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## EXPEDITION CALENDAR

WEEK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1							
2							



# EXPEDITION CALENDAR

WEEK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3							
4							

## EXPEDITION CALENDAR

WEEK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5							
6							

# EXPEDITION CALENDAR

WEEK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7							
8							

# ALTITUDE GAIN AND LOSS

Altitude

Scale: 1 Square = \_\_\_\_\_

Date  
 Lunar  
 Day

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## ALTITUDE GAIN AND LOSS

Scale: 1 Square = \_\_\_\_\_

Altitude

SAMPLE

Date

Lunar

Day

○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○								
32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62

**WEATHER LOG**

  
 Lightning

  
 Sunny

  
 Extreme Wind

  
 Rain

  
 Fog

  
 Snow

  
 Cumulus

  
 Cirrus

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:
2	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:
3	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:
4	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:

SAMPLE

Mid. 6am noon 6pm Mid. 6am noon 6pm Mid. 6am noon 6pm Mid. 6am noon 6pm Mid. 6am noon 6pm



# WEATHER LOG

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:
6	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:
7	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:
8	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:	B/P Trend:

WEEK 5 6 7 8

Mid. 6am noon 6pm Mid. 6am noon 6pm Mid. 6am noon 6pm Mid. 6am noon 6pm Mid. 6am noon 6pm

SAMPLE



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SAMPLE

SAMPLE

SAMPLE

# TEAM MEMBER DATA

NAME: \_\_\_\_\_

PASSPORT #: \_\_\_\_\_ EXP. DATE: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

INSURANCE CO.: \_\_\_\_\_

POLICY#: \_\_\_\_\_

BLOOD TYPE: \_\_\_\_\_

MEDICAL CONDITIONS: \_\_\_\_\_

NAME: \_\_\_\_\_

PASSPORT #: \_\_\_\_\_ EXP. DATE: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

INSURANCE CO.: \_\_\_\_\_

POLICY#: \_\_\_\_\_

BLOOD TYPE: \_\_\_\_\_

MEDICAL CONDITIONS: \_\_\_\_\_

# TEAM MEMBER DATA

NAME: \_\_\_\_\_

PASSPORT #: \_\_\_\_\_ EXP. DATE: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

INSURANCE CO.: \_\_\_\_\_

POLICY#: \_\_\_\_\_

BLOOD TYPE: \_\_\_\_\_

MEDICAL CONDITIONS: \_\_\_\_\_

NAME: \_\_\_\_\_

PASSPORT #: \_\_\_\_\_ EXP. DATE: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

INSURANCE CO.: \_\_\_\_\_

POLICY#: \_\_\_\_\_

BLOOD TYPE: \_\_\_\_\_

MEDICAL CONDITIONS: \_\_\_\_\_

# TEAM MEMBER DATA

NAME: \_\_\_\_\_

PASSPORT #: \_\_\_\_\_ EXP. DATE: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

INSURANCE CO.: \_\_\_\_\_

POLICY#: \_\_\_\_\_

BLOOD TYPE: \_\_\_\_\_

MEDICAL CONDITIONS: \_\_\_\_\_

NAME: \_\_\_\_\_

PASSPORT #: \_\_\_\_\_ EXP. DATE: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

INSURANCE CO.: \_\_\_\_\_

POLICY#: \_\_\_\_\_

BLOOD TYPE: \_\_\_\_\_

MEDICAL CONDITIONS: \_\_\_\_\_

# TEAM MEMBER DATA

NAME: \_\_\_\_\_

PASSPORT #: \_\_\_\_\_ EXP. DATE: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

INSURANCE CO.: \_\_\_\_\_

POLICY#: \_\_\_\_\_

BLOOD TYPE: \_\_\_\_\_

MEDICAL CONDITIONS: \_\_\_\_\_

NAME: \_\_\_\_\_

PASSPORT #: \_\_\_\_\_ EXP. DATE: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

INSURANCE CO.: \_\_\_\_\_

POLICY#: \_\_\_\_\_

BLOOD TYPE: \_\_\_\_\_

MEDICAL CONDITIONS: \_\_\_\_\_











# GROUND-TO-AIR SIGNALS

HELP! We are stuck.

Yes.

No.

Everything is OK.

We do not understand.

We need medical supplies.

We need food and water.

Show us which way to go.

We need a doctor.

We are heading this way.

It is safe to land here.

## BODY SIGNALS

These are commonly used body signals that will be understood by airmen. Make sure that all signals are made clearly, exaggerate the movements and use a cloth to make the yes and no signals clear.



Can proceed shortly; wait if practical.



Land here (point in direction of landing).



Need mechanical help or parts; long delay.



All OK; do not wait.



Do not attempt to land here.



Pick us up.



Use drop message.



Affirmative (yes).



Negative (no).



Our receiver is operating.



Need medical assistance *urgently*.

# CONVERSION TABLES

## FEET TO METERS

FEET	METERS
1	0.30
10	3.05
100	30.48
200	60.96
300	91.44
400	121.92
500	153
1,000	305
2,000	610
3,000	915
4,000	1,220
5,000	1,526
6,000	1,831
7,000	2,136
8,000	2,441
9,000	2,746
10,000	3,050
20,000	6,102
25,000	7,628
29,029	8,848

## METERS TO FEET

METERS	FEET
1	3.28
10	32.8
100	328.08
200	656.17
300	984.25
400	1,312.34
500	1,640.42
600	1,968.50
700	2,296.59
800	2,624.67
900	2,952.76
1,000	3,280.84
2,000	6,561.68
3,000	9,842.52
4,000	13,123.36
5,000	16,404.20
6,000	19,685.04
7,000	22,965.88
8,000	26,246.72
8,848	29,029.00

## MAP SCALES-ENGLISH AND METRIC

SCALE	<u>1 INCH = 'S</u>	<u>1 CENTIMETER = 'S</u>
1:25,000	2,083.30 feet 635.00 meters	820.20 feet 250.00 meters
1:50,000	4,166.70 feet 1,270.00 meters	1,640.40 feet 500.00 meters
1:100,000	8,333.30 feet 2,540.00 meters	3,280.80 feet 1,000.00 meters

*The higher one travels into the troposphere, or the first layer of the atmosphere, the lower the temperature becomes. The rate at which the temperature drops is known as the lapse rate.*

### AVERAGE LAPSE RATE

*6.5 degree Celsius per 1000 meters*

*-OR-*

*3.6 degree Fahrenheit per 1000 feet*

°C to °F

33 C = 91.4 F  
 32 C = 89.6 F  
 31 C = 87.8 F  
 30 C = 86.0 F  
 29 C = 84.2 F  
 28 C = 82.4 F  
 27 C = 80.6 F  
 26 C = 78.8 F  
 25 C = 77.0 F  
 24 C = 75.2 F  
 23 C = 73.4 F  
 22 C = 71.6 F  
 21 C = 69.8 F  
 20 C = 68.0 F  
 19 C = 66.2 F  
 18 C = 64.4 F  
 17 C = 62.6 F  
 16 C = 60.8 F  
 15 C = 59.0 F  
 14 C = 57.2 F  
 13 C = 55.4 F  
 12 C = 53.6 F  
 11 C = 51.8 F  
 10 C = 50.0 F  
 9 C = 48.2 F  
 8 C = 46.4 F  
 7 C = 44.6 F  
 6 C = 42.8 F  
 5 C = 41.0 F  
 4 C = 39.2 F  
 3 C = 37.4 F  
 2 C = 35.6 F  
 1 C = 33.8 F  
 0 C = 32.0 F  
 -1 C = 30.2 F  
 -2 C = 28.4 F  
 -3 C = 26.6 F  
 -4 C = 24.8 F  
 -5 C = 23.0 F  
 -6 C = 21.2 F  
 -7 C = 19.4 F  
 -8 C = 17.6 F  
 -9 C = 15.8 F  
 -10 C = 14.0 F  
 -11 C = 12.2 F  
 -12 C = 10.4 F  
 -13 C = 8.6 F  
 -14 C = 6.8 F  
 -15 C = 5.0 F  
 -16 C = 3.2 F  
 -17 C = 1.4 F  
 -18 C = -0.4 F  
 -19 C = -2.2 F  
 -20 C = -4.0 F  
 -21 C = -5.8 F  
 -22 C = -7.6 F  
 -23 C = -9.4 F  
 -24 C = -11.2 F  
 -25 C = -13.0 F  
 -30 C = -22.0 F  
 -35 C = -31.0 F  
 -40 C = -40.0 F  
 -45 C = -49.0 F  
 -50 C = -58.0 F

# WIND CHILL

TEMPERATURE (DEGREE FAHRENHEIT)

	30	25	20	15	10	5	0	-5	-10	-15	-20	-25
5	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40
10	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47
15	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51
20	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55
25	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58
30	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60
35	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62
40	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64
45	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65
50	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67
55	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68
60	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69

WIND SPEED (MPH)

TEMPERATURE (DEGREE CELSIUS)

	10°	5°	0°	-5°	-10°	-15°	-20°	-25°	-30°	-35°	-40°	-45°
10	8.6	2.7	-3.3	-9.3	-15.3	-21.1	-27.2	-33.2	-39.2	-45.1	-51.1	-57.1
15	7.9	1.7	-4.4	-10.6	-16.7	-22.9	-29.1	-35.2	-41.4	-47.6	-53.7	-59.9
20	7.4	1.1	-5.2	-11.6	-17.9	-24.2	-30.5	-36.8	-43.1	-49.4	-55.7	-62.0
25	6.9	0.5	-5.9	-12.3	-18.8	-25.2	-31.6	-38.0	-44.5	-50.9	-57.3	-63.7
30	6.6	0.1	-6.5	-13.0	-19.5	-26.0	-32.6	-39.1	-45.6	-52.1	-58.7	-65.2
35	6.3	-0.4	-7.0	-13.6	-20.2	-26.8	-33.4	-40.0	-46.6	-53.2	-59.8	-66.4
40	6.0	-0.7	-7.4	-14.1	-20.8	-27.4	-34.1	-40.8	-47.5	-54.2	-60.9	-67.6
45	5.7	-1.0	-7.8	-14.5	-21.3	-28.0	-34.8	-41.5	-48.3	-55.1	-61.8	-68.6
50	5.5	-1.3	-8.1	-15.0	-21.8	-28.6	-35.4	-42.2	-49.0	-55.8	-62.7	-69.5
55	5.3	-1.6	-8.5	-15.3	-22.2	-29.1	-36.0	-42.8	-49.7	-56.6	-63.4	-70.3
60	5.1	-1.8	-8.8	-15.7	-22.6	-29.5	-36.5	-43.4	-50.3	-57.2	-64.2	-71.1

WIND SPEED (KPH)

## CONVERSIONS

Celsius to Fahrenheit

$$(C^{\circ} \times 1.8) + 32 = F$$

Fahrenheit to Celsius

$$(F^{\circ} - 32) \times .555 = C$$

Use the Weather and Altitude Calendars to keep detailed records of the daily climbs and elements experienced on your expedition.

