

www.ldsamra.org.uk

**Lake District Search and
Mountain Rescue Association (LDSAMRA)**
Registered Charity Number: 506349



- Cocker mouth MRT • Coniston MRT
- Cumbria Ore Mines Rescue Unit (COMRU)
- Duddon & Furness MRT • Kendal MRT • Keswick MRT
- Kirkby Stephen MRT • Langdale/Ambleside MRT
- Patterdale MRT • Penrith MRT
- Wasdale MRT • SARDA Lakes

The Lake District Teams

MOUNTAIN RESCUE IN THE LAKE DISTRICT

Lake District Search and Mountain Rescue Association (LDSAMRA)

12 teams

**450 trained,
unpaid volunteers**

**24 hours a day,
365 days a year service**

**Funded entirely by
voluntary contributions**



If you need the services of a Lake District Mountain Rescue Team:

- **Call 999 and ask for POLICE.**
Ensure that you are put through to Cumbria Police and not another Emergency Service.
- **Tell the Police operator that you need MOUNTAIN RESCUE.**
- **Tell them where you are (Grid Reference if possible) and the nature of the incident.**
- **Give them a contact phone number.**
- **If an ambulance is needed the Police or the Rescue Team will ensure one comes.**
You do not need to ask for the Ambulance Service as well.
- **Stay by the phone or in the place where you can receive a signal on your mobile.**
- **A Rescue Controller will call you back at the number you have given.**
- **He will take further details and mobilise the Team. They will be with you as quickly as possible.**