

Trip Name/Destination			Leader	Date		
Name	Email	Phone	Fitness ¹ E,ME,M,MF,F	Car Y / N	Dietary ² V/M	any other stuff
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¹ **E** - < 4 hours | **ME** - < 5 hours + 1000m climb + long stops | **M** - 5 / 6 hours + 1000m climb + short stops | **MF** - 6 / 7 hours + > 1000m climb + quick pace

² **Vegetarian/Meat Ok** | It's important you let us know about any **medical conditions** as well e.g. diabetics, asthma, allergies etc: Please contact the chief guide/group leader.