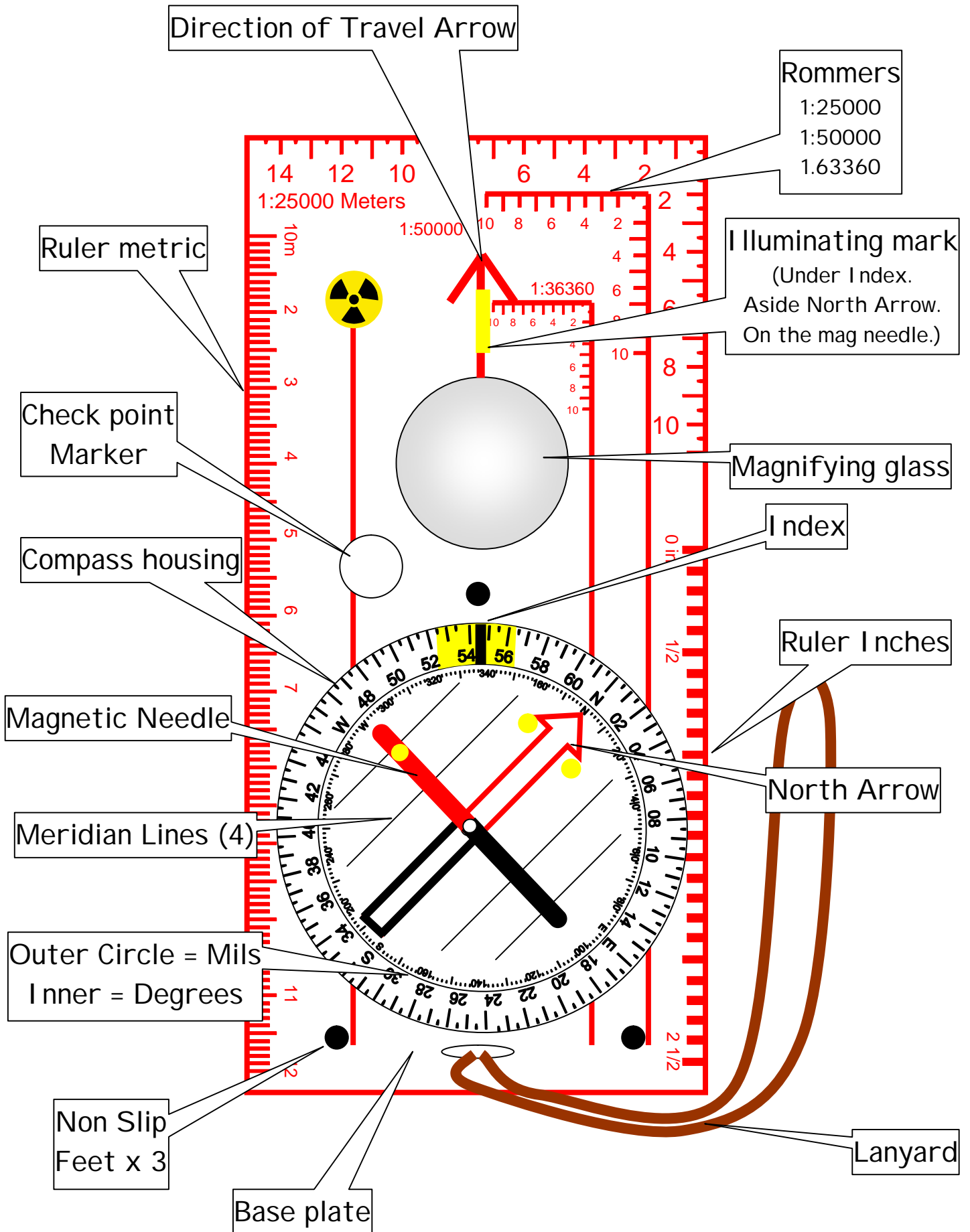
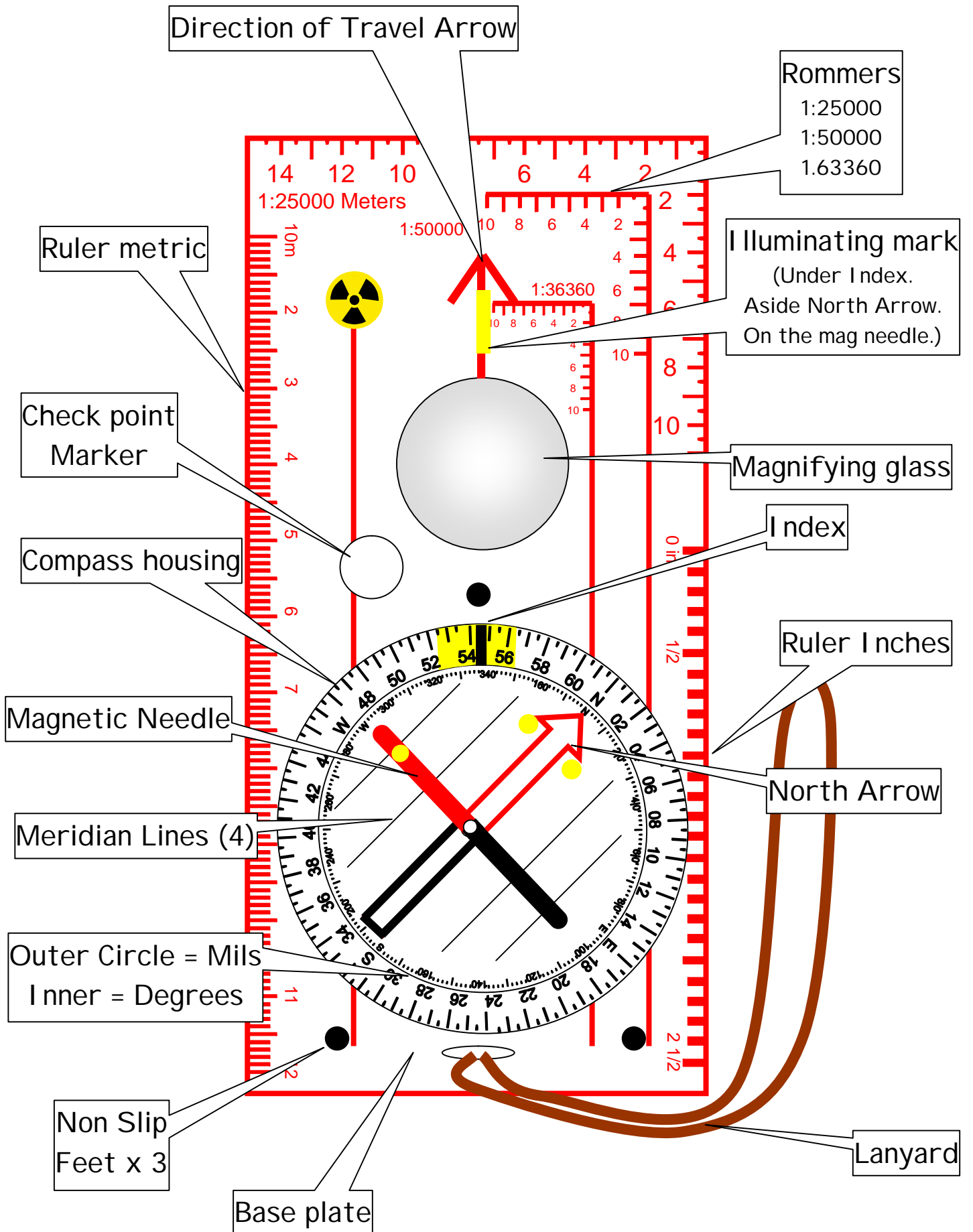


Lightweight Compass



Lightweight Compass



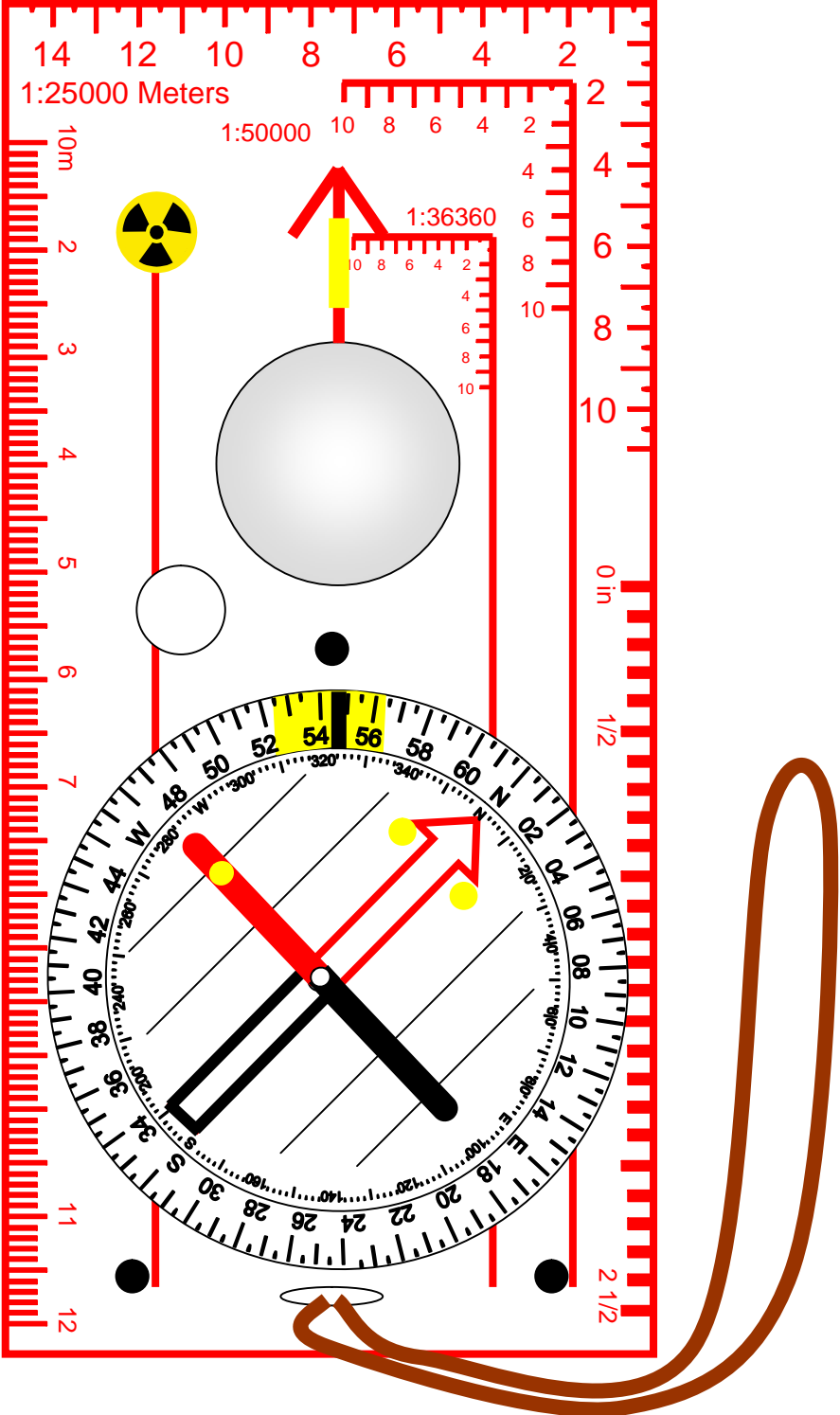
Route card

Commander _____ Start Point GR _____ ETD _____
 Map sheet _____ ETA _____
 Date _____ Finish Point GR _____ GMA _____

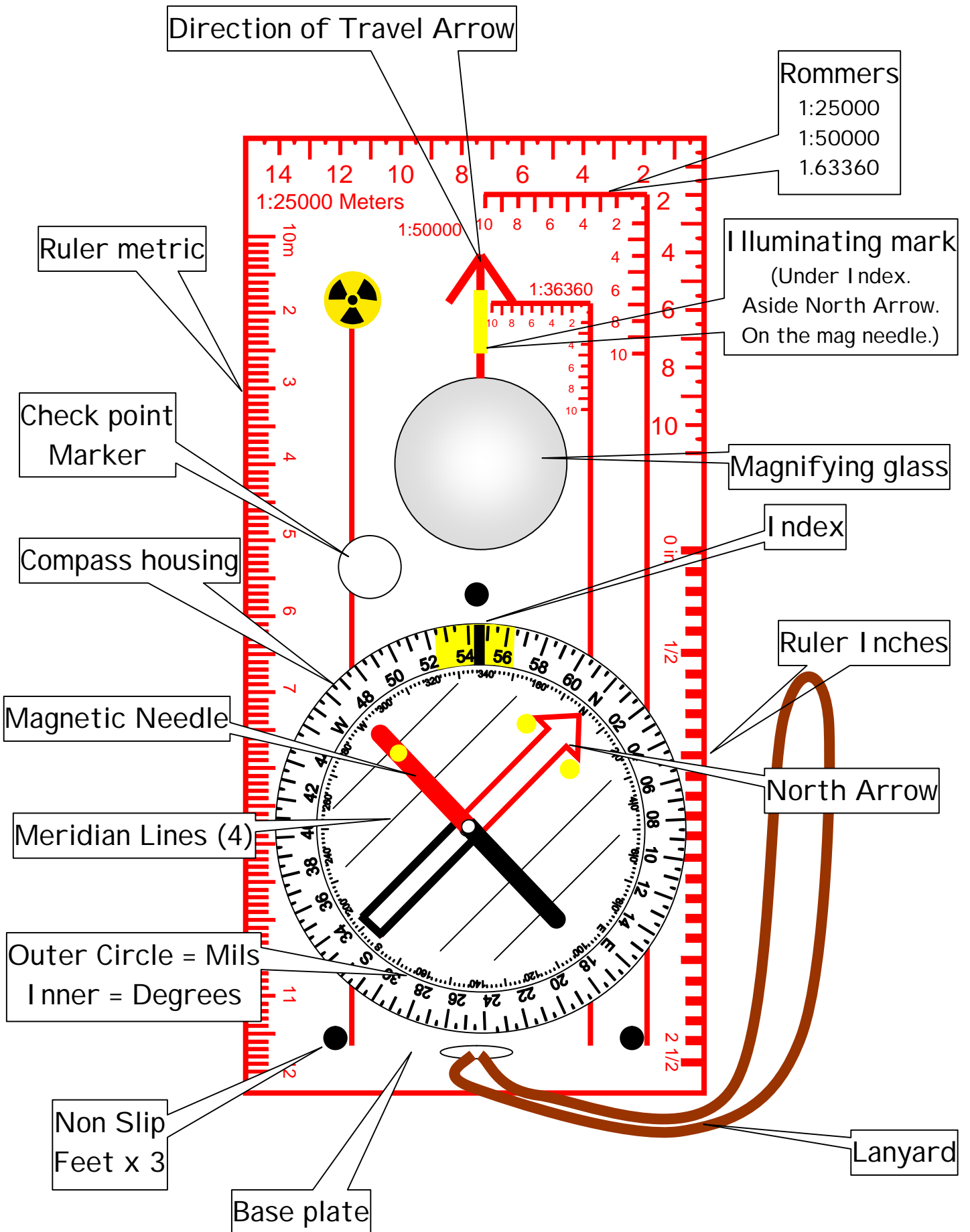
leg	From		To		Bearing		Distance	Remarks Landmarks Hazards
	Location	Grid Ref	Location	Grid Ref	Grid	Mag		
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								

As many legs as required

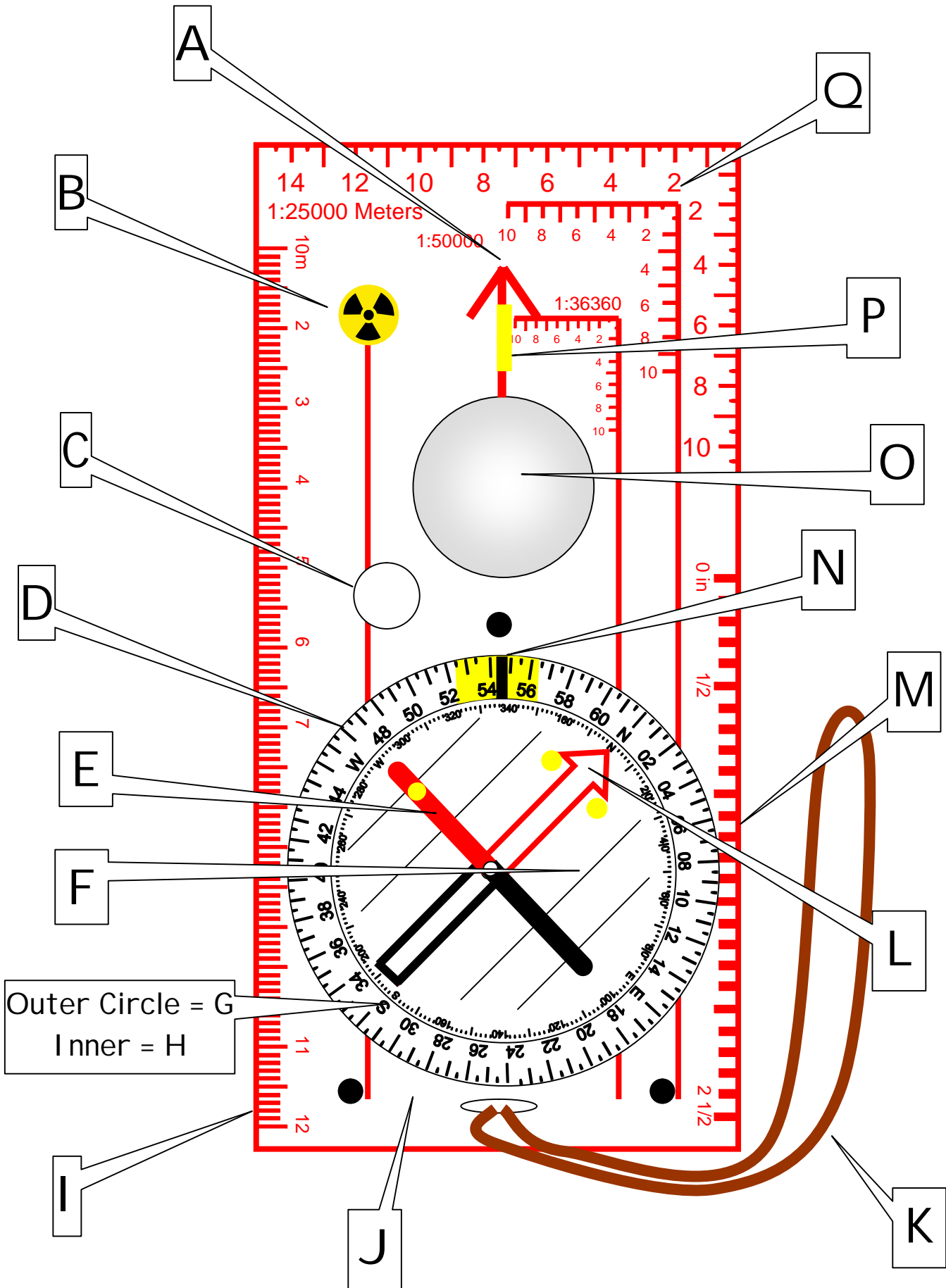
Lightweight Compass 1



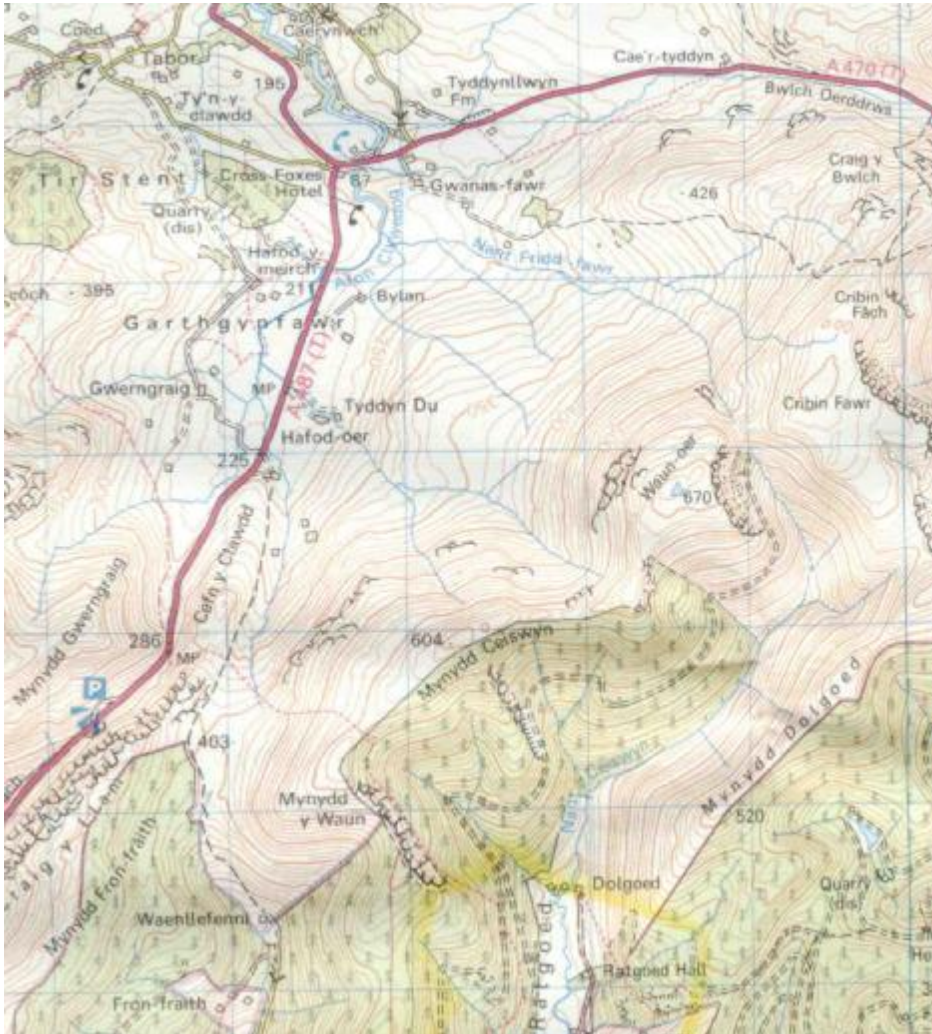
Lightweight Compass



Lightweight Compass 3

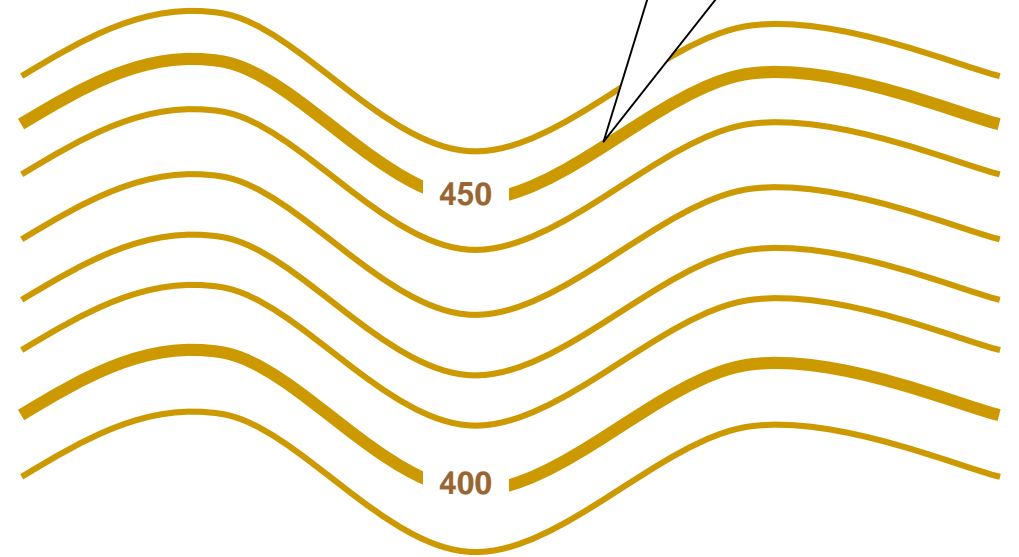


Contour Lines



Each line is 10 meters apart on the ground

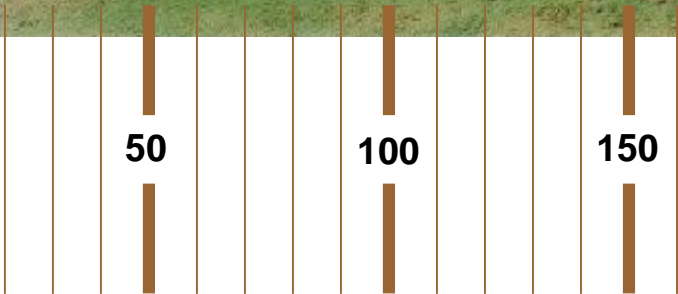
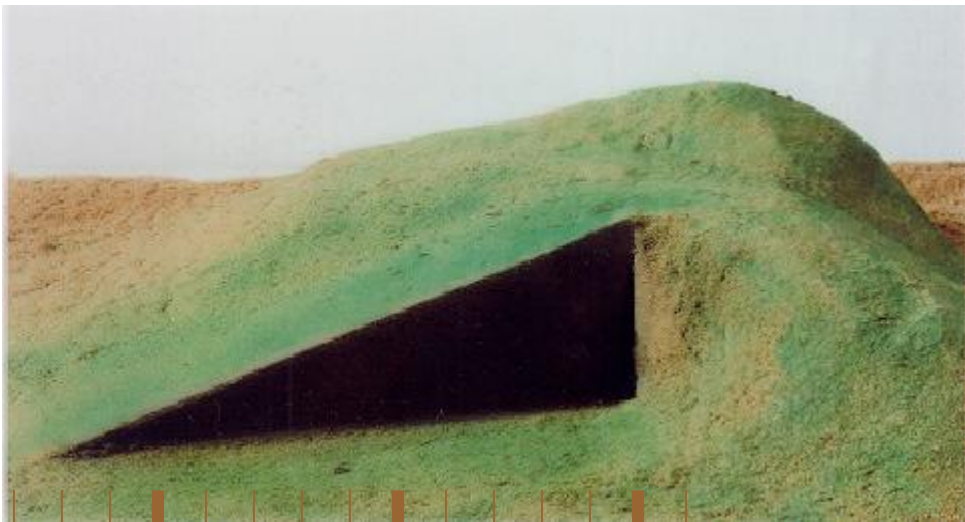
Thicker lines
every 50 meters



The distance between each contour line is known as 'Vertical interval'.

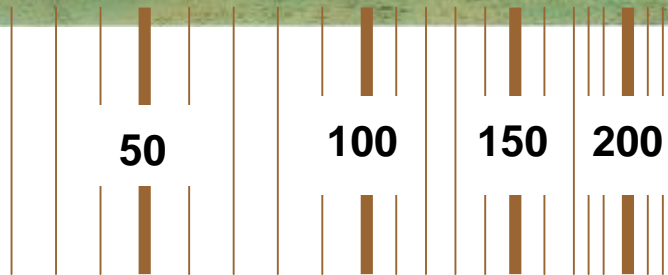
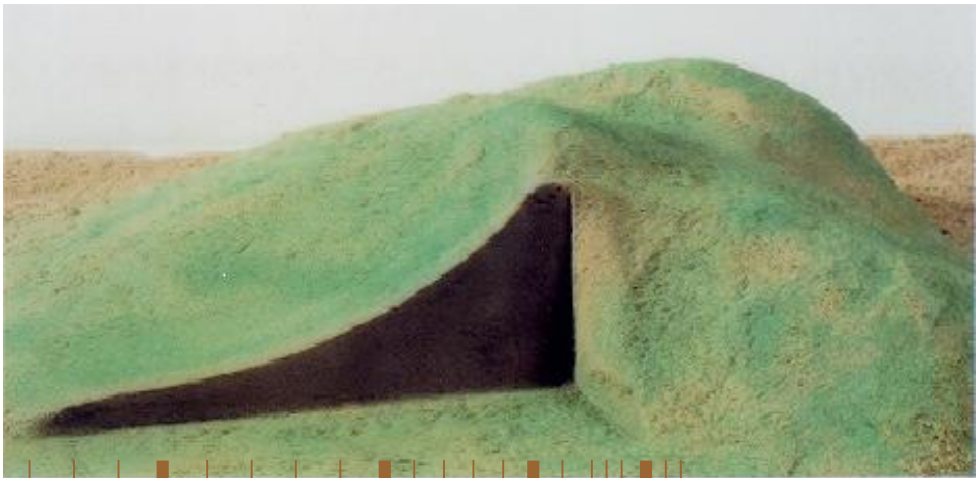
The closer together they are, the steeper the slope.

Contour Lines
Slopes



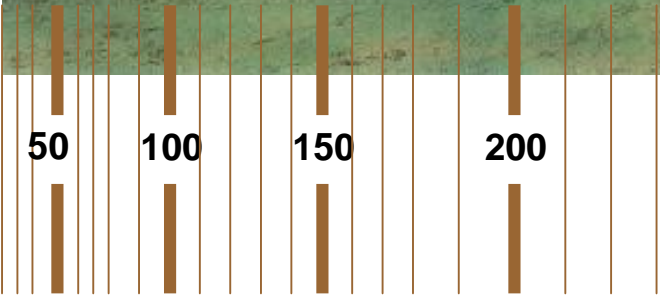
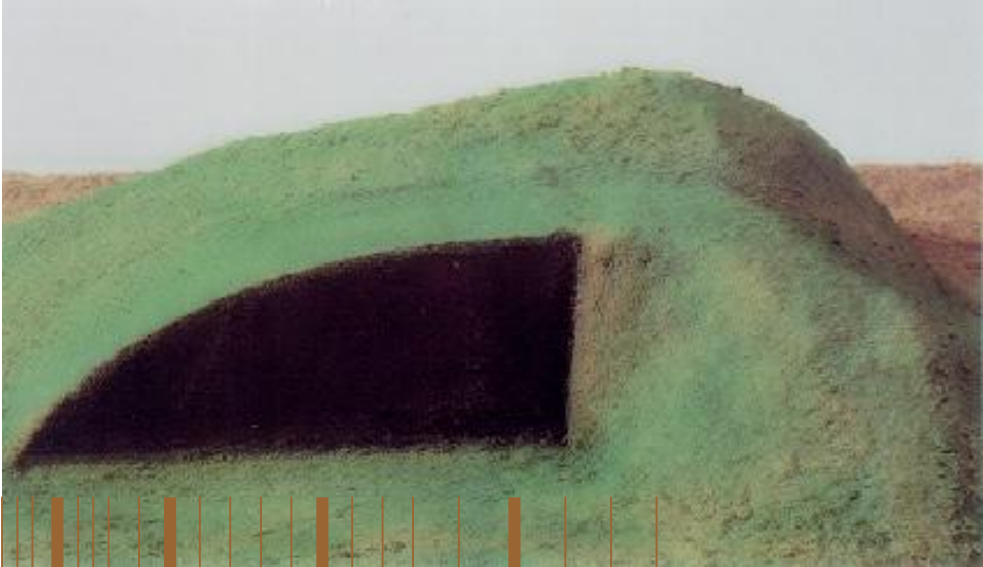
Gradual

Contour Lines
Slopes



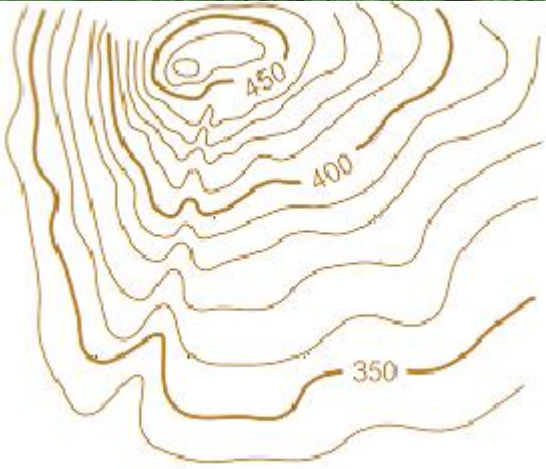
Concave

Contour Lines
Slopes



Convex

Contour Lines
Slopes



Re-entrance

Contour Lines
Slopes



Saddle

Contour Lines
Slopes

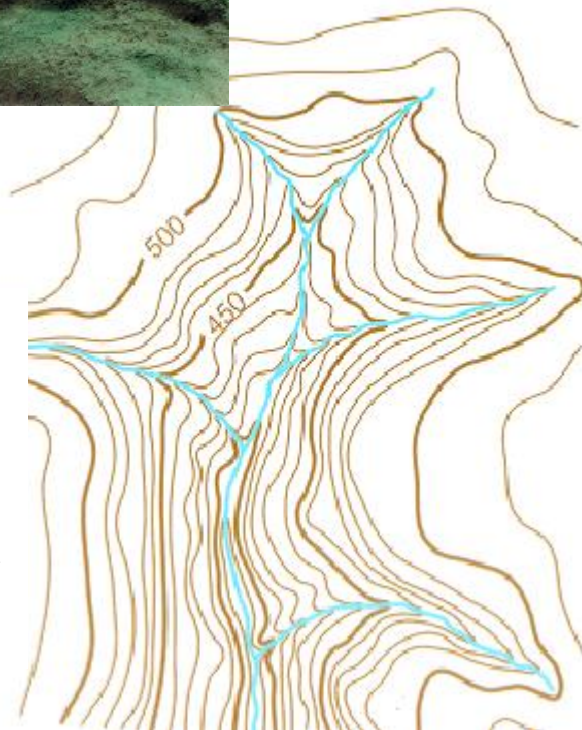


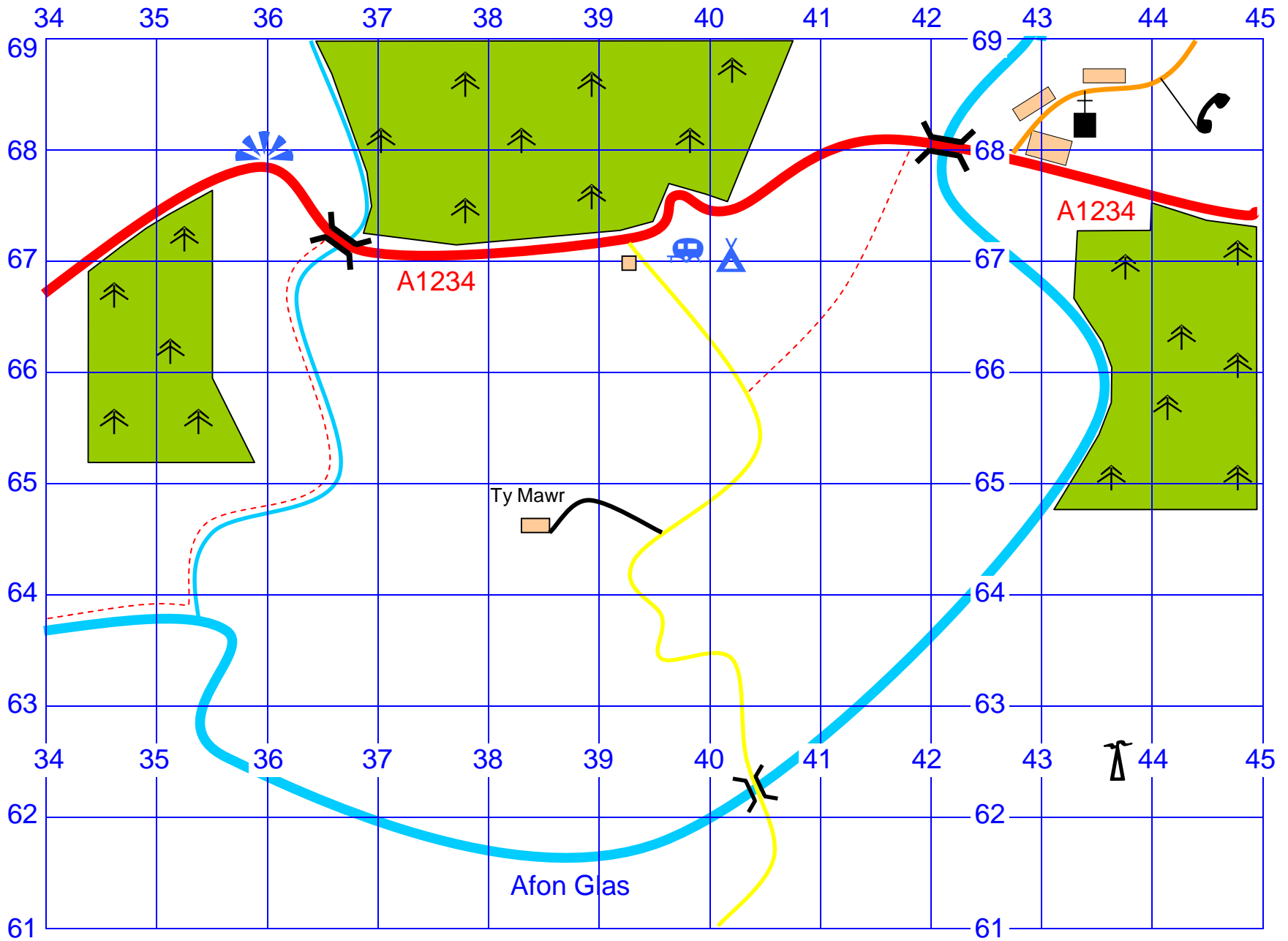
Spur

Contour Lines
Slopes



V shaped
Valley with
multiple
Re-Entrance





Naismiths Rule (Guide)

A guide for British hill walking was devised by Naismith about a hundred years ago.

Known as Naismiths Rules, they are not rules but a general guide, the guide rules are:

Carrying Little. 5 kph plus 1 minute extra for every contour climbed.

Carrying a Lot. 4 kph plus 1.5 minutes extra for every contour climbed.

(For Cadets it could be suggest to reducing it by 1 kph)

To calculate the amount of time it takes to cover a certain distance, the following formula is used: $\text{Distance/Speed} = \text{Time}$

If we have a distance of 10km and we travel at 5kph then the formula would be 10 divided by 5 which equals 2. It would therefore take us 2. hours to travel the distance

$$10(\text{km [Distance]}) \div 5(\text{kpm[Time, carrying little]}) = 2 \text{ hours}$$

Route card

Commander _____ Start Point GR _____ ETD _____
 Map sheet _____ ETA _____
 Date _____ Finish Point GR _____ GMA _____

leg	From		To		Bearing		Distance	Remarks Landmarks Hazards
	Location	Grid Ref	Location	Grid Ref	Grid	Mag		
1								
2								
3								
4								
5								
6								

As many legs as required

Route card (Example)

Commander Cpl Smart Start Point GR 123/456 ETD 0900
 Map sheet 111 ETA 1430
 Date 30 July 2004 Finish Point GR 654/321 GMA 3° (2.8) rounded up

leg	From		To		Bearing		Distance	Remarks Landmarks Hazards
	Location	Grid Ref	Location	Grid Ref	Grid	Mag		
1	Camp site	123/456	Path	234/567	254°	257°	150 m	Use pavement to path
2	Path	234/567	X paths	345/678	145°	148°	200 m	Go right at X
3	X paths	345/678	Y Paths	456/789	268°	271°	430 m	Keep left at Y Junct
4	Y Paths	456/789	T Paths	567/890	049°	052°	350m	Right at T path
5	T Paths	567/890	Trig Point	678/901	098°	101°	270 m	Set bearing
6	Trig Point	678/901	Camp site 2	654/321	307°	310°	420 m	Nicefield farm

As many legs as required

Route Planning

