

Date.....

Time out....

Est finish time.....

Map Sheet no.....

<b>Members of party....</b>				
<b>Vehicle registrations</b>				
<b>Parked at</b>				
<b>Mobile phones in party</b>				
<b>Route summary</b>				

Leg	From	To	Distance	Height gain	Time Distance + Height	Total time	Description of leg	Escape route
1								
2								
3								
4								
5								
6								
7								
8								

<b>Special notes</b>	<b>Medical conditions / Medication</b>

**CONTACT(S) AT HOME**

<b>Name</b>	<b>Name</b>
<b>Number</b>	<b>Number</b>

**EQUIPMENT CARRIED**

<b>INDIVIDUALS:</b>			
<b>Map</b>			
<b>Compass</b>			
<b>Whistle</b>			
<b>Waterproofs</b>			
<b>Packed Lunch</b>			
<b>Spare food</b>			
<b>Spare clothing</b>			
<b>Hat</b>			
<b>Gloves</b>			
<b>Headtorch</b>			
<b>Survival bag</b>			

**Additional within the group**

<b>Group shelter</b>	
<b>Rope</b>	
<b>Scrambling kit</b>	
<b>First Aid kit</b>	
<b>Cooking equipment</b>	