|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 | | | | | |
|  | | |  |  | |  | |  | | | |  | | | |  | |  | |  | |  | | | | | |
|  | | |  |  | |  | |  | | | |  | | | |  | |  | |  | |  | | | | | |
|  | | |  |  | |  | |  | | | |  | | | |  | |  | |  | |  | | | | | |
|  | | |  |  | |  | |  | | | |  | | | |  | |  | |  | |  | | | | | |
|  | | |  |  | |  | |  | | | |  | | | |  | |  | |  | |  | | | | | |
|  | | |  |  | |  | |  | | | |  | | | |  | |  | |  | |  | | | | | |
|  | | |  |  | |  | |  | | | |  | | | |  | |  | |  | |  | | | | | |
|  | | |  |  | |  | |  | | | |  | | | |  | |  | |  | |  | | | | | |
|  | | |  |  | |  | |  | | | |  | | | |  | |  | |  | |  | | | | | |
| Weather Forecast: | | | Description | | | Wind Spd/Dir/Gust | | | | | | | | | | Temp | | UV | | Pollen | | Inshore Forecast State/Visibility | | | | | |
|  | | | | | |  | | | | | | | | | |  | |  | |  | |  | | | | | |
| Number in Group: | | |  | | | Kayaks: | |  | | | | Canoes: | | | |  | | Medicals | |  | | | | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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)** |

|  |  |
| --- | --- |
| 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/West My 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