

SEA MILLS

PARKLANDS (GORGE EAST)

BLACK BOY HILL

EDGELANDS (PURDOWN)

FOREST (GORGE WEST)

WHITELADIES

ALLOTMENT

STAPLETON ROAD

CLIFTON VILLAGE

TRIANGLE

THE ARCHES

MONTPELIER

NEIGHBOURHOOD (ST WERBURGHS)

STOKES CROFT

ST PAULS

U1 357
358 359

500 U1
357

500 U1
357 358 359

CITY CENTRE

25 5 8 500
U1 357 358 359

CITY CENTRE (BROADMEAD)

RAILWAY STATION (TEMPLEMEADS)

506 25

ST PAULS AIRBORNE
NITROGEN DIOXIDE (ugm-3)
[1] 0 - 20
[-50] 20 - 40 caution
[-100] 40 - 200 hazard

ST PAULS AIRBORNE 10
(ugm-3) PARTICULATE MATTER
[1] 0 - 10
[-50] 10 - 30 caution
[-100] 30 - 60 hazard

ST PAULS AIRBORNE 2.5
(ugm-3) PARTICULATE MATTER
[1] 0 - 5
[-50] 5 - 10 caution
[-100] 10 - 60 hazard

MOON
[1] new
[1] half
[5] full

WEATHER
[0] sunny
[5] cloudy
[1] rainy

PRIORITY PEOPLE
[8] alice
[8] rowan/ ash
[5] kate
[5] jim
[5] suzy
[5] tereza

WORK PRIORITIES
[5] forest/ coastal survival
[5] security np/ ap
[5] rail/ air/ road hitching
[5] anti empire
[5] system subconscious

WATER@AVONMOUTH
LOW HIGH (:) (:) (m)
[30] 14 (canoe to avonmouth)
[10] 13
[10] 12
[10] 11
[10] 10
[30] 9 (swim in gorge)

POLLEN (grains/m2)
[1] 0 - 30 low
[-50] 30 - 50 moderate
[-100] 50 - 150 high
[-150] 150 - 300 very high

RADIATION (uR/hr)
[1] 0 - 25
[-50] 25 - 100 caution
[-100] 100 - 500 hazard

HOME / STUDIO (ROSEBERY)

[30] wake up early naturally (11:00)
[5] update feeding/ sleeping (11:00)
[1] drink clean water from glass or metal
[3] shit arab style unrushed
[1] piss kung-fu style
[6] cut hair/ beard /finger nails/ toe nails
[4] shower
[3] clean/ floss teeth
[1] open curtains
[5] dress camouflaged with style
[6] cook/ eat first breakfast (11:00)
[1] check/ reply/ destroy new post
[1] check/ reply/ delete new email
[1] do washing up kitchen/ studio
[1] empty nappy bin
[1] make baby milk
[6] cook/ eat second breakfast (13:00)
[5] clean/ dry/ repair clothes
[5] clean/ dry/ repair bedding/ towels
[1] do front/ back gardening
[2] read zero hedge/ global research
[2] read eco shock
[2] read stopimperialism
[5] rosebay upgrade/ backup
[30] correct status database x 64
[10] market some art
[1] eat vitamin c/ garlic
[10] chase owed money
[10] pay debts
[1] work on rosebery
[1] work on irrational
[1] work on canoe collective
[1] work on allotment
[1] work on avon gorge
[3] clean/ tidy house
[1] improve/ repair house
[6] cook/ eat eggs for lunch (15:00)
[1] charge/ get camera and spare batteries
[2] get watch / get passport
[2] get wildlife books
[6] make/ get packed lunch/ expedition food
[2] fill/ get water bottle(s)
[5] get waterproof jacket/ trousers
[1] get maps / compass/ get hitch kit
[3] get first aid kit
[3] get baby changing kit
[3] get baby feeding kit
[3] get baby sling
[5] get hat/ gloves
[1] get saw/ loppers
[1] get rubber boots/ shoes/ sandals
[1] get plastic bags
[1] charge/ get fire kit
[1] charge/ get health/ repair kit
[1] charge/ get head torch and spare batteries
[3] get rucksack 10/20/40 litre
[1] unpack/ clean/ repair equipment
[4] shower/ bath
[2] small sleep (20:30)
[9] cook/ eat first dinner (22:00)
[20] erase past/ plan future
[9] cook/ eat second dinner (01:00)
[1] clear email backlog
[1] clear post backlog
[4] cook/ eat supper (03:00)
[1] draw curtains
[10] secure home for night
[3] clean/ floss teeth
[50] create/ download backups
[1] drink clean water from glass
[150] sleep cool with ear plugs
in own bed (04:00)