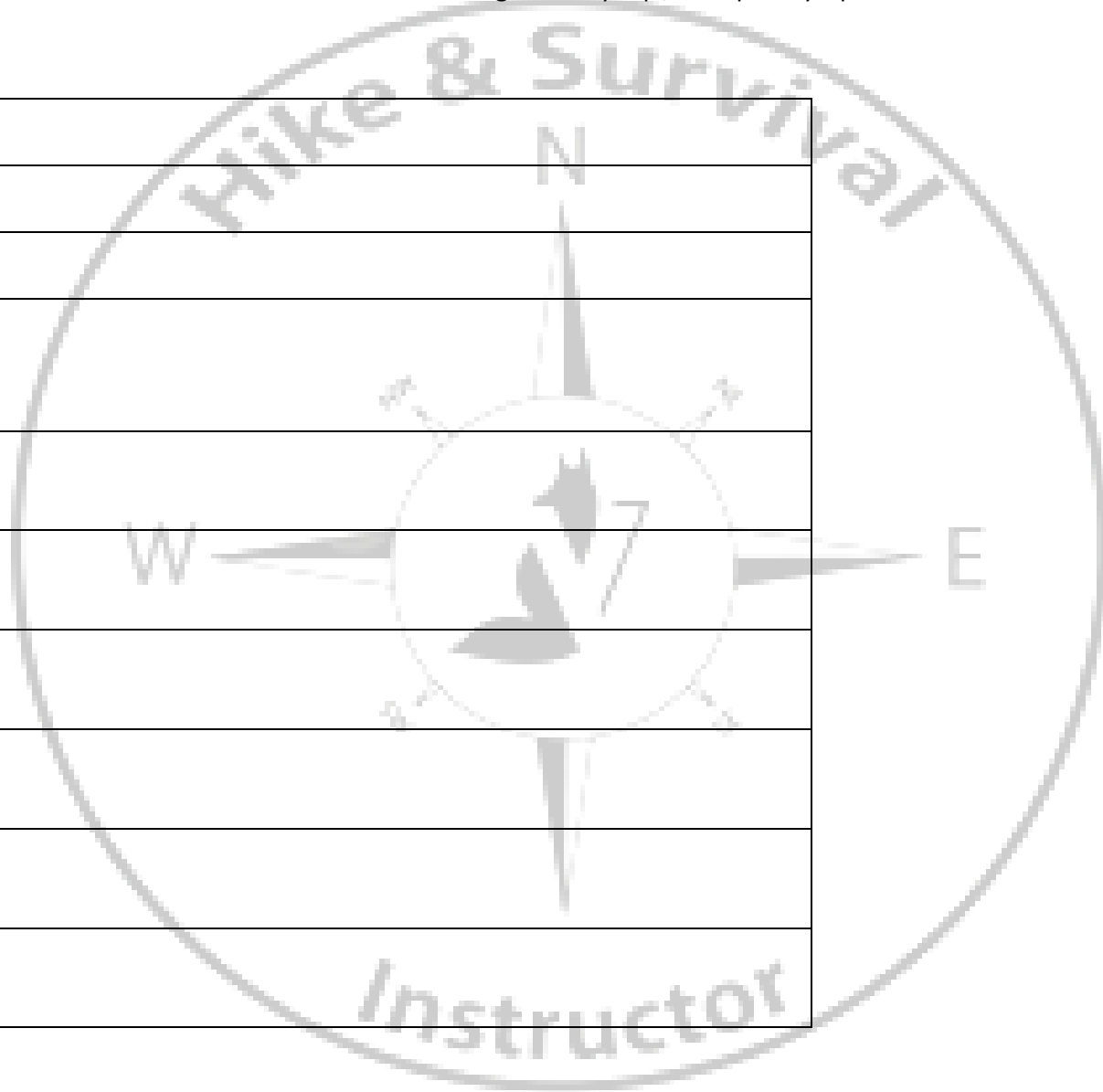


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Name:
Date(s):
Instructor(s) / Guide(s):
Group:
Number:
Location:
Terrain:
Activity:
Remarks:
Contacts logistics:
Contact Emergency:





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**METEO**

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

**NAVIGATION Preparation**

Map number:	
Map name:	
Map scale:	

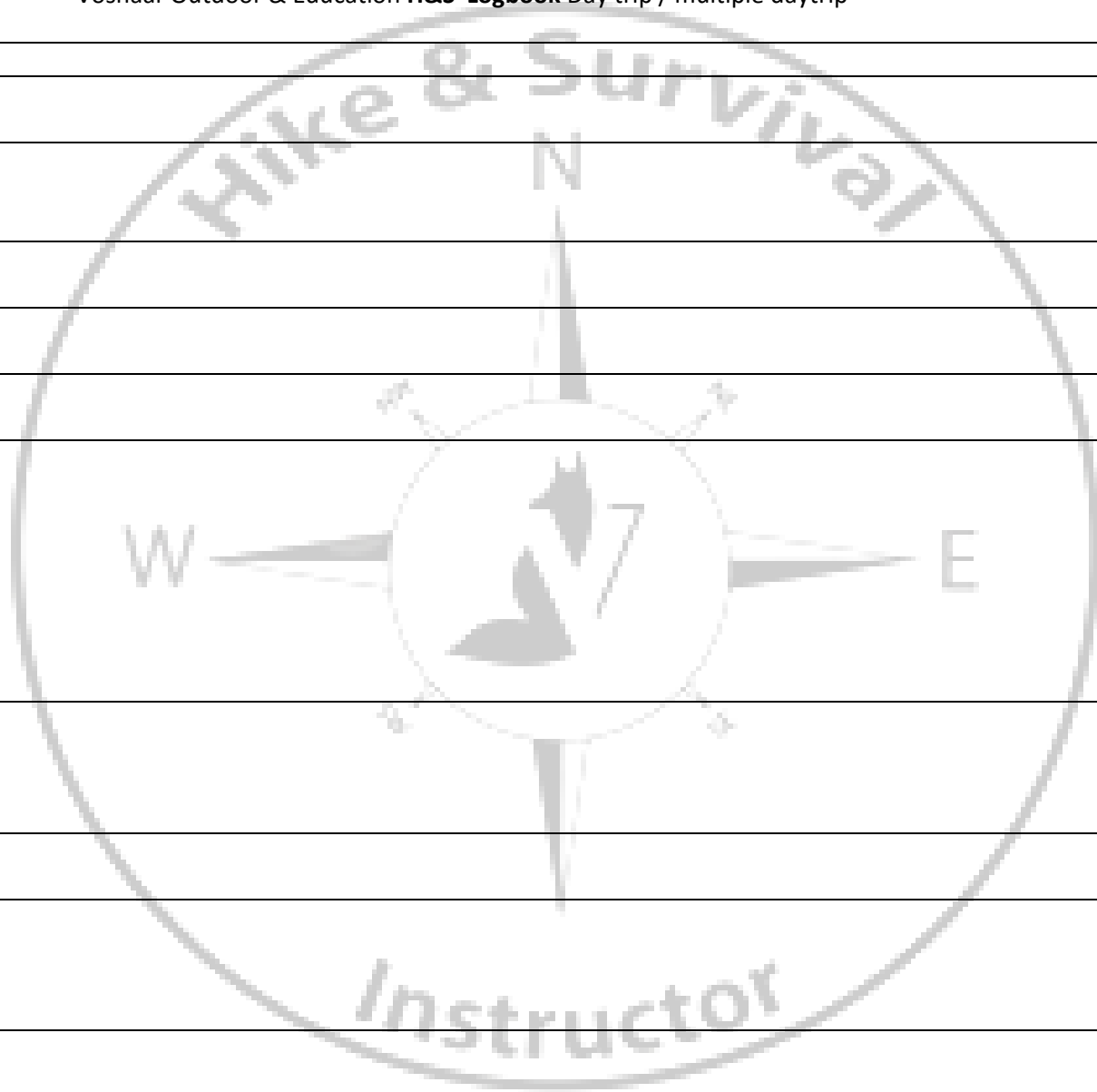
**NAVIGATION Practicum**

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



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





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**Nutrition**

Day	Morning	Afternoon	Evening

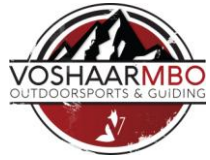
**Personal fitness**

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



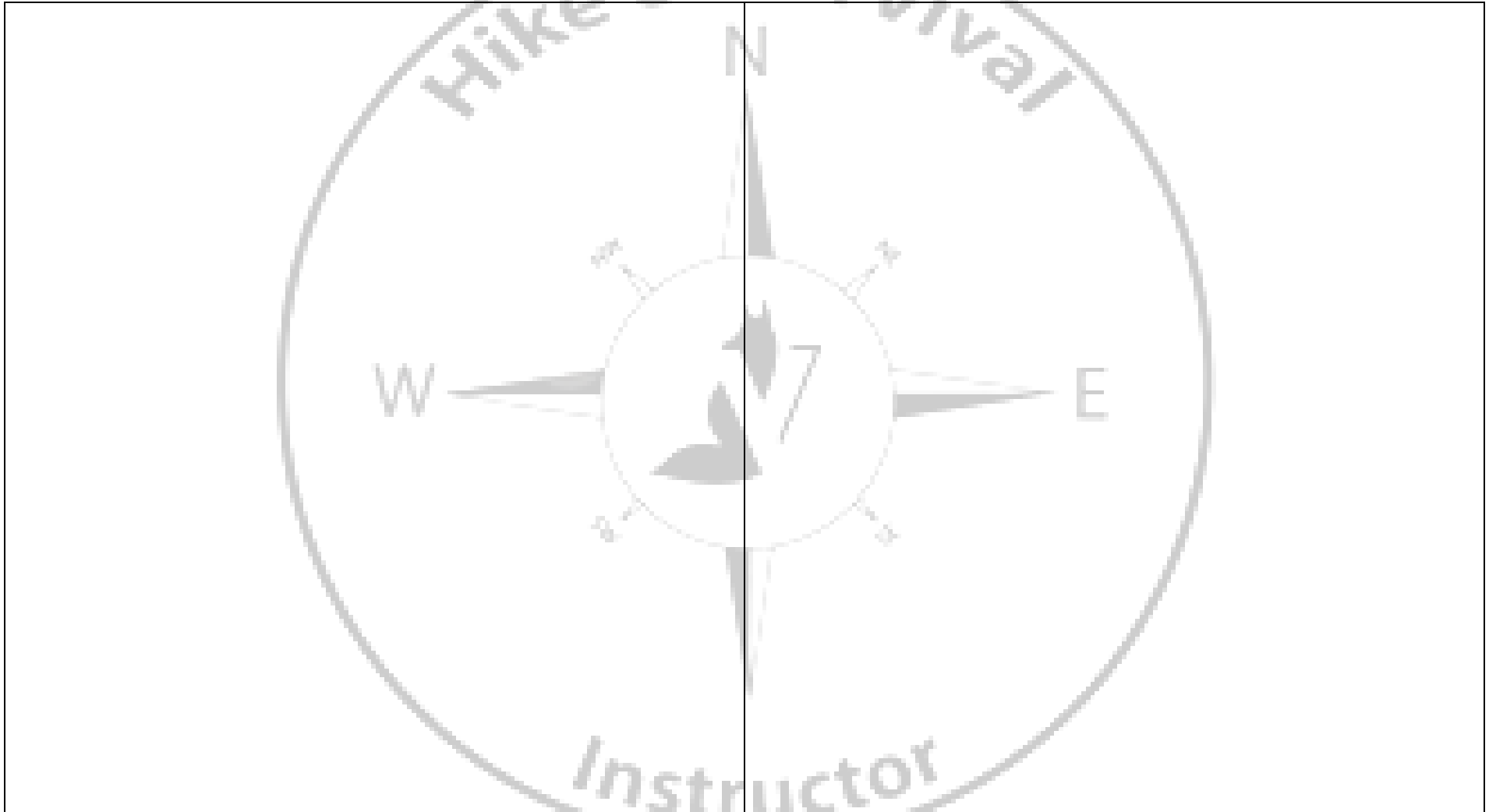






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**Techniques used**











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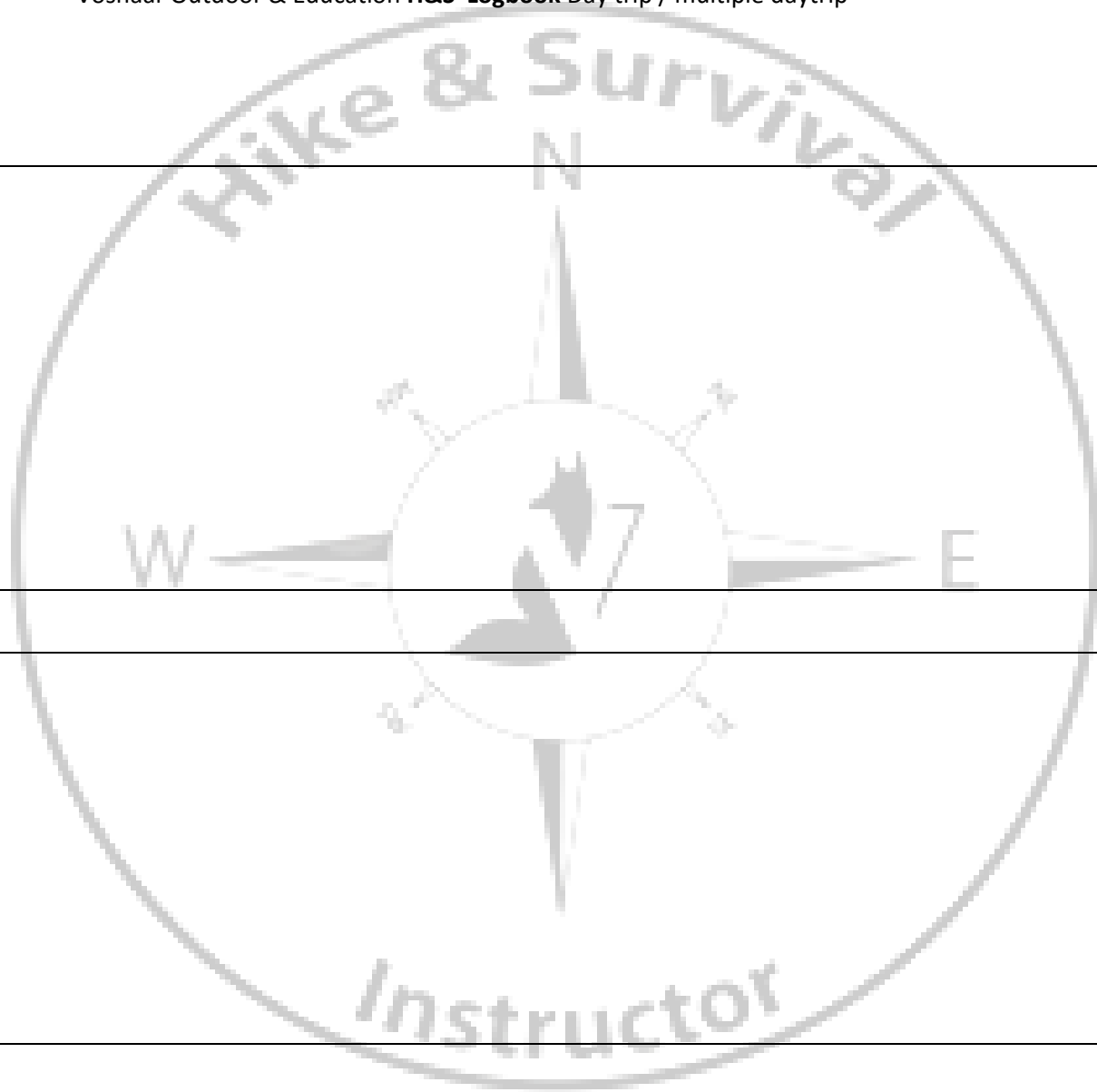
**SAFETY**

**Incidents / accidents**

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**Safety Comments**

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**Personal evaluation**

<b>Roles</b>
<b>Responsibility</b>
<b>Decisions</b>
<b>Conflicts</b>
<b>Personal aspects</b>
<b>Group aspects</b>
<b>Safety</b>
<b>Feedback from instructor</b>

A large, faint watermark logo is centered on the page. It is circular and contains a compass rose with the cardinal directions 'N', 'E', 'S', and 'W' labeled. The words 'Hike & Survival' are written in an arc at the top, and 'Instructor' is written in an arc at the bottom.



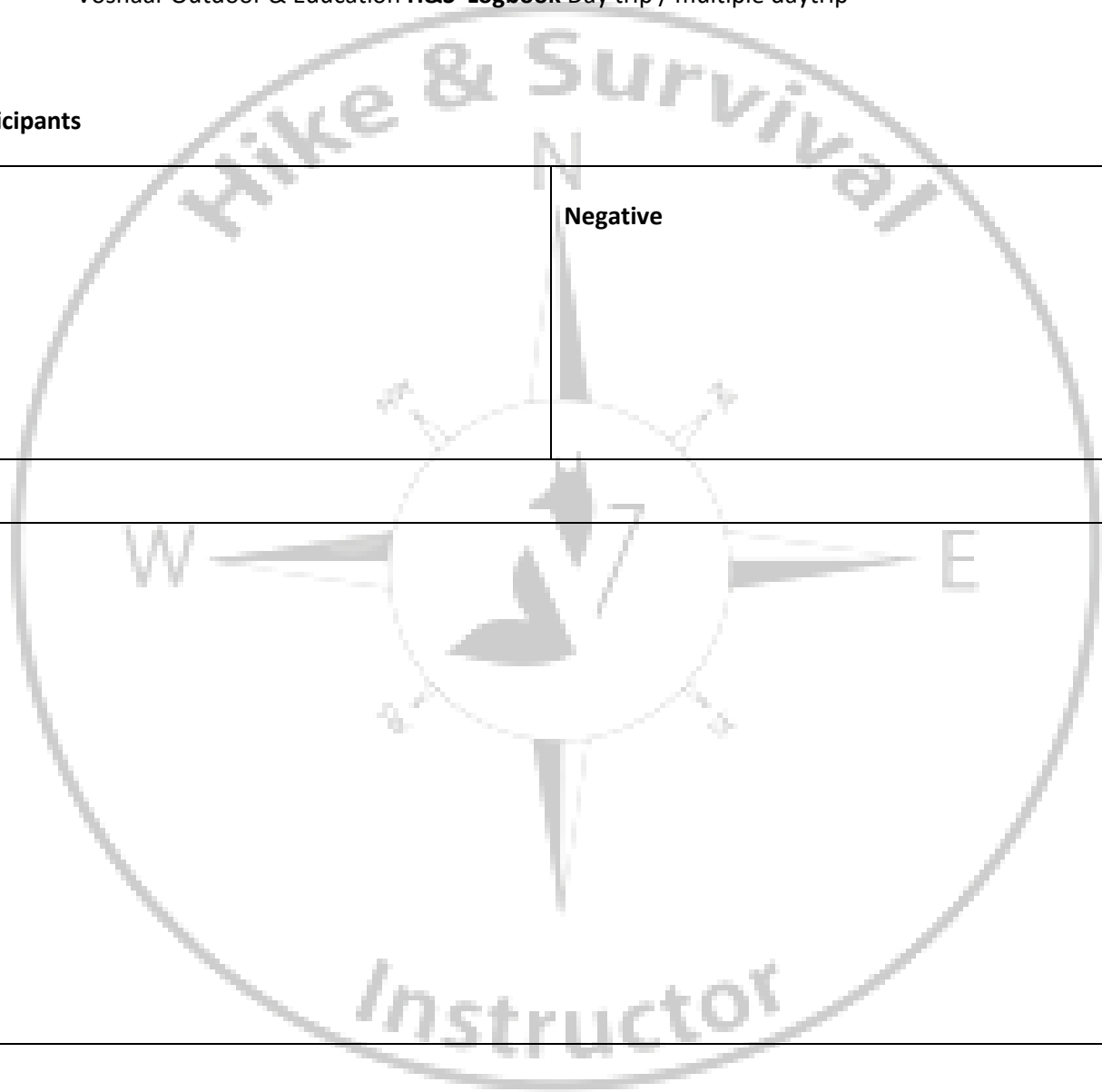
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**Feedback from group participants**

<p><b>Positive</b></p>	<p><b>Negative</b></p>
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**Notes:**

<p>Notes area</p>
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