

**Plan:**

- Where will you take part in this adventure?
- Who will put up the controls? Who knows the area?
- Is there already an established orienteering area where competitions are held?
- What equipment will you need? Consider weather conditions and the terrain type in the area for the adventure.

**Do:**

- Go out with your team and enjoy your orienteering adventure!

**Review:**

- What do you know now that you did not know before?
- How did you feel before, during and after this adventure?
- If you chose to compete against one another, how did the race aspect change the adventure?
- If you were to try orienteering again, what would you do differently?
- How did you work with others as a team on this adventure?

**Safety Note:**

- Use the buddy system!
- How can you signal for help if you get lost? What equipment should you have on hand for communication?
- Is everyone comfortable? Is everyone physically and mentally prepared for this adventure?

**Online Resources:**

- [Orienteering Canada](#)
- [Orienteering instructions](#)



# Orienteering

Environment &amp; Outdoors

**The Adventure:**

If given a set of coordinates, a map of the area and a compass, could you and a team make your way to a series of checkpoints (called controls) and then to a finish point?

Orienteering is a fun activity to do with friends. You can work as a team or compete against one another by racing while making your way through the controls.

It's a fantastic way to get some exercise while exerting brain power and having heaps of fun!

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