

'Take care to enjoy the Dales.'

This is what **Crow** says. Ask an adult (parent, teacher or leader) about anything you don't understand.



Learn the skills you need – especially with map and compass. Don't rely entirely on electronic gadgets.



Plan the day carefully, within your capabilities and taking local advice. Turn back, if you think it safer.



Tell someone where you're going and when you'll be back.



Eat well before you go; snack through the day. (Take wrappers, bottles and banana skins home or to a bin!)



Take equipment suitable for the conditions (including a First Aid Kit). Know how to use it all.



Weather can change quickly. Act on the local forecast. Cavers, ask locally about recent rainfall.



Keep your phone charged (and warm, in winter).



Crow is the mascot of CRO
- the Cave Rescue Organisation -
the all-purpose search and rescue team for
the Three Peaks and Malhamdale areas of
North Yorkshire, plus nearby areas of
SE Cumbria and N Lancashire.
Learn more about what we do at
www.cro.org.uk

Thanks to Mark Nuttall and Hunt Emerson,
who drew Crow



Going out alone is more risky.

Find much more on safety at
www.cro.org.uk/safety/ or at
www.adventuresmart.uk

See also 'How to stay safe and enjoy
the hills', from Mountain Rescue
England & Wales. Send s.a.e. to
'Safety', CRO, Clapham LA2 8HH

This leaflet has been produced as part of Stories in Stone, a scheme of conservation and
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. . . to enjoy the Dales.'