



## Orienteering

### **Tips**

There are two main challenges to the sport. First, the route is not marked. Therefore the orienteer must personally navigate from control point to control point using only a compass and a map. To successfully do this, you will always need to know how far you have traveled and in what direction. The map provided at the event gives detailed information on the terrain such as hills, landmarks, bodies of water and other obstacles. Secondly, to be successful in orienteering, the orienteer should have excellent map reading skills, the ability to focus mentally and the ability to make decisions.

### **Will I get lost?**

Not forever, but you may be temporarily disoriented at times. Learning to relocate quickly is a skill that takes lots of practice. Try not to get flustered, be patient and you will find your destination. Remember, orienteering should be fun, not nerve racking.

### **What should I wear?**

Bring water, sunscreen, and some post-event snacks. You might also want a hat and sunglasses, depending on the weather that day.

Wear clothes that protect you and that you don't mind getting a little beaten up. Pants and long sleeve shirts are always a good idea. You can get away with wearing a short-sleeve t-shirt, but if you don't want any scratches you might be more comfortable in long-sleeves.

Wear shoes appropriate to your effort. If you plan to run the course then wear running or trail running shoes. If you just plan to walk then light hiking boots will work fine.

Most of all, have fun!