

Cerdyn mewn argyfwng (i'w gario ar bob taith gerdded) In case of emergency card (please carry on all walks)

Enw / Name

Cyfeiriad / Address

Rhif cyswllt / Contact number

Dyddiad geni / Date of birth

Gwybodaeth feddygol / Medical information

Cyflyrau meddygol ac Alergeddau / Medical conditions & Allergies

Meddyginiaeth / Medication

Ydych chi ar Warfarin YDW / NAC YDW Are you on Warfarin YES/NO

Prif gyswllt mewn argyfwng / Primary emergency contact

Perthynas / Relationship

Rhif cyswllt / Contact number

Ail gyswllt mewn argyfwng / Secondary emergency contact

Perthynas / Relationship

Rhif cyswllt / Contact number

