|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date: |  | Emergency Contact: |  | Tel No: |  |
| Route: |  |
| Tidal Info for Standard Port: |  | Coastguard: |  | NCI & Tel |  |
| HW: |  | Range: |  | LW: |  | Range: |  | HW: |  | Range: |  | LW: |  | Range: |  |
| Route calculations based on paddling speed: |  | mph |
| Place Name | Grid Ref | ETD | Tidal Stream | HW-LW+ | Exit Point | Grid Ref | Distance | ETA | Notes |
|  |  |  |  |  |  |  |  |  |  |
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| Weather Forecast: | Description | Wind Spd/Dir/Gust | Temp | UV | Pollen | Inshore Forecast State/Visibility |
|  |  |  |  |  |  |
| Number in Group: |  | Kayaks: |  | Canoes: |  | Medicals |  |

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| --- | --- | --- | --- | --- |
| **Leader Check List** |  | **Leader Check List** |  | **Coastguard Contact TelNo** |
| 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)** |

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| 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 minutes East/WestMy position is degrees FROM , miles** |
| 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