

Names in Group plus mobile numbers -		
Date	Start location	Objective
Distance (Mile/km)		Maps used and time sunset

From <i>start location</i>	Route description	Height Gain/Distance	est time
To			
To			
To			
To			
To			
Total Time			

Escape routes			
From			
To			
From			
To			
Naismith Rule – always allow for slowest person. And whoever is carrying the most gear.		Add 10 minutes per hour for rests	
<ul style="list-style-type: none"> • One hour for every 3 miles or 5 kms. • One hour for every 2000 feet or 600m gained 		Total estimate time for trip	