

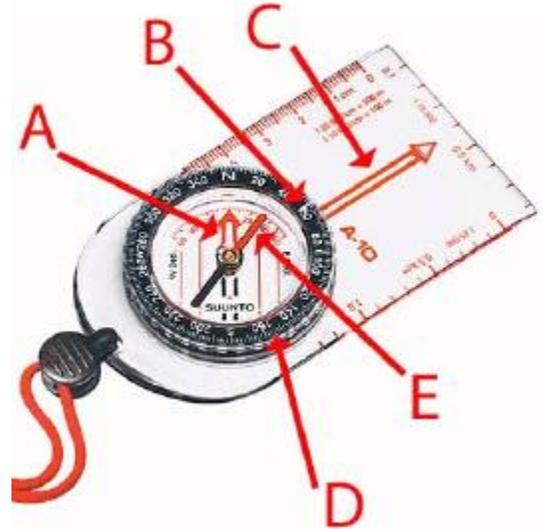
# Orienteering Basics



## How to use the compass:

First, let us tell you the parts of a basic compass.

- “A” refers to the piece called the **“shed”**. This piece will move with “E” when you find your bearing. In the picture, it has an arrow or “roof.”
- “B” is the **“white line that never moves”** which helps you to line up your bearing. The bearing refers to the number of degrees you must turn to face your next marker.
- “C” refers to **“Fred”** which is the arrow you should follow when moving to your marker. Fred leads you to the next point – not Red (E). Red always points North.
- “D” is the **spinning dial** which lets you line up your bearing on the “white line that never moves (B).”
- “E” is the piece called “Red”. Red always points North.



- To use the compass, you must first find your bearing. A bearing is measured in degrees.
- The degrees are usually measured in large increments of 20 degrees which are then broken into 10 degrees and then into 2 degrees. So, each little line is 2 degrees.
- To find the bearing of 55 degrees, you would turn the spinning dial (D) to line up the space between the small white lines for 54 and 56 with the “white line that never moves” (B).
- After finding your bearing, you turn to face the direction the bearing is point. To do this turn until the north pointing arrow is within the red lines.
- You will go the direction of Fred (C). When holding the compass, it needs to be level and not near metal that could confuse the compass needle. Hold the compass near your body to help follow the direction. Follow “Fred”, not the red arrow which ALWAYS points North.
- Before you start walking, it is important to know how to count paces.

## How to count paces:

- First, distances between markers are measured in paces.
- One pace is equal to about 5 feet, usually two normal sized steps, but varies based on the height of the person.
- As you walk, it is important to count your paces. It may be helpful to count each step by saying “and” for the first step and “1” for the next, counting up for the paces. For example, 3 paces would sound like this “and 1 and 2 and 3.”



## Remember:

- It is important to pay attention to the bearing and pacing to find the next point.
- If you don’t find the next marker, go back to the last one and try again.
- Most important, have FUN!