



# Yn achos Cerdyn Argyfwng

Ewch â'r wybodaeth ar  
bob taith gerdded

# In Case of Emergency Card

Please carry on all walks

## Manylion Personol | Personal Details:

New | Name:

Cyfeiriad | Address:

Rhif Cyswllt | Contact Number:

## Gwybodaeth Feddygol | Medical Information

Cyflyrau Meddygol ac Alergeddau |  
Medical Conditions & Allergies:

Meddyginiaeth | Medication:

## Cyswllt Brys Cyntaf | Primary Emergency Contact

Enw | Name:

Berthynas | Relationship:

Rhif Cyswllt | Contact Number:

## Ail Cyswllt Argyfwng | Secondary Emergency Contact

Enw | Name:

Berthynas | Relationship:

Rhif Cyswllt | Contact Number: