

# RED ROPE ROUTE CARD for walkers, scramblers and climbers

Day:

Date:

Number in party:

Vehicle type:

Colour:

Registration number:

List all members of party and check off equipment carried. Give children's ages.	NAMES	Waterproof (state colour)	Overtrousers	Hat / balaclava	Map	First aid kit	Emergency food	Compass	Whistle	Rope (state length)	Head torch	Gloves or mitts	Bivi bag	Spare warm clothing	Ice axe	Crampons	Sleeping bag	Helmet	Drinks	Watch	Boots and gaiters			

Route / objective:

From (Name / Grid Ref)	To (Name / Grid Ref)	Bearing	Dist (km)	Height gain (m)	Time
For fit adults, allow 5 kilometres per hour plus 1 minute for every 10 metres ascent			TOTALS:		
				Add 10 mins per hour	
Escape routes:			Time started: Estimated time of finish: Dark at:		
Nearest telephone:		Vehicle parked at (grid ref):			
Weather forecast:		Wind direction:		Speed:	at (height):
		Freezing level:			
RESCUE SERVICES TO BE CALLED AT		ON		Dial 999 and ask for the police or mountain rescue	