I’ve climbed to the summit of Everest and my advice to you is

RUN
HIDE
TELL

You can make a difference in a gun or knife terror attack. Stay alert and report anything suspicious. And remember RUN, HIDE, TELL.

Bear Grylls
I’ve fought my way up to the top. But I’d still

RUN
HIDE
TELL

You can make a difference in a gun or knife terror attack. Stay alert and report anything suspicious. And remember RUN, HIDE, TELL.

Jamie Vardy
I’VE TACKLED BEASTS. BUT I’D STILL

RUN
HIDE
TELL

You can make a difference in a gun or knife terror attack. Stay alert and report anything suspicious. And remember RUN, HIDE, TELL.

James Haskell
You can make a difference in a gun or knife terror attack. Stay alert and report anything suspicious. And remember **RUN, HIDE, TELL**.

Jade Jones
You can make a difference in a gun or knife terror attack. Stay alert and report anything suspicious. And remember **RUN, HIDE, TELL**.

Ant Middleton