

AVCC TRIP PLANNING SHEET – Hourly

Date:				Route:									
Emergency Contact:						Tel No:				NCI:			
Tidal Info for Standard Port:						Coastguard:				NCI tel:			
HW:		Range:		LW:		Range:		HW:		LW:			
Route calculations based on paddling speed:						kmph		Slack:					
PLAN	Tide	Tidal Stream		Wind		Swell			Location	GR or	@Time	To next pt	Notes, Hazards
Hourly	HW +/-	Dir	kn	Dir	mph/BS	Dir	H,m	P,s	Waypt	Lat/long	ETA(D)	Km & Crs	Surf, rocks, tidal, etc.
10-11													
11-12													
12-13													
13-14													
14-15													
15-16													
16-17													
Weather Forecast: Description, Wind Spd/Dir/Gust									Temp °C	UV	Pollen	Inshore Forecast State/Visibility	
Number in Group:				Kayaks:			Canoes:			Medicals			

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Leader Check List		Leader Check List		Coastguard Contact Tel No	
Throw Line		Compass		Dover (West Bay to The Wash)	01304 210008
First Aid Kit		Spare Paddle		Falmouth (Lyme Regis to Severn)	01326 317575
Flares		Bailer/Pump		Milford Haven (Wales, Lancs, Cumbria)	01646 690909
Phone		Emergency Food		Holyhead (Wales, Lancs, Cumbria)	01407 762 051
VHF Radio		Survival Bag/Shelter			
Repair Kit		Maps		Ports	VHF Ch
Sun Cream		Food		Bridport, Dartmouth	11
Water		Money		Weymouth, Teignmouth, Falmouth, Fowey, (Plymouth), Padstow, Ilfracombe, Minehead	12
Hat				Brixham, Exmouth, Falmouth, Looe, Lyme, Paignton, Plymouth, Poole, Salcombe, Torquay	14
Knife		Ship-Ship	6, 72, 77	Distress/Safety/Calling	16
Whistle		National Coastwatch	65	Small craft safety (+ Solent CG)	67
Torch		Marine Safety Info (MSI) Broadcast	62, 63 (Portland), 64 (Berry Hd)	Marinas & Yacht Clubs	80, M (37a), M2 (P4)

Pro-word	Mayday – Pan-Pan – Mayday Relay			Call Sign club radio - T(Tango) 143 898		
Identity	this is			<CALLSIGN>		
Position	My position is	degrees	decimal	minutes North,	degrees	decimal
	My position is	degrees	FROM	,	miles	minutes East/West
Distress & Assistance	Request / Require...					
Number & other Info						
Over						

Alpha Bravo Charlie Delta Echo Foxtrot Golf Hotel India Juliet Kilo Lima Mike November Oscar Papa Quebec Romeo Sierra Tango Uniform Victor Whiskey X-ray Yankee Zulu