

(PRINT YOUR INFO CLEARLY – USE A BALLPOINT OR A PERMANENT MARKER)

CUT ALONG DOTTED LINE



FOLD – THEN INSERT CARD INTO PLASTIC BANK SACHET



## EMERGENCY CONTACT DETAILS

Contact's name: .....

Contact phone/s: .....

Medical Aid: .....

Medical Aid No: .....

Blood Group: .....

Allergies: .....

Medical condition/s: .....



**VOETSAC**  
HIKING CLUB

Voetsac member's name:

.....

ID No:

.....

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