

Red Rope Route Card for :

Date :

Leave base at :

Car Registration:

From	GR	To	GR	km	Asc	Time									
Average km per hour: 2km / 3km / 4km / 5km			Totals												
Add 1 min for each 10 m 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 / First Aid Kit /															
3 - 4 in a group is a safe number for hill walking and winter mountaineering Name & mobile number	Waterproofs (state colour)	Boots & gaiters	Hat & gloves	Head torch	Map & compass	Food & Drink	Emergency food	Mobile Phone	warm clothing	Spare socks/mitts/	Whistle	Helmet	Harness	Ice axe/Crampons	Goggles

Before leaving base get together to check: 1. Route 2. Gear