

Florida Orienteering Checklist

General:

- Check www.floridaorienteering.org for event schedule and other information.
- Watch for “Rah-Rah” emails with all the 411 on each FLO event.
- Browse video tutorials on [@FLO-Tube](https://www.youtube.com). Subscribe for notifications.

Packing List:

- Casual hiking clothes to start. Dress for the weather.
- Comfortable walking shoes with a full upper (no exposed heels or toes)
- Bring hydration you can easily carry hands-free (hydration packs preferred)
- Trail snacks as desired (sugary for energy, salty for electrolytes)
- Sun screen & bug spray
- Sunglasses and/or hat
- Compass
- Emergency Whistle
- Fully charged smartphones (but no GPS navigation allowed on the courses)

Smartphone Setup:

Install these 3 applications at home while you have Wifi (some parks don't have good cell signal)

- What3Words (Add [810-FLO-SOAR](#) as a contact in your phone for quick comms)
- Livelox (Free sign-up at www.livelox.com, install app, then “log in” in the app)
- MapRun for permanent or self-service courses (Install app, fill in User Profile before first use)

Day of the event:

- Use what3words address from Rah-Rah email to navigate to the venue and then the specific staging area.
- Check in at civilian registration, pick your course, and pay your map fee.
- Check in at the timing table before starting your course so we know you're out there.
- Gear up and head to the start. Start Livelox so we can keep an eye on your progress. Punch the CLEAR, CHECK, and START stations to check into the course and start your clock. **HAVE FUN ON YOUR COURSE!**
- When you come back, punch the FINISH station to stop your clock, then punch in at the timing table and get your splits ticket!
- **Important: EVERYONE checks in and out of their course at the timing table so we know you're out there and then that you're back in and accounted for.**