

Lab Notes



Plain Lab

Lab Notes

FORMAT	148 x 210 mm	RULING	mixed
PAGES	140	BINDING	20-page signatures

IF FOUND, PLEASE RETURN TO

NAME _____

PHONE _____

EMAIL _____

ADDRESS _____

REWARD OFFERED _____

IN AN EMERGENCY, CONTACT

NAME _____

RELATIONSHIP _____

PHONE _____

SECOND CONTACT _____

THEIR PHONE _____

THIS BOOK COVERS

FROM _____

TO _____

VOLUME _____

NOTES FOR A FINDER

WHO I AM

NAME _____

DATE OF BIRTH _____

HOME ADDRESS _____ LANGUAGES I SPEAK _____

MEDICAL, FOR WHOEVER FINDS ME

BLOOD TYPE _____ MEDICATION AND DOSE _____

ALLERGIES _____ ORGAN DONOR _____

CONDITIONS _____ LAST TETANUS _____

WHO TO CALL

NEXT OF KIN _____ NEXT OF KIN ABROAD _____

THEIR PHONE _____ THEIR PHONE _____

DOCTOR _____ DOCTOR PHONE _____

PAPERS AND COVER

PASSPORT NO. _____ EMBASSY _____

EXPIRES _____ STAYING AT _____

INSURER _____ POLICY NO. _____

IF MY THINGS ARE LOST OR STOLEN

BANK TO CALL _____ PHONE IMEI _____

CARD ENDING _____ VEHICLE OR PLATE _____

ANYTHING ELSE THEY SHOULD KNOW

INDONESIA

112

NATIONAL EMERGENCY LINE

IF YOU CANNOT SPEAK THE LANGUAGE, SAY THESE IN ORDER

1. Where you are. Street, town, any sign you can see.
2. What happened.
3. How many people are hurt.
4. Stay on the line. Do not hang up first.

Australia	000 106 112	Bangladesh	999
Brazil	188 190 192 193	Brunei	991 993 995
Cambodia	117 118 119	Canada	911
Colombia	123	Czech Republic	112 150 155 156
Denmark	112	Egypt	122 123 180
France	112 114 15 17	Germany	110 112
Greece	100 112 166 199	Hong Kong	999
Italy	112 113 115 118	Japan	110 118 119
Kenya	112 999	Laos	190 191 195
Malaysia	999	Mexico	911
Morocco	112 15 177 19	Myanmar	191 192 199
Nepal	100 101 102	New Zealand	111
Norway	110 112 113	Pakistan	1122 15 16
People's Republic of China	110 119 120	Qatar	112 999
Singapore	995 999	South Africa	112
Spain	061 091 112	Sri Lanka	110 119
Sweden	112	Switzerland	112 117 118 140
Thailand	1669 191 199	Timor-Leste	112
United Kingdom	112 999	United States	911
Vietnam	113 114 115		

Verify locally on arrival. Numbers change and a book does not. Every number below is listed by TWO independent sources: Wikidata P2852 (CC0); en.wikipedia List of emergency telephone numbers. 14 countries where the two disagreed are deliberately omitted rather than printed uncertain.

POINT AT THE PICTURE. ENGLISH ABOVE, INDONESIAN BELOW.



Help

Tolong



Doctor

Dokter



Hospital

Rumah sakit



Police

Polisi



Pharmacy

Apotek



Water

Air



Food

Makanan



Toilet

Toilet



Money

Uang



Phone

Telepon



Bus

Bus



Train

Kereta



Airport

Bandara



Hotel

Penginapan



Fuel

Bensin



Mechanic

Bengkel



I am lost

Saya tersesat



I do not speak this

Saya tidak bisa bahasa ini



Bold line: equator. Dashed: tropics (23.44°). Figures along the foot: nominal UTC offset for that meridian. Political time zones deviate from it.

WHERE I AM

WHERE I AM GOING

WHO KNOWS WHERE I AM

For orientation and for pointing at. Not a navigation chart. Source: Natural Earth 110m land (ne_110m_land). PUBLIC DOMAIN. Projection: equirectangular (plate carree).

LENGTH

1 in = 25.4 mm, exact

MM	IN	FRACTION IN	MM
1	0.039	1/16	1.59
2	0.079	2/16	3.17
3	0.118	4/16	6.35
5	0.197	6/16	9.52
10	0.394	8/16	12.7
20	0.787	10/16	15.88
25	0.984	12/16	19.05
50	1.969	14/16	22.22
100	3.937	16/16	25.4
150	5.906		
200	7.874		
250	9.843		
300	11.811		
500	19.685		
1,000	39.37		

PAPER, ISO A SERIES

A0 = 841 x 1189 mm; each size halves the long side

SIZE	MM	IN
A0	841 x 1189	33.11 x 46.81
A1	594 x 841	23.39 x 33.11
A2	420 x 594	16.54 x 23.39
A3	297 x 420	11.69 x 16.54
A4	210 x 297	8.27 x 11.69
A5	148 x 210	5.83 x 8.27
A6	105 x 148	4.13 x 5.83
A7	74 x 105	2.91 x 4.13
A8	52 x 74	2.05 x 2.91

AREA

1 ft = 0.3048 m, exact

M ²	FT ²	HA	ACRE
1	10.8	0.0001	0.0002
5	53.8	0.0005	0.0012
10	107.6	0.001	0.0025
25	269.1	0.0025	0.0062
50	538.2	0.005	0.0124
100	1,076.4	0.01	0.0247
250	2,691	0.025	0.0618
500	5,382	0.05	0.1236
1000	10,763.9	0.1	0.2471
5000	53,819.6	0.5	1.2355
10000	107,639.1	1	2.4711

MASS

1 lb = 0.45359237 kg, exact

KG	LB	G	OZ
1	2.2	10	0.35
2	4.41	20	0.71
3	6.61	30	1.06
5	11.02	50	1.76
10	22.05	100	3.53
20	44.09	200	7.05
25	55.12	250	8.82
50	110.23	500	17.64
75	165.35	750	26.46
100	220.46	1000	35.27

TEMPERATURE

$F = C \times 9/5 + 32$

°C	°F	°C	°F
-20	-4	80	176
-10	14	90	194
0	32	100	212
10	50	110	230
20	68	120	248
30	86	130	266
40	104	140	284
50	122	150	302
60	140	160	320
70	158	170	338
80	176	180	356
90	194	190	374

PRESSURE

1 bar = 100 kPa by definition

BAR	KPA	PSI	M HEAD (WATER)
0.5	50	7.25	5.1
1	100	14.5	10.2
1.5	150	21.76	15.3
2	200	29.01	20.39
3	300	43.51	30.59
4	400	58.02	40.79
5	500	72.52	50.99
6	600	87.02	61.18
8	800	116.03	81.58
10	1,000	145.04	101.97
16	1,600	232.06	163.15
25	2,500	362.59	254.93

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Try a nib here before you trust it to a page you care about.

PEN	INK	SWATCH

RULING	mixed	ROWS PER PAGE	—
COLUMNS	1		

HIBRKRAFT'S PLAIN LAB

Lab Notes

One hundred and twenty pages for the record of what you did, and eleven lined pages beside them for what didn't fit a record.

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