



Expedition route card (use one per day)			Team number:
Team name:	Day number:	Day of week & date:	
Aim of expedition:			

Start time		Names of team members									
Start grid											
Leg no	To: (grid ref place name)	Distance (km)	Height gain (m)	Travel time	Time for breaks	Total for leg	ETA	Break time at CP	ETD	Brief details of route to be followed	Escape to
1											
2											
3											
4											
5											
6											
7											
8											
Totals							Finish:	Emergency contact numbers:			