



### **WALKING / HIKING AND MOUNTAINEERING TRIPS**

Reference:

A. Tip Toe Road Book – Cape to Cape

#### **INTRODUCTION**

This document provides an Aide Memoire and Route Card for manual planning to assist planning of longer walks / hikes / short mountaineering trips.

#### **Scope**

This aide memoire and planning sheet can be used to help plan short duration walking / hiking or mountaineering trips of up to three days. Details of the route can normally be planned using the Garmin system and uploading the planned route to the online system and on all portable GPS Units carried in the Group. Where this is not available, the Route Card at the end of this document can be used to help plan details and calculate time and distance travelled.

#### **Purpose**

To promote the safety of the party in the hills / mountains.

#### **CONSIDERATIONS**

The following points should be considered when planning a walking / hiking / mountaineering trip:

- |                    |                    |                  |
|--------------------|--------------------|------------------|
| • Fitness          | • Availability of  | • Security along |
| • Experience       | fresh clean water  | route            |
| • Terrain          | and food enroute   | • Safety         |
| • Weather          | • Border crossings | equipment,       |
| • Distance and     | • Remoteness and   | footwear and     |
| height gain / loss | access to support  | clothing         |

#### **EQUIPMENT**



## PLANNING WALKING /HIKING

- |                |                 |                 |
|----------------|-----------------|-----------------|
| • Water bottle | • Shelter /     | • Matches       |
| • Food         | tents           | • Knife         |
| • Clothing     | • Stove         | • Walking       |
| (layers)       | • First Aid Kit | poles           |
| • Waterproofs  | • Insect        | • Cellphone     |
| • Boots        | repellent       | • Satphone      |
| • Safety       | • Sunscreen     | • Strobes       |
| equipment      | • Hat           | • Distress      |
| • Rucksack     | • Whistle       | flares / lazer  |
| • Map and      | • Torch and     | flare           |
| compass        | spare           | • Powermonke    |
| • Handheld     | batteries       | y or            |
| GPS            | • Toilet paper  | equivalent      |
|                |                 | • Solar charger |

### COMMUNICATIONS

Once the route and dates of the activity have been planned, details should be shared with the UK Co-ordinator. This should include the names / Call-signs of all participants. Where possible it is good practice to make a safety check call by voice / email or SMS to the either the Convoy Manager and / or the UK Co-ordinator at the end of each walking day when camp is reached.

Any changes to the planned route or campsites should be reported to the Convoy Manager and / or Convoy Manager.

In case of missed calls and unless otherwise agreed or there is reason to believe the party is in difficulty, the Standard Operating Procedure (SOP) shall be followed by the Convoy Manager and the UK Coordinator. For the avoidance of doubt this means a delay of 72 hrs (3 missed calls) before contacting emergency services.

### GARMIN GPS ROUTING

Where the route is planned on the Garmin system and / or Garmin GPS is to be used, the route details should be uploaded so they are available via the online system.

### NAISMITH'S RULE

In the event that country or mountain walks are to be planned for recreation purposes, Naismith's Rule should be used to estimate time required to cover distance taking into account altitude gain (or loss) as follows:

- Speed over the ground - 3mph (5km/h)
- Add 30 mins for every 1000ft change in attitude (10mins for every 100m).



## PLANNING WALKING /HIKING

### PLANNING TOOL FOR MOUNTAINEERING / HIKING / WALKING

*When completed, copies of this document should be held by the Convoy Manager and / or emailed to the UK Coordinator.*

From:	Insert departure point
To:	Insert destination
Via:	Key milestones / turning points
Distance:	Total distance in miles or kms (specify)
Time:	Estimate of total journey time
Description:	Brief description of the route and any special instructions
Camp Sites	Insert locations of Campsites for overnight stays.

### Route Map

<<Insert route map>>

### Route Waypoints and Reporting Points

The following waypoints, approximate distance and time required between them describe the route and are shown below. An estimation of fuel used is based on a family car:

<b>Group Name</b>			
<b>Purpose of the trip</b>			
<b>START DATE / TIME</b>		<b>END DATE / TIME</b>	
<b>Satellite phone number:</b>		<b>inReach messaging No:</b>	
<b>Personnel in Group</b>	<b>Mobile No</b>	<b>Experience</b>	<b>Jacket Colour</b>
<b>Personal Equipment carried</b>			
<b>Group Equipment carried</b>			
<b>Weather forecast</b>			
<b>Sunrise</b>		<b>Sunset</b>	



## PLANNING WALKING /HIKING

### ROUTE CARD

	Location name/description	Grid Ref Lat Long	Height	Bearing	Distance	Height gain	Time est.	Notes (e.g. stops, escape/alternative routes)
	Outline of route							
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								
11.								
12.								
13.								
14.								
15.								
16.								
17.								