

# WHEN IN NEED OF ASSISTANCE FROM THE EMERGENCY SERVICES:

## WHO are you?

- Name
- Company
- Number of people in your party. Dogs?

## WHERE are you?

- Your position – preferably degrees minutes decimal minutes (dd mm.mmm) and a reference point

**Example:** POS: N78°21.202 E16°55.403 Reference point: Fredheim

## WHAT has happened?

- Why do you need assistance?

## WHAT is the current situation?

## WEATHER - conditions on site?

- Fog, snow, wind, ice, rain, temperature ...
- Worsening or getting better?

## PLAN – what is your plan?

- You are in charge until first responders arrive on the scene.

## PREPARE for arrival / evacuation

- Pack down and move equipment away from your chosen landing site.
- Make it easier to spot you.

## CHECKLIST BEFORE GOING OUT

	My guests are fit and properly equipped
	I am fit and ready
	I know the area where I am going
	I have the equipment needed to handle a potential emergency situation
	I know how to use my equipment
	I have what I need to call for assistance
	I am prepared and ready to go

## WHEN IN NEED OF ASSISTANCE CALL:

**112**

**+47 79 02 12 22**

e.g. from a sat. phone

In doubt whether you need assistance or not? Call us.



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