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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Group Name** | | **Group members** | | | **Craft used** | **Base contact** | |
| **Day number** | **Date** | **Start time** | **Estimated Water flow speed** | **Estimated Paddling speed** | **Grade of water** | | **Maps used** |
| **Grid Ref.** | **Distance** | **Time**  **Allowed for leg** | **Time**  **Added for stops and portages** | **Estimated time of arrival at end of leg** | **Route Description** | | **Emergency egress points and nearest help** |
| **Start GR** |
| To: |  |  |  |  |  | |  |
| To: |  |  |  |  |  | |  |
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| To: |  |  |  |  |  | |  |
| To: |  |  |  |  |  | |  |
| To: |  |  |  |  |  | |  |
| **Totals** |  |  |  |  |  | |  |
| **Emergency equipment Carried** | | | | | **Emergency Contacts:** | | |