

| ROUTE CARD (Use one per day) |                           |                              | NAMES OF GROUP MEMBERS |                          |                      |                         |                    |                                 | NAME OF GROUP OR UNIT                |         |
|------------------------------|---------------------------|------------------------------|------------------------|--------------------------|----------------------|-------------------------|--------------------|---------------------------------|--------------------------------------|---------|
| Day of the week              | Date                      | Day of Venture 1st, 2nd, etc |                        |                          |                      |                         |                    |                                 | ADDRESS                              |         |
| Leg                          | PLACE WITH GRID REFERENCE | General Direction or Bearing | Distance in Kilometres | Height Climbed in meters | Time Allowed for leg | Time for Stops or Meals | Total Time for Leg | Estimated Time of Arrival E.T.A | Setting out time (24hrs)             | TEL No. |
|                              | START                     |                              |                        |                          |                      |                         |                    |                                 | Details of route to be followed      |         |
| 1                            | To<br>Ref                 | + GMA                        |                        |                          |                      |                         |                    |                                 |                                      |         |
| 2                            | To<br>Ref                 | + GMA                        |                        |                          |                      |                         |                    |                                 |                                      |         |
| 3                            | To<br>Ref                 | + GMA                        |                        |                          |                      |                         |                    |                                 |                                      |         |
| 4                            | To<br>Ref                 | + GMA                        |                        |                          |                      |                         |                    |                                 |                                      |         |
| 5                            | To<br>Ref                 | + GMA                        |                        |                          |                      |                         |                    |                                 |                                      |         |
| 6                            | To<br>Ref                 | + GMA                        |                        |                          |                      |                         |                    |                                 |                                      |         |
| 7                            | To<br>Ref                 | + GMA                        |                        |                          |                      |                         |                    |                                 |                                      |         |
| 8                            | To<br>Ref                 | + GMA                        |                        |                          |                      |                         |                    |                                 |                                      |         |
| GMA of map                   |                           | Totals                       |                        |                          |                      |                         |                    |                                 | Supervisor's Name, Location, Tel No. |         |

**1** Group information, your supervisors contact details and emergency contact details. Used by emergency services if you don't report in on time.

**2** All the information regarding what day the route card is going to be used. Make sure you don't put in the date of the day when your filling in the route card unless your using it that day.

**3** Grid references and a description of the place your going to. The "To" is the description and the "Ref" part is the grid reference.

**4** The GMA and bearings, the GMA of the map being used should be placed in the box provided. The grid and mag bearings should be written with Grid on top and mag below.

**5** Distance should be recorded "as the fox walks" i.e. the route your taking not as the crow flies. This should be recorded in kilometres.

**6** Height climbed should be worked out by counting contour lines, both up and down and recorded in meters.

**7** All timings should be done using Naismith's rule.

**8** Details of route to be followed should cover most things you will see, walk over or under and general directions of prominent

**9** An Escape to is an road or river you can walk to no matter where you are on your leg so you can easily be found by organizers

**10** Just add everything up so you know what distance your doing that day, how high your going to climb and your time for breaks.