

## Re-location = What to do whenever you lose your position on the map

### Causes of getting lost

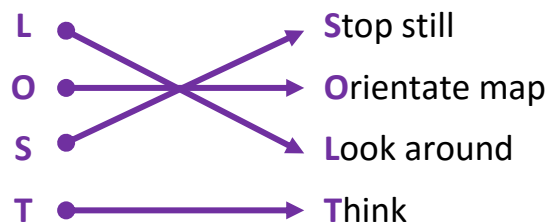
- Not checking the map, losing concentration, distractions (people, thoughts), tiredness, no clear plan, not identifying key features on route.

### Recognising when to re-locate

When lost and all other options tried? **No**, as early as possible when uncertainty arises

- Something in the terrain does not match with the map
- Uncertain where you are on the map
- Lost track of how far you have gone since last distinct feature
- Think you may have veered off but not sure if to right or left

### Don't Panic! Think calmly and systematically



- Stop still (don't make matters worse) and orientate the map with your compass
- Are you on a slope or on flat land? What terrain are you in? What features can you see? Can you spot them on the map? Are there features through the trees or at a distance? (*High point; Contour shapes; Clearing; Rock, People running- could be on a track*)
- Rethink last steps – does this limit the area you might be in?
- When were you last confident of position? – Is it close enough to go back to?
- What mistakes might have you made? (*Parallel feature, Wrong turning, Gone too far*) – Are there alternative areas?
- What collecting features might be nearby on the map (*Hills, Paths, Veg boundary etc*)?

### Possible Actions

- ➡ Retrace steps
- ➡ Identify a broad area on the map that you might be in, then use compass to aim at a line feature (Or another collecting feature, e.g. spur, large crag, clearing), follow collecting feature to a distinct point.
- ➡ Go to top of a hill or other view point and relate visible features to the map
- ➡ Go to any distinct feature you spotted (could be someone else's control); identify it on map (is it unique?); use as attack point to next key feature

### Your Own Routine

Avoid 'woolly brain syndrome' by using a routine starting with S.O.L.T. (above) and then developing your own set sequence for thinking through the problem and deciding on action. A routine helps clear and speedy thinking as soon as you realise the need to re-locate.