

## APPENDIX 4: EXAMPLE OF ROUTE CARD TO BE USED WHEN UNDERTAKING INDEPENDENT FIELD WORK

**Route Card Objectives:**

- (1) To inform the party leader/landlord/hotelier of your route
- (2) To provide a baseline for emergency
- (3) Aid rescue if overdue

NB These cards are only useful if you **DO NOT DIGRESS FROM THE ROUTE GIVEN**

Additionally, you should show your route on a map extract with a 2B pencil. Indicate your field research areas with a circle not longer than 1 km centred on the main research site. This should be left behind you with your landlord/warden/local police.

<p>Names &amp; Addresses of Party</p> <p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p> <p>7</p> <p>8</p> <p>9</p> <p>10</p>	<p>Route (give OS Grid Ref &amp; times)</p> <p>e.g., ST073475 8.00am ST291475 10.00am Return base 6.00pm</p> <p>Total distance : Total height : Time :</p>
<p>Time &amp; date of departure .....</p> <p>Estimated time of return .....</p> <p>Place of departure and registration of vehicle .....</p> <p>Bad weather alternative destination .....</p>	
<p>Equipment carried (please tick)</p> <p>1. Emergency Food</p> <p>2. Waterproof clothing (colour)</p> <p>3. Winter clothing</p> <p>4. Torch</p> <p>5. Whistle</p> <p>6. Compass</p> <p>7. Map Scale</p> <p>8. Polybag</p> <p>9. First Aid Kit</p> <p>10. Rope</p> <p>11. Tide tables</p> <p>12. Other (specify)</p>	<p>Mode of travel</p> <p>Walking</p> <p>Cycling</p> <p>Public Transport</p> <p>Private Vehicle</p> <p>Other (specify)</p> <p>Indicate whether any members of the party are Qualified First Aiders</p>
<p><b>COURSE LEADER (if applicable):</b></p>	