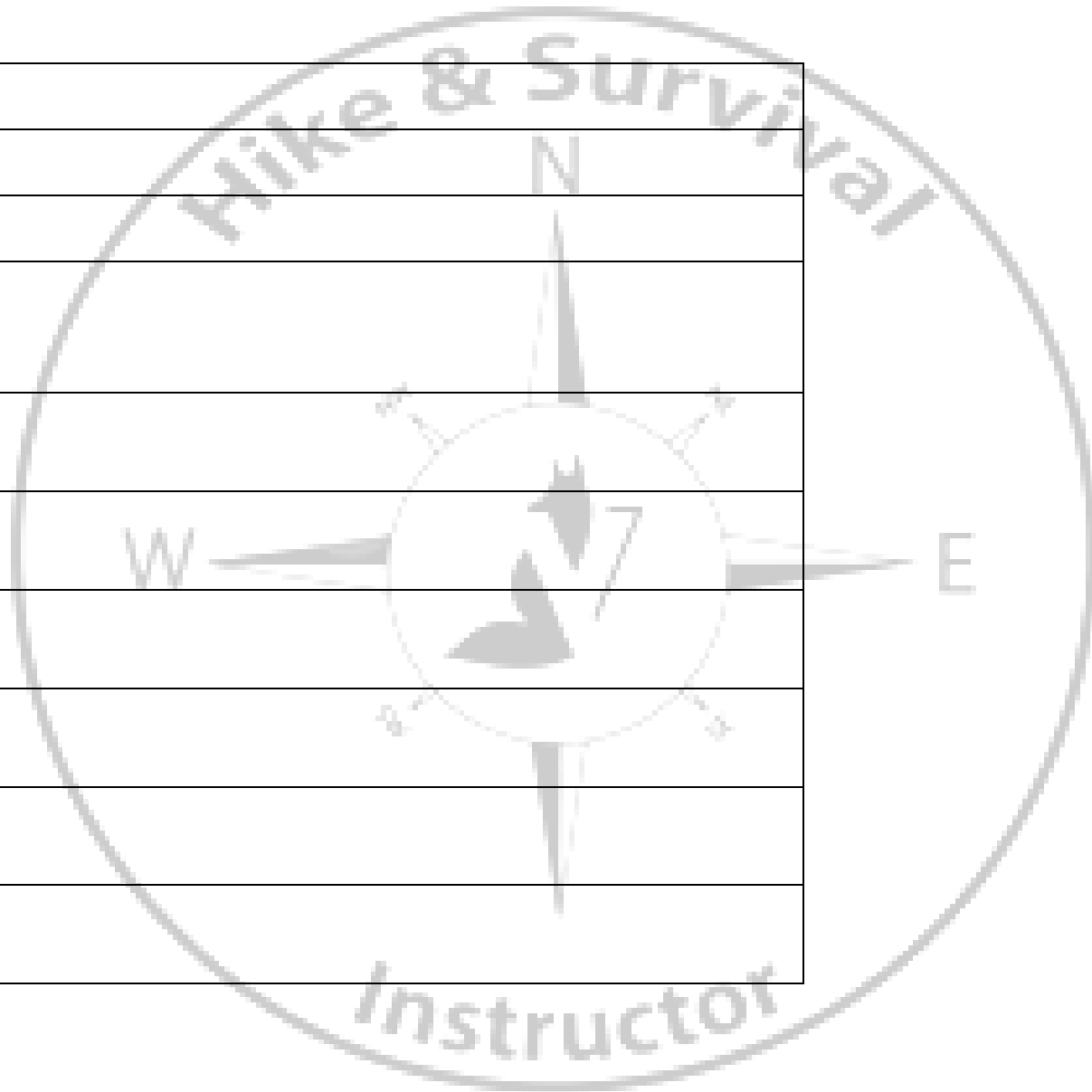


Voshaar Outdoor & Education **H&S Logbook** Day trip / multiple daytrip

Name:
Date(s):
Instructor(s) / Guide(s):
Group:
Number:
Location:
Terrain:
Activity:
Remarks:
Contacts logistics:
Contact Emergency:



METEO

Forecast		Reality	
Temperature:			
Precipitation:			
Wind:			
Sky / Clouds:			

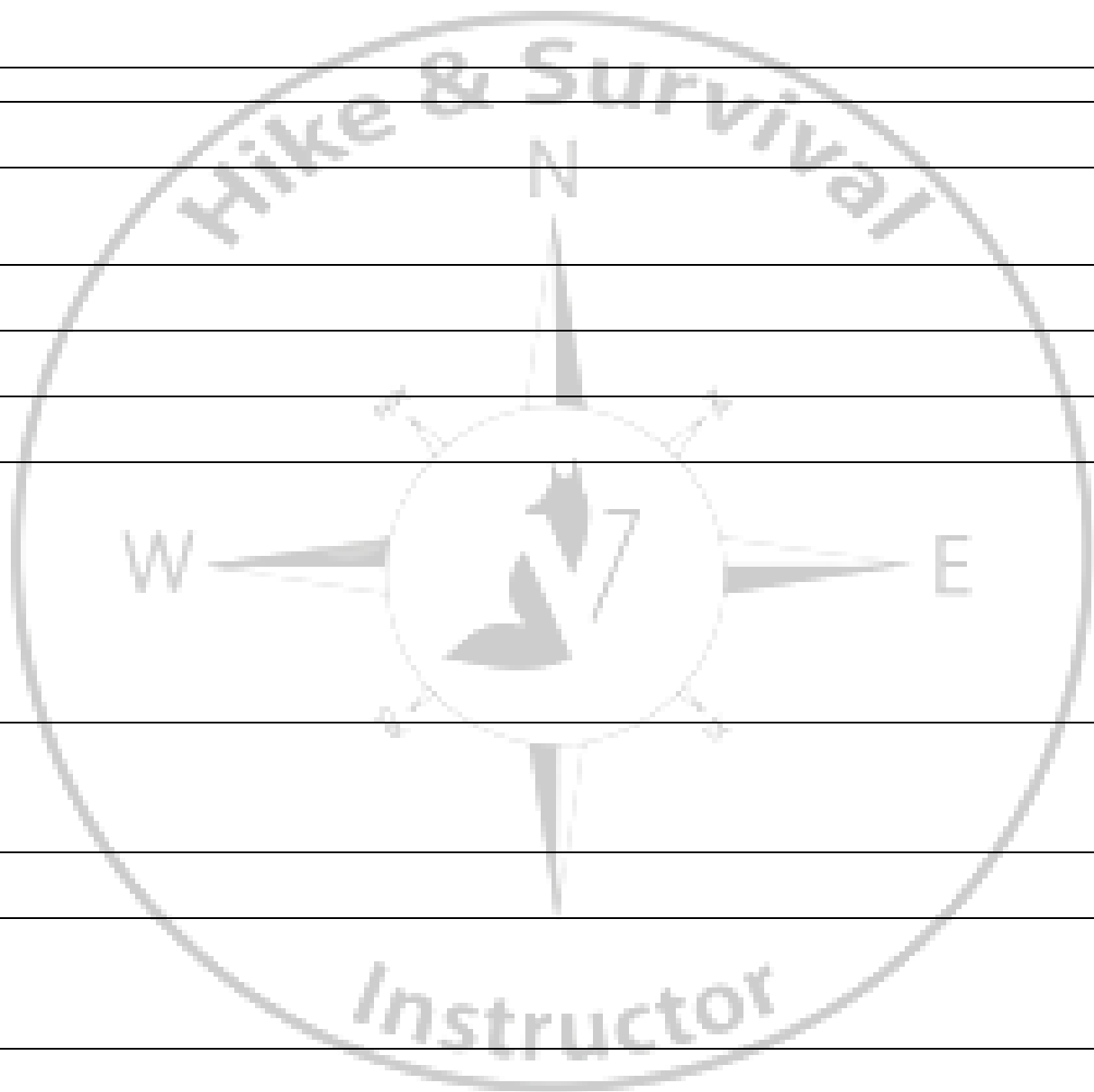
NAVIGATION Preparation

Map number:		
Map name:		
Map scale:		

NAVIGATION Practicum

Base camp Location:	GPS coordinates:
Transportation (vehicle) Location:	GPS coordinates:

Day	
Camp location	
Coordinates	
Distance	
Duration estimated	
Duration reality	
Elevation	
Start:	
Highest point:	
Lowest Point:	
Elevation gain :	
Elevation los:	
Closest fresh water source	
Remarks	



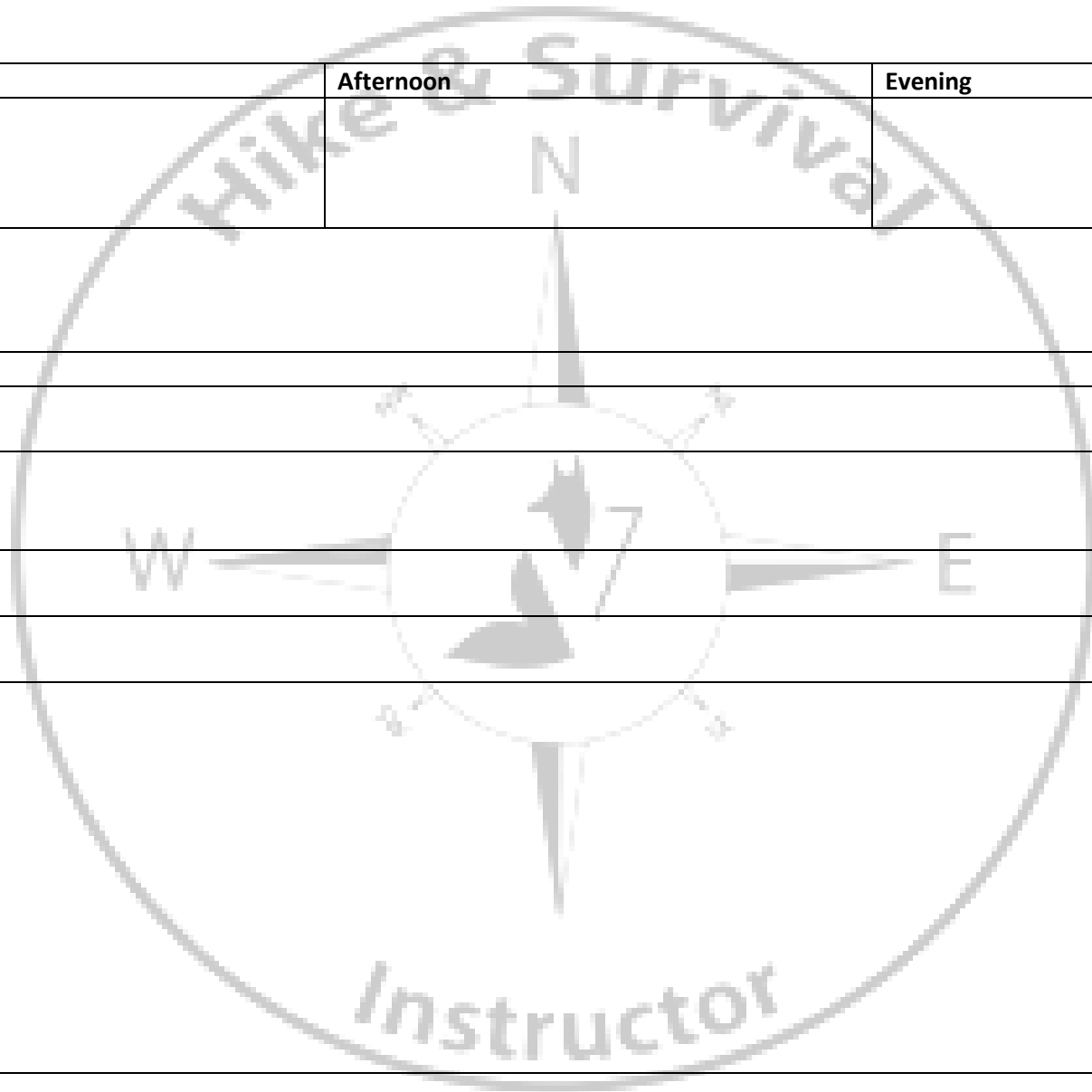
Voshaar Outdoor & Education **H&S Logbook** Day trip / multiple daytrip

Nutrition

Day	Morning	Afternoon	Evening

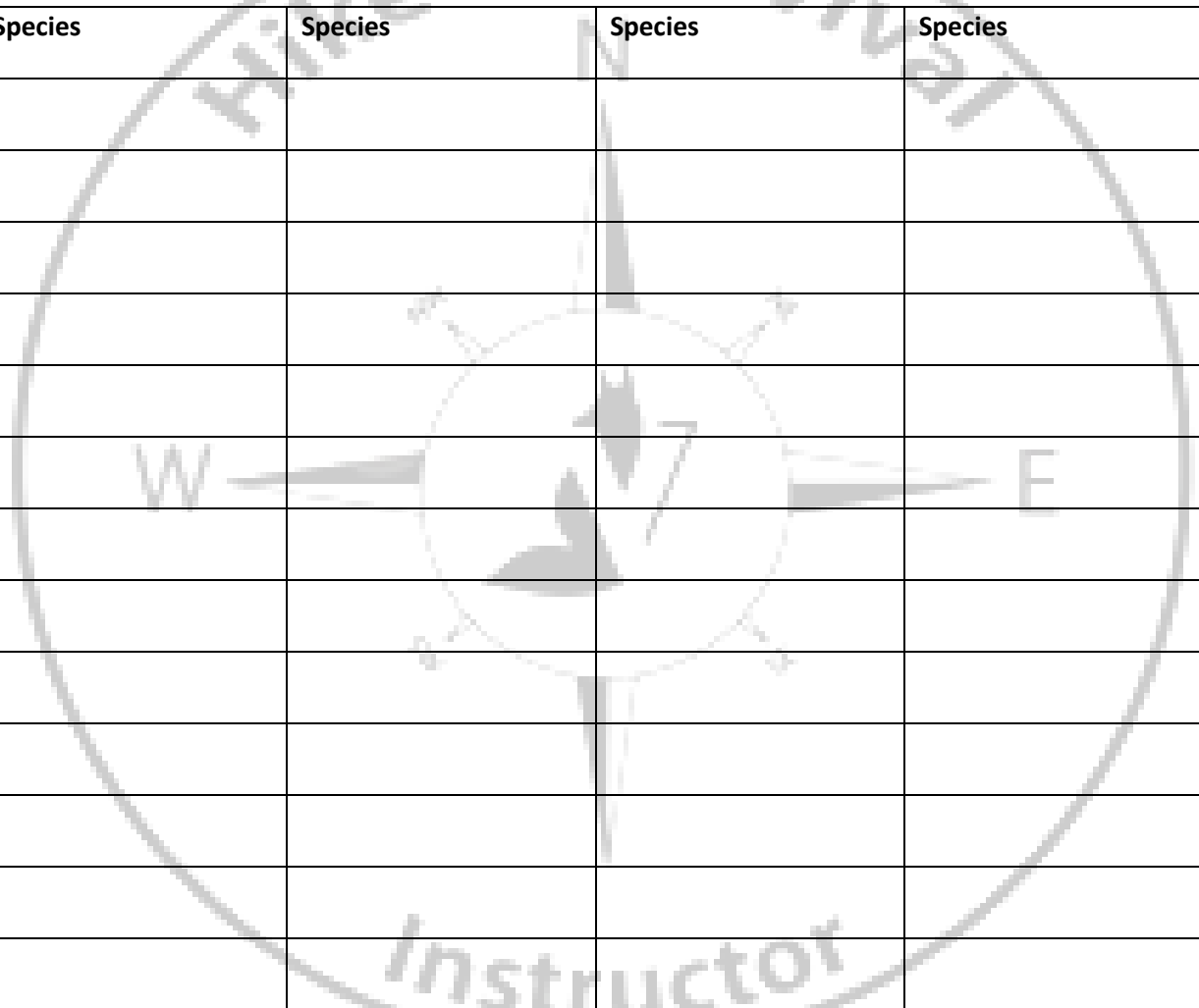
Personal fitness

Day	
EMI activity 1/10	
EMI rest 1/10	
Physical Shape 1/10	
Mental Shape 1/10	
Remarks	



Flora & Fauna

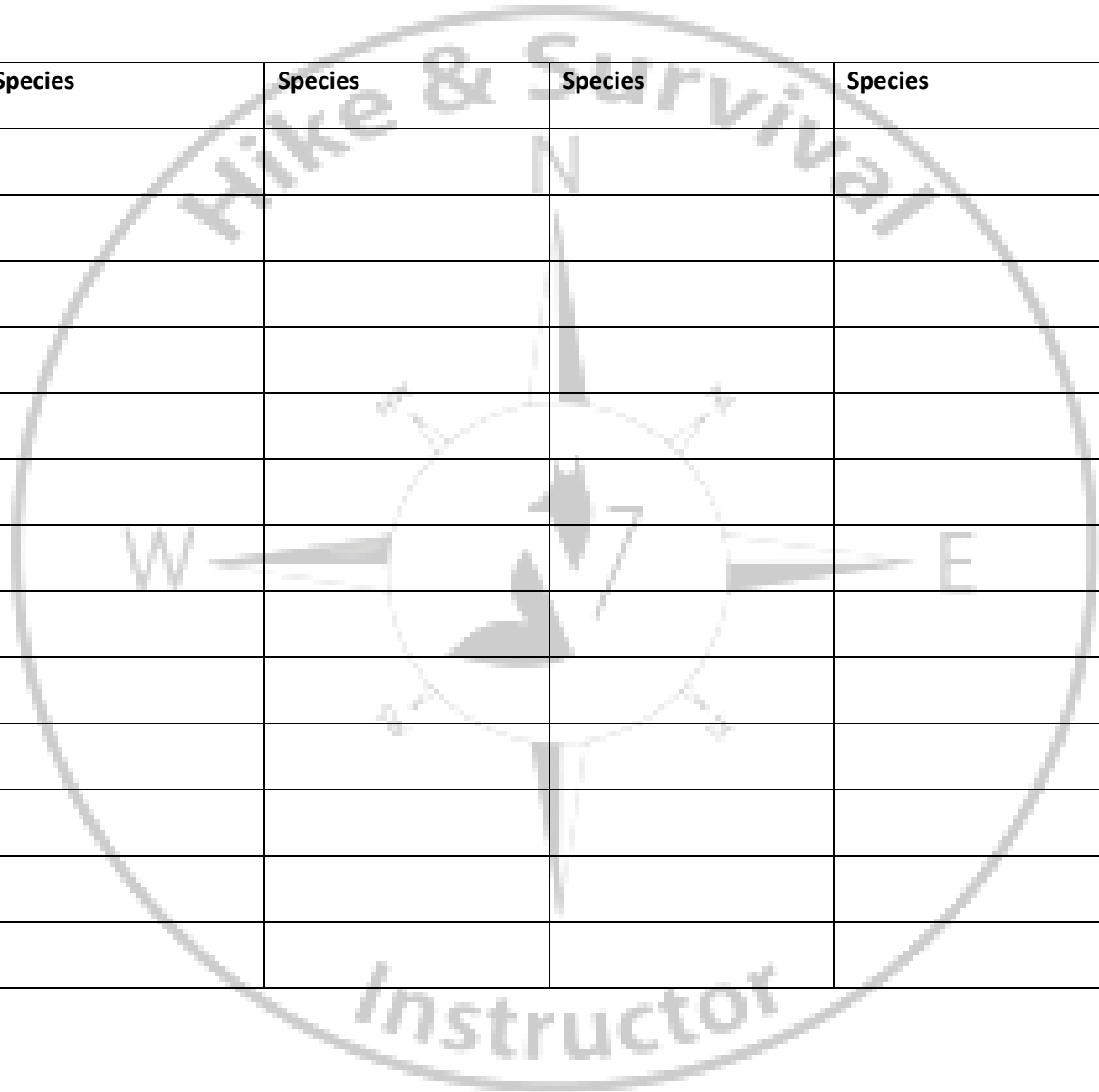
Plants



Species	Species	Species	Species	Species	Species

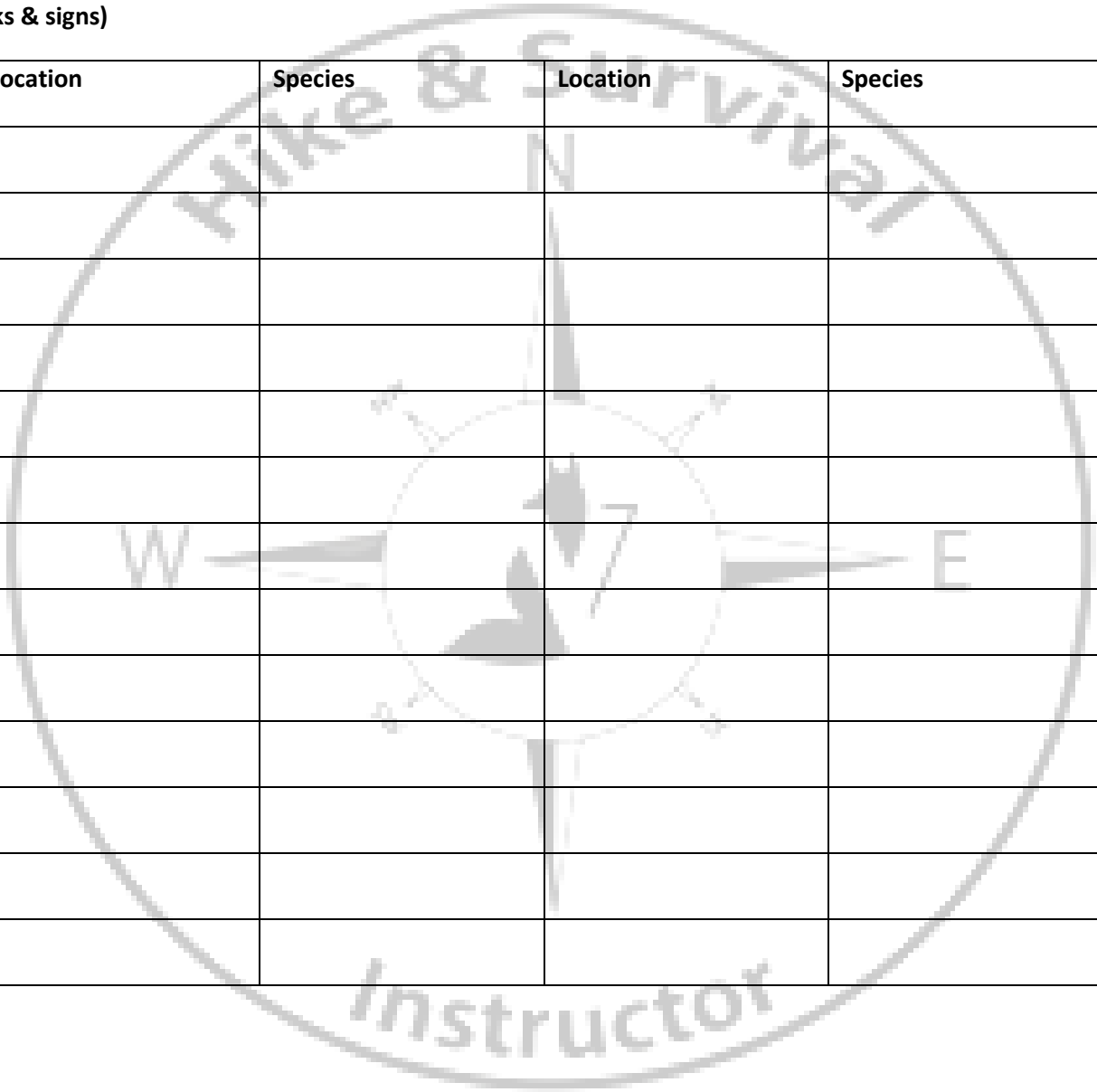
Birds

Species	Species	Species	Species	Species	Species



Mammals (sightings / tracks & signs)

Species	Location	Species	Location	Species	Location



Techniques used



SAFETY

Incidents / accidents

[Empty box for recording incidents or accidents]

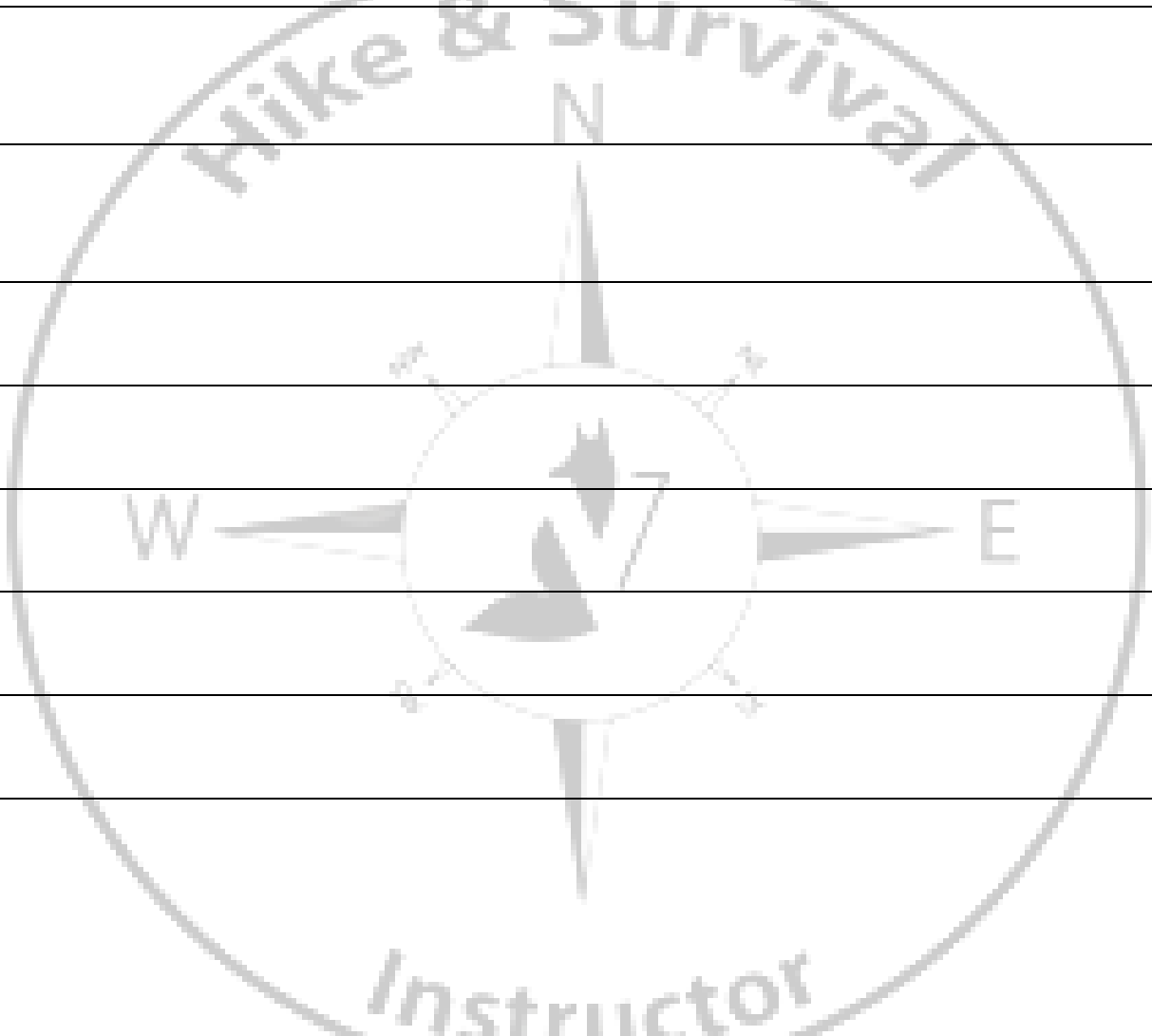
Safety Comments

[Empty box for recording safety comments]



Personal evaluation

Roles
Responsibility
Decisions
Conflicts
Personal aspects
Group aspects
Safety
Feedback from instructor

A large, faint watermark logo is centered on the page. It is circular and contains a compass rose with the cardinal directions labeled 'N', 'E', 'S', and 'W'. The words 'Hike & Survival' are written in an arc across the top of the circle, and the word 'Instructor' is written in an arc across the bottom. In the center of the compass rose, there is a stylized silhouette of a person's head and shoulders, possibly wearing a hat or a specific piece of outdoor gear.

Feedback from group participants

Positive

Negative

Notes:

