



# EXPEDITION ROUTE CARD (use one per day)

<b>Aim of expedition:</b>										<b>Name of DofE Group:</b> Gillingham Open Award Centre		
<b>Day of the week:</b>		<b>Date:</b>		<b>Day number:</b> (1 <sup>st</sup> , 2 <sup>nd</sup> etc.)		<b>Names of team members:</b>				<b>Address:</b> c/o Cemetery Rd, Gillingham, Dorset SP8 4AZ		
										<b>Tel No:</b> 07917 212390		
										<b>Email:</b> dofegilloac@gmail.com		
Leg	PLACE WITH GRID REF		Direction. Bronze= cardinal pt Gold= bearing Silver= depends on environ	Distance in km  3K per hr = 20min/K	Height climbed in metre  Allow 1min per 10 metres	Time allowed for journeying  d + e	Time allowed for exploring, rests or meals	Total time for leg  f + g	Estimated Time of Departure	Setting out time:		
	START											
(a)	(b)		(c)	(d)	(e)	(f)	(g)	(h)	(i)	(j)		(k)
1	TO											
2	TO											
3	TO											
4	TO											
5	TO											
6	TO											
7	TO											
8	TO											
			<b>Totals:</b>							<b>Supervisor's name, location and Tel No:</b> Trish Walker 07917212390 Emergency only if other unavailable: 07773377984		

# ACTIVITY PLAN

Leg/ Activity	Task	Activity details

## Route Card – notes on completion

- For each leg involving journeying only enter route details in columns (b) to (k).
- When non-journeying activity (exploring) is planned at the break between legs, leave columns (c) to (f) blank, enter the estimated time required to complete the activity in column (g), complete columns (h) to (i), and enter brief details of the activity in column (j).
- If exploring is to be carried out during a leg, enter the route details in column (b) to (f), add the time planned for the activity to the rest and meal times in column (g), and complete columns (h) to (k). Enter brief details of the activity after the route description in column (j)
- The journeying total in column (f) must be at least half the minimum required hours of planned activity.