## $\underline{ROUTE\ CARD\ +\ EMERGENCY\ INFORMATION}$

Day and Date			Members o	Members of Party				Information (Illnesses, Allergies, etc)			Emergency Telephone numbers	
Start Time Time due Back			Daylight hours Weather Forecast									
L	Place (start of leg) Grid Ref.		Est. Length Initial I Time of of stop direction of			Lag	Height	Est.	Description of route		Escape Route / other	
e	race (start or leg)		Grid Rei.	Time of of		Initial Leg direction distar		Height climbed	Time	Description of foute		comments
g 1				arrival		of leg	(km)	(m)	of leg			
1												
2												
3												
4												
_												
5												
6												
7												
7												
0												
8												
0												
9												
10												
10												
Fin	ish				]	Total						