Red Rope Route Card for:

Date: Leave base at: Car reg., make and colour

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 /	

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/mitts	Whistle	Survival blanket	First aid kit	Helmet	Harness	Axe/crampons	Goggles

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