

RR Route card for simpler walks	Date:	Weather:
Accom.address and post-code		
Description of walk/climb/cycle ride		
Distance and pace k	Circle: 2k. 3k. 4k.
Start and Finish time include time for breaks		
Group Safety Equipment checklist	First Aid Kit Group Shelter Hi-viz items (ideally per person) Walkers rope	
Car and driver Incl. reg. no., make and colour of car		
Names and phone numbers of all in group		