

Route Card (use 1 per day)		Expedition Aim: A Short description of your Aim							Name of Unit/Group & Address:	
<i>Day of week, Date, Day 1,2 etc</i> Fill these in so you can find the right card on a 2 or 3 day trip		Names of Team Members: Make sure everyone's name is listed								
Leg	Start Place (with Grid Ref) Name and Grid Reference of start e.g. Car Park for Day 1 or Campsite for Day 2.	General direction or bearing	Distance in km	Height climbed in m	Time allowed for journeying	Time allowed for exploring, rests or meals	Total time for leg	Estimated Time of Arrival E.T.A.	Setting out Time Time you plan to start out. Be realistic (i.e. not too early) but make sure you can get your hours in and camp set up before dark.	
									Brief details of route to be followed or planned activity. (Enter full details of activity on reverse)	Escape/Notes
(a)	(b)	(c)	(d)	(e)	(f)	(g)	(h)	(i)	(j)	(k)
1	To Grid Reference and Name of next waypoint. Each day should normally be split up into between 8-10 legs	The general direction you leave the previous point rather than the exact compass bearing of the next waypoint.	A Bronze DoE Team can expect to cover 2 ½ to 3km/hr so it is important to know how far you plan to travel.	Add 1 min per 10m height climbed	2 ½ to 3 km/hr plus 1 min per 10km climbed. Min of 6 hrs (Bronze), 7hrs (Silver) of which at least ½ must be	Make sure you have allowed enough time to eat and do "Aim" work.	Add columns f and g. Remember minimum of 6 hrs a day (Bronze), 7 hrs (Silver).	You can't finish the last leg before your Start Time + 6 hrs.	Brief and clear, not long and complicated. Make sure you identify the route you are taking so that people know where to look for you if you don't arrive. Make sure you include a mention of your Aim work with full details on reverse of route card. Don't use colours (e.g. the "yellow" road) they aren't really that colour when you're walking on them!	Identify either a road where you can be picked up or habitation where you can find a phone to call for help.
	Totals All totals should be completed as they provide a check to ensure your maths is correct on each leg. Make sure the totals for journeying and exploring, rests and meals meet the expedition requirements.								Supervisors name, Location, Tel No: This needs to be completed as soon as this information is known. It forms part of the emergency contact information you will need on the day in case you need assistance.	