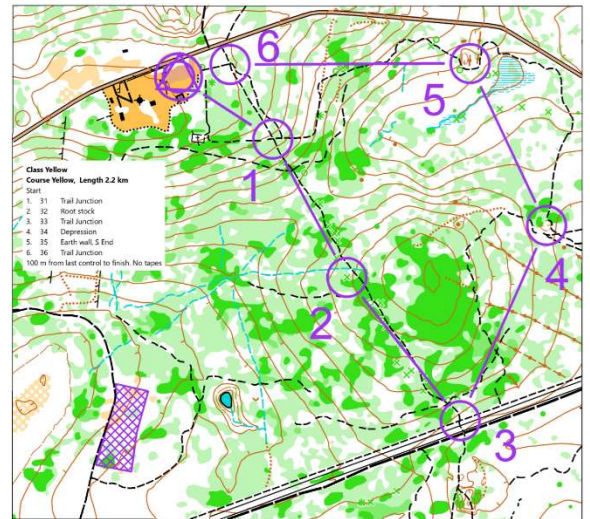


Beginner Orienteering Summary

Map Colors:

- **Brown** – Contour lines and other earth features
- **Blue** – Water features
- **Black** – Rock and man-made features
- **Green** – Vegetation **Darker => Thicker**
- **Orange/Yellow** – Open or semi-open
- **White** – Forest thin enough to run through
- **Purple** – Out of bounds, and courses



Orienting the Map:

- Hold the compass on top of the map with your “off” hand, map & compass level.
- With your dominant hand, turn the map until the red end of the compass needle points to the top of the page.
- Keep the map oriented to north this way all the time as you move and turn. This makes it far easier to match things you see in the terrain to objects on the map.

CAR Route Planning:

- Plan a leg’s route in reverse. Start at the target **C**ontrol.
- Work backwards to a good **A**ttack Point – something near the control that will be easy to find. Good attack points fix your location precisely.
- Plan a **R**oute backwards from the attack point to your current location.

Staying in Touch with the Map:

- As you execute the CAR route plan, keep your thumb (or corner of the compass base) on the spot on the map where you think you are. Advance this across the map as you progress through the plan.
- As you move, keep the map oriented to north and keep your eyes open! Watch the map for features you should expect to see, and match them to objects in the terrain as you encounter them. This is called “**C**ollecting **F**eatures”.
- Each time you make a match, advance your thumb to that point so you’re constantly keeping your last known location updated. This is called “**T**humbing **A**long”. Doing this frequently ensures you will never become lost.