



Desc r								
G.R. Desc r								
G.R. Desc r								
		TOTALS						

\* Allow additional time if terrain is slow, heavy packs will be carried, or fitness levels are poor.

Time calculated excluding rest :  
Add rest time (10mins per hour walking time):  
Total Time Planned :  
Start Time:  
Estimated Time of Return:

**ESCAPE ROUTES :**

## PARTY DETAILS

Number in party:

Approximate age range:

Level of experience:

## EQUIPMENT CHECKLIST

Waterproofs  
Map  
Compass  
First aid kit  
Whistle  
Torch

Spare clothing  
Hat & gloves  
Emergency food  
Hot drink  
Survival bag  
Safety rope\*

Sleeping bag\*  
Emergency shelter\*  
Mobile phone  
Coins/phonecard  
Ice axe/crampons  
Watch

\* Should be considered by party leader

## WEATHER FORECAST

General outlook:

Windspeed and direction:

Approximate temperature:

Estimated temperature at altitude (subtract 1°C per 100m. altitude gain):

## ADDITIONAL INFORMATION