

## AVCC TRIP PLANNING SHEET

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			

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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	<b>Ports</b>		<b>VHF Ch</b>
Sun Cream	Food	Bridport, Dartmouth		<b>11</b>
Water	Money	Weymouth, Teignmouth, Falmouth, Fowey, (Plymouth), Padstow, Ilfracombe, Minehead		<b>12</b>
Hat		Brixham, Exmouth, Falmouth, Looe, Lyme, Paignton, Plymouth, Poole, Salcombe, Torquay		<b>14</b>
Knife	<b>Ship-Ship</b>	<b>6, 72, 77</b>	<b>Distress/Safety/Calling</b>	
Whistle	<b>National Coastwatch</b>	<b>65</b>	<b>Small craft safety (+ Solent CG)</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	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