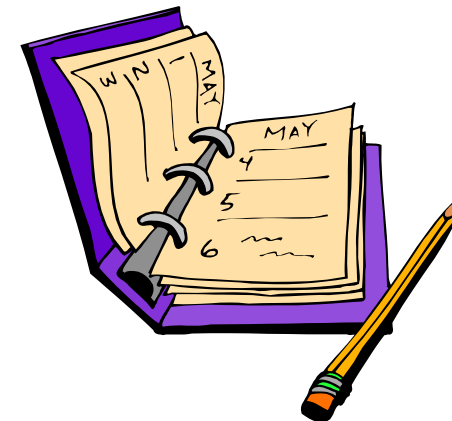


### NOTES

1. Proposed Objectives, Planning and Paperwork
2. Safety, prior knowledge and skills
3. Gear Lists
4. Menu

### 5. Log Keeping



**What is a log?**

**Why would you keep one?**

**How can it help you and others?**

## 5. Log Keeping

A log is your expedition or trip record. A full report will contain the following elements:

1. *Title Page*      *stating purpose, activity, dates, location or route, and the party.*
2. *Information*    *including the map series, planned route, travel arrangements, contact numbers, copies of "paperwork"*
3. *Menus*            *including comments on suitability, waste etc.*
4. *Gear list*         *requirements for the type of activity to be undertaken*
5. *Log of trip*       *may include planned bearings and expected times as well as the actual findings. Route condition and weather are all relevant to the outcome of the activity.*
6. *Conclusion*     *Summary of highlights, future recommendations*

*Much of the information is prepared before the trip, notes will be kept during the trip, and the log is written up afterwards.*

*Skills of planning, packing, navigation and the activity are evident from the logs kept.*

Sample from log:

Sector	Bear- ing	Dist- ance	Time	Track Notes
Bottom of falls			(0:10)	<i>The National Pass track crosses the bottom end of the Falls, and continues into the valley. A duck was brazenly wandering around the pool. We took a look around, but as it was still lightly drizzling and the cloud was low, we began ascending the track.</i>
Ascent by track	70°	0.2 km to fork  0.25 km to Hut	13:35  13:50 (0:15)	<i>This track ascends fairly rapidly via steel steps and a few sets of wooden ones, and meets the track at the National Pass intersection. Then continues up the same way that we entered the valley. We passed 2 commercial groups on their way in - the first being pretty large (maybe 14-16). Back at the car in 15 mins!</i>

