

# DOFE Water EXPEDITION ROUTE CARD

**Team name:**

**Day number:**

**Day of week & Date:**

/ /

**Aim of expedition:**



Setting out time:	Names of team members:		Distance in km	Portage (20 min per lock or rapid)	Time allowed for travel (3km + portage)	Time added for atm, rests or meals	Total time for leg	Estimated time at end of leg	Brief details of route to be followed.	Escape to:
1	From: GR	To: GR								
2	From: GR	To: GR								
3	From: GR	To: GR								
4	From: GR	To: GR								
5	From: GR	To: GR								
6	From: GR	To: GR								
7	From: GR	To: GR								
8	From: GR	To: GR								
<b>Totals:</b>									Finish time	Team Supervisor's name, location and Tel No:

**Bronze: 6 hours, minimum 3 hours journeying.  
Silver: 7 hours, minimum 3.5 hours journeying.  
Gold: 8 hours, minimum 4 hours of journeying.**