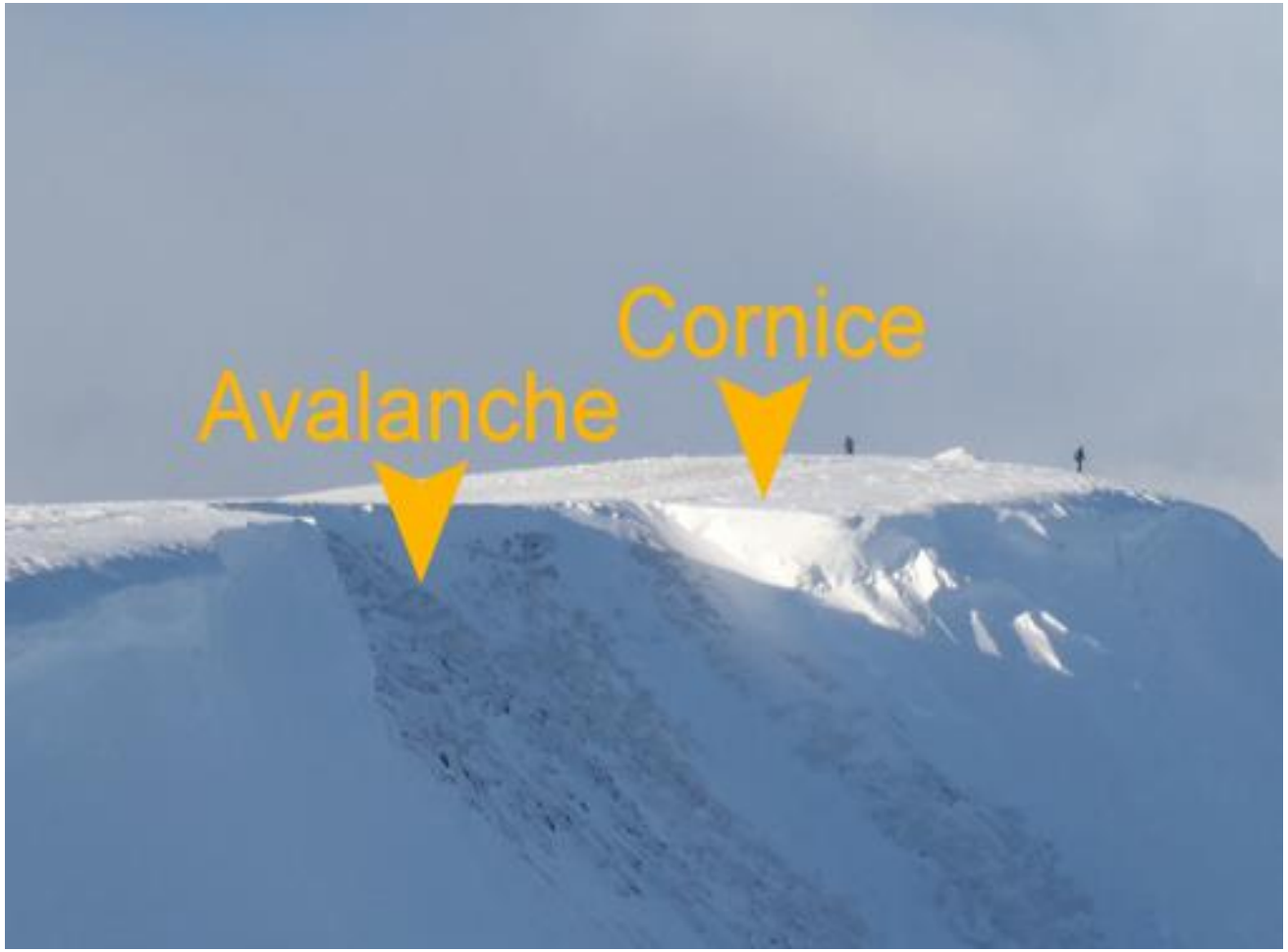
	People	Terrain	Weather
Plan			
Journey			
Critical Decisions			

- Useful Tips
  - Think, footwear, clothing, food, water, shelter, medications
  - Learn how to Navigate and plan route ahead of day out
  - Tell someone responsible where you are going and when you expect to be back
  - OS locate on phone, keep phone charged
  - Get good Weather forecasts, Mountain Weather Information Service
  - Scottish Avalanche Information Service

Snow Types

Can you name them and risks -

What is safe and what is not !!!



Learn how to Navigate properly

D 1 – Datum

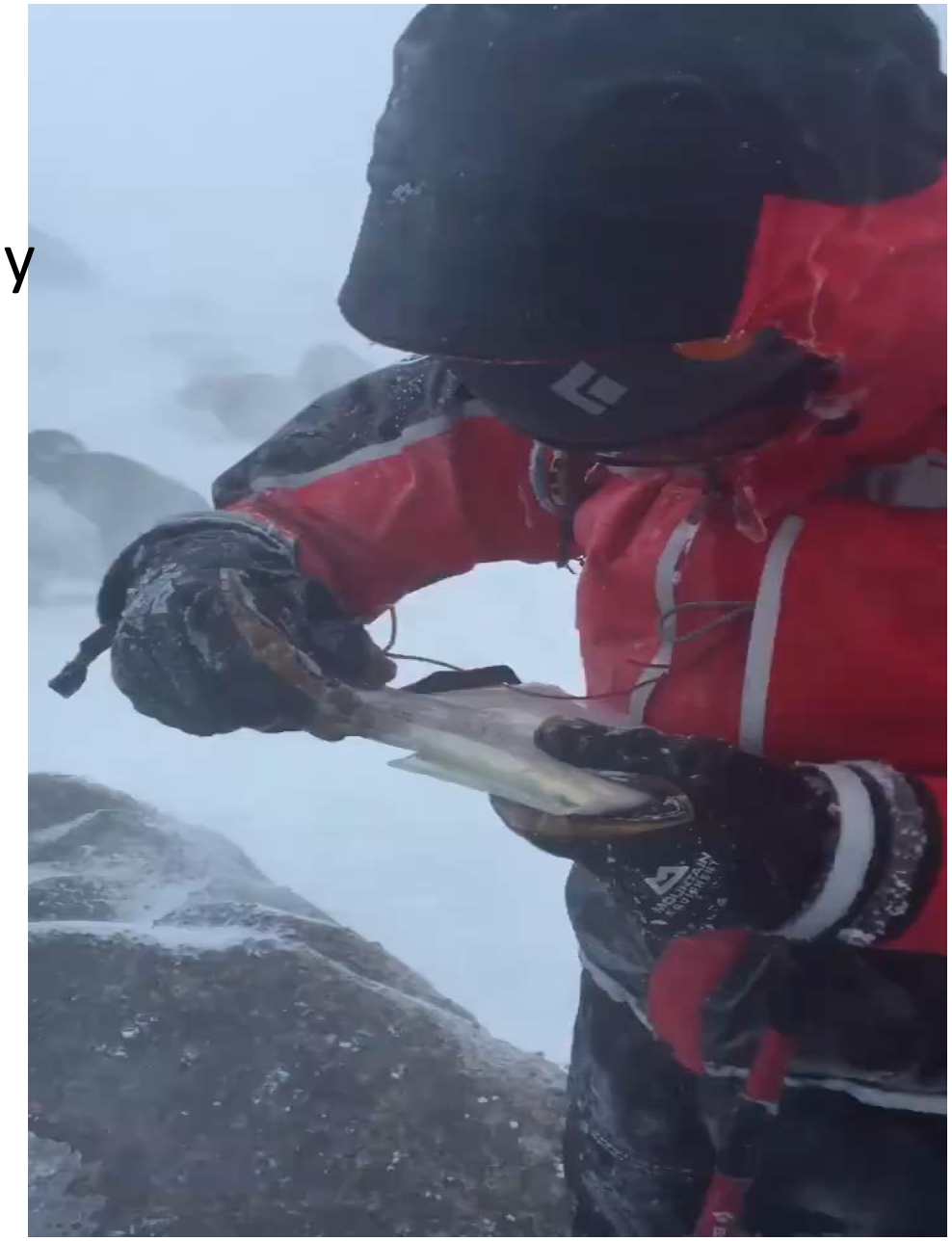
D 2 – Destination

D 3 – Direction

D 4 – Distance

D 5 – Duration

D 6 - Description



Good Day v Bad Day