

Red Rope Route Card for:

Date:

Leave base at:

Car reg., make and colour

Accom. address and postcode

From	GR	To	GR	km	Asc.	Time										
Average km per hour:	2km	3km	4km	5km	Totals											
Add 1 min. for each 10m of ascent/steep descent																
Experience and confidence of group					Add 10/15/20 min per hour for stops - Total											
Escape route:					Start time											
Weather:					Finish time											
Dark at:		Call mountain rescue at:			Back at base											
Group gear checklist:		Shelter / Rope / GPS / Hi-viz item – (ideally per person)														
3-4 in a group is a safe number for hill walking and winter mountaineering	Waterproofs (state colour)	Boots & gaiters	Hat & gloves	Head torch	Map & compass	Food & drink	Emergency food	Mobile phone	Spare clothes/ socks/ mits	Whistle	Survival blanket	First aid kit	Helmet	Harness	Axe/crampons	Goggles

BEFORE LEAVING BASE GET TOGETHER TO CHECK: 1. ROUTE 2. GEAR