

NAME _____

DATE _____

ANSWER SHEET

PART 3

ADVANCE LAND NAVIGATION

1. Knowing these four basic skills, it is impossible to be totally lost; what are they?
 - a. Track Present Location / Determine Distance / Sense of Direction / How to Read a Topographic Map
 - b. Track Present Location / Determine Distance / Night Navigation / How to Read a Topographic Map
 - c. Track Present Location / Staying on Course / Sense of Direction / Terrain and Map Association
 - d. Track Present Location / Plan to Navigate / Sense of Direction / How to Read a Topographic Map

2. TRUE False (circle one)
 Planning to navigate - EVERY TIME you enter a wilderness area, familiar or not, alone or in a group, you should prepare as though you were going in alone; if you get separated from the group - Always BE PREPARED.

3. TRUE False (circle one)
 Planning to navigate –Choose your group carefully (unless it is a family trip) - if people are stubborn, inflexible and finicky at home, they will be even more so in the wilderness.

4. What type of leaderships is there in a group? (Select all that apply)
 - a. Designated Leadership - taking responsibility for the group, motivating and guiding the group toward its goals, and determining how the group will achieve these goals.
 - b. Group Leadership (Active Followership) - supporting and following the designated leader, and participating in “group decision making” by giving input and seeking clarity.
 - c. Peer Leadership - the team works together and supports each other in achieving group goals, and each team member sees what needs to be done and does it.
 - d. Self Leadership - each person takes care of themselves, so they can take care of the group, and everyone shows personal initiative and character.

5. Planning to navigate alone? (Select all that apply)

a. Carry a book to keep you company	e. <u>Know your strengths and weaknesses</u>
b. <u>Stricter adherence to safety concerns</u>	f. <u>Leave a note or plans with someone</u>
c. Take more risks	g. wander aimlessly with no plan
d. <u>Good and bad experiences become more intense</u>	h. you do not need a map, just a compass

6. True FALSE (circle one)
 When navigating the wilderness all you need is a lensatic compass and a map, no other equipment.

7. Individuals must have these twelve essential items in a DAYPACK? (Select all 12 that apply)

a. Radio	g. <u>Flashlight</u>	m. Stove	s. <u>Matches</u>
b. <u>Whistle</u>	h. <u>A Plan</u>	n. Sleeping Bag	t. Mirror
c. Sewing Kit	i. Tent	o. <u>Emergency Rain Gear</u>	u. <u>Water</u>
d. <u>Map</u>	j. Walking Stick	p. <u>Pocket Knife</u>	v. Watch
e. <u>Compass</u>	k. <u>First-aid Kit</u>	q. Folding Chair	w. Can Opener
f. Book	l. Toiletries	r. <u>Insect Repellant/Sun Block</u>	x. <u>Food</u>

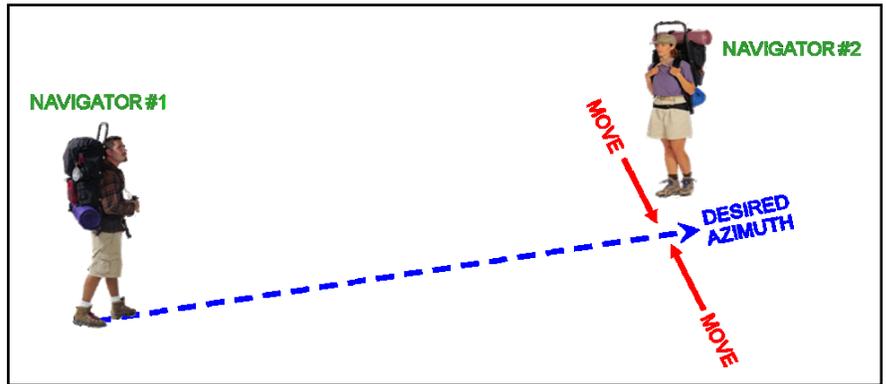
8. TRUE False (circle one)
 How much gear is needed? Just enough to stay dry, warm, and nourished. A light pack will allow for increased awareness and enjoyment of the surroundings while in route to your destination.

9. TRUE False (circle one)
 Never buy cheap gear, just to save money. It does not have to be expensive either. Buy gear that will stand up to wilderness use and will last a long time.

10. Safety first? (select all that apply)
- a. In a group; pace hike to the slowest person
 - b. DO NOT take any risk
 - c. In a group; have only one map and one compass
 - d. In a group; each person should have copy of the planned route and map.
11. TRUE False (circle one)
Always carry your daypack, with the **twelve essentials**, with you.
12. TRUE False (circle one)
In bad weather or unexpected hazards turn back and return to base camp or some other point which means food and shelter (safety first).
13. When navigating alone, you have the responsibility?
- a. To only set up base camp in an emergency.
 - b. To ensure other hikers you meet on the trail know your planned route.
 - c. To keep yourself physically and mentally alert, aware, and safe.
 - d. To take more risk and hike till exhausted.
14. When navigating (on the move) in a group, divide responsibilities, what are some? (select all that apply)
- a. SCOUT – select best path, avoiding hazards.
 - b. NAVIGATOR – ensures group stays on course.
 - c. COOK – ensures everyone eats.
 - d. HEAD COUNT – ensures group stays together.
 - e. RADIOMAN – ensures the radio works
 - f. LEADER – leads the group and rest periods
 - g. LEDGER – document events
 - h. MAPPER – ensures accuracy to landscape
15. True FALSE (circle one)
When selecting a route, select any route; it does not have to fit the group's experience.
16. There are two types of routes, what are they?
- a. A route on the map that fits your plans – where you want to go and campout.
 - b. A group or solo person that fits your plans – they agree to go where you want to go and campout.
 - c. A route that fits the group or solo person – physical and hiking skills are limited. No experience.
 - d. A group or solo person that fits the route – the route is so challenging and requires special skills.
17. TRUE False (circle one)
Use binoculars –they save a lot of legwork. Survey the area from different vantage points, trying to understand where streams and rivers flow, lay of the hills, terrain footing and obstacles, etc. Scan very slowly, looking hard into, rather than at, the terrain.
18. Wilderness navigation is a **DISCIPLINE** when traveling off the beaten path. To stay on course DO NOT rely on your “sense” of direction. You must rely on?
- a. Others to guide you through the wilderness.
 - b. New electronic equipment like a handheld GPS system.
 - c. Your compass and all navigation techniques available to you.
 - d. First orienting the map and then travel in a north direction only.

19. What method is this?

- a. Human Reference Point
- b. Intermediate Reference Point
- c. Landmark Reference Point
- d. Baseline Reference Point

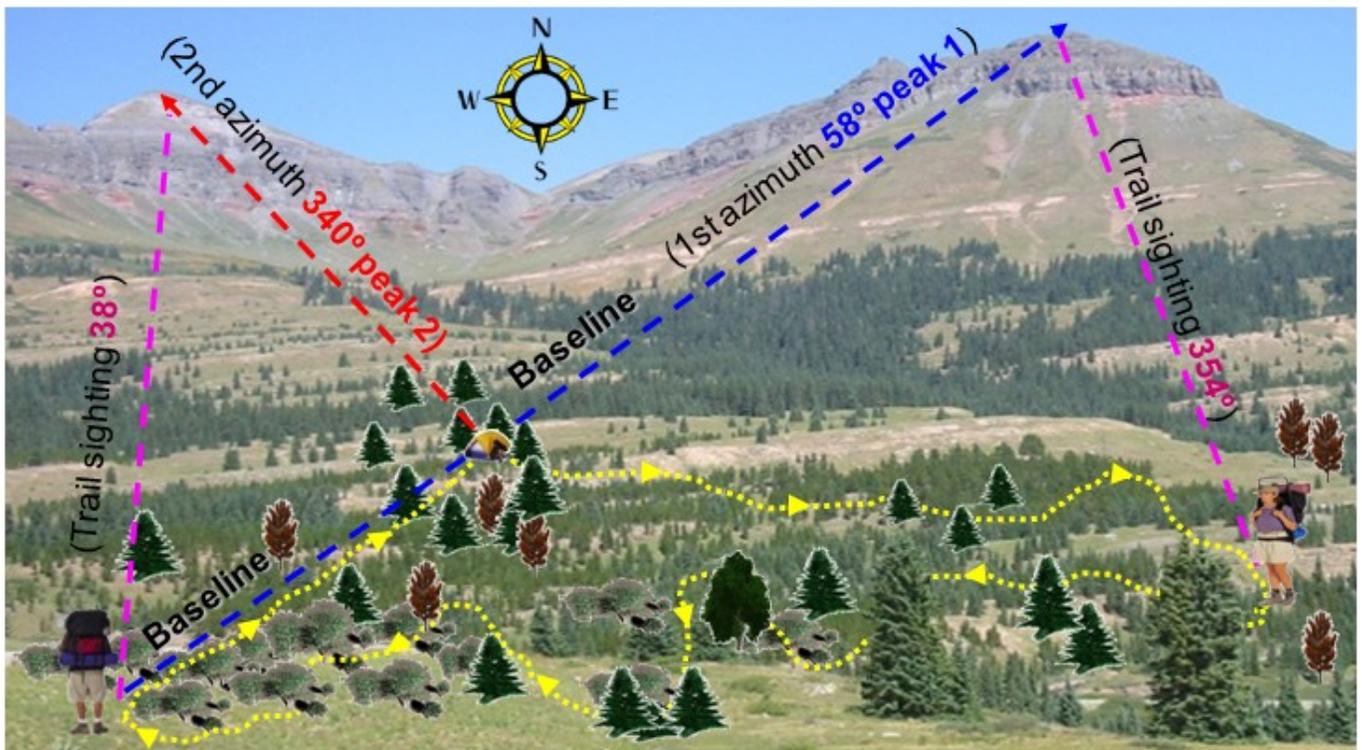


20. (step 1) Navigator #1 stays stationary, while navigator #2 goes ahead to the limit of visibility. (step 2) Then navigator #1, with compass in hand at desired azimuth, signals navigator #2 to move left or right till navigator #2 is aligned with compass azimuth bearing. (step 3) Navigator #1 catches up with navigator #2 and the process is repeated. What methods is this?

- a. Human Reference Point
- b. Intermediate Reference Point
- c. Landmark Reference Point
- d. Baseline Reference Point

21. What method is this?

- a. Human Reference Advanced
- b. Intermediate Advanced
- c. Landmark Advanced
- d. Baseline Advanced

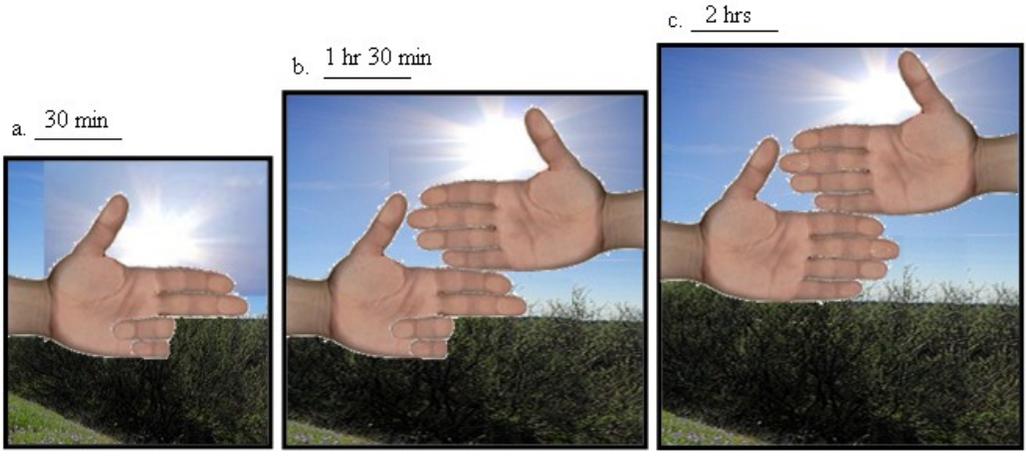


22. True FALSE (circle one)

Thumbing-the-Map means when you are lost then come across a road and thumb (hitchhike) for a ride to civilization.

23. **TRUE** False (circle one)
 Thumbing-the-Map - it is a technique that will keep you from getting lost or confused. As you gain skill, it becomes a great technique for increasing your travel speed as well! It is based on maintaining map contact. It is mostly used for "Orienteer Trail Racing".

24. If you do not know the TIME of sunrise and sunset, you can calculate the hours of daylight left with your hands. Every finger is about 15 minutes of daylight left before sunset. What is the estimated daylight?

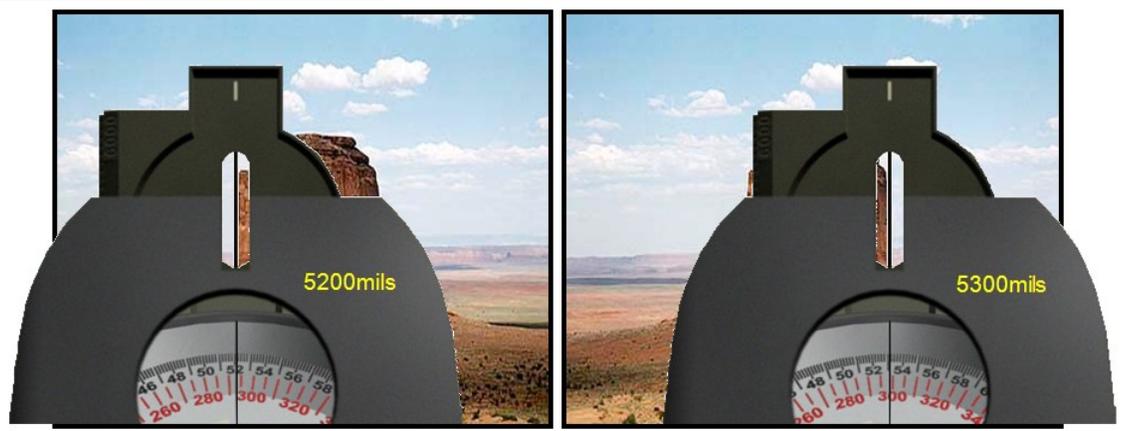
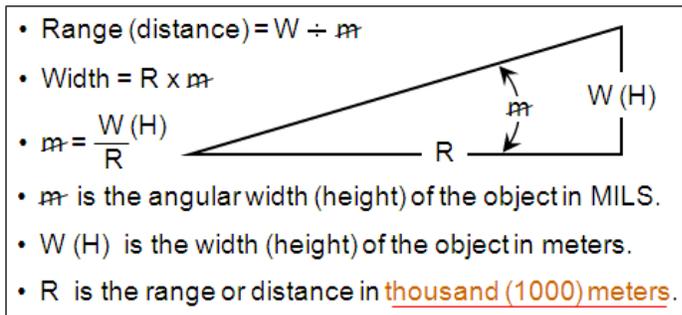


25. True **FALSE** (circle one)
 Binoculars with a built-in compass and rangefinder are essential and not a luxury.

26. **TRUE** False (circle one)
 You can estimate distance to a landmark (of known size) with a lensatic compass MILS dial scale, using an easy mathematical formula.

27. According to the map the landmark is 135 meters wide. Using the information below, what is the distance to the landmark from your present location?

- (1) 5300 - 5200 = 100 mils
 - (2) 135 meters / 100 mils = 1.35
 - (3) 1.35 x 1000 meters = 1350 meters
 - (4) 1350 meters = 1.35 Km
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-
-
-



28. Conserving energy during rest breaks – take regular breaks to hike effectively throughout the day. However, lactic acid (muscle soreness & tightening) can build up during breaks. (Select all that apply)
- a. Less than 1 minute – no problem
 - b. More than 5 minutes – muscle soreness begins
 - c. More than 15 minutes – body clears lactic acid
 - d. More than 30 minutes – body clears lactic acid
 - e. Less than 5 minutes – no problem
 - f. More than 1 minute – muscle soreness begins
29. TRUE False (circle one)
Encourage everyone to re-hydrate at every break.
30. True FALSE (circle one)
Rest break starts immediately when the first person stops, don't worry about the last person behind, on the trail. In fact, when the last person arrives, do not let them rest, immediately continue the hike; so the group can arrive to the scheduled destination on time. * *Meeting the scheduled time table is more important than enjoying a leisure hike, with plenty of rest and scenery.*
31. TRUE False (circle one)
RHYTHMIC BREATHING - you should move at a pace that allows you to breathe comfortably and be able to speak comfortably. If you are constantly gasping for breath or if you can't keep up a conversation, then you are hiking too fast, slow down.
32. TRUE False (circle one)
The mountaineer's "REST STEP" is your greatest ally on steep ascents. With every step, you briefly transfer weight from your leg muscles to the skeletal system. It takes a bit of practice, but if done correctly allows you to climb farther without excessive tiring.
33. TRUE False (circle one)
Blisters demand attention. If you ignore them, you will pay dearly later. If you get blisters in certain areas of the feet, put moleskin over it in advance, prior to starting your walk. And always carry a blister kit, even on day hikes.

END OF TEST (each question is worth 3 points)