

## AVCC TRIP PLANNING SHEET

Date:				Emergency Contact:				Tel No:			
Route:											
Tidal Info for Standard Port:				Coastguard:				Tel No:		PTO	
HW:		Range:		LW:		Range:		HW:		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		

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Leader Check List		Leader Check List		Coastguard Contact TelNo	
Throw Line		Compass		Portland	01305 760439
First Aid Kit		Spare Paddle		Brixham	01803 882704
Flares		Bailer/Pump		Falmouth	01326 317575
Phone		Emergency Food		Solent	02392 552100
VHF Radio		Survival Bag/Shelter		Swansea	01792 366534
Repair Kit		Maps		<b>Ports</b>	<b>VHF Ch</b>
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		<b>Ship-Ship</b>	<b>6, 72, 77</b>	<b>Distress/Safety/Calling</b>	<b>16</b>
Whistle		<b>National Coastwatch</b>	<b>65</b>	<b>Small craft safety (+ Solent CG)</b>	<b>67</b>
Torch		<b>Marine Safety Info (MSI) Broadcast</b>	<b>62, 63 (Portland), 64 (Berry Hd)</b>	<b>Marinas &amp; Yacht Clubs</b>	<b>80, M (37a), M2 (P4)</b>

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