



Personal Coaching – *These are the most common topics. Please let me know what else you are interested in learning.*

Grid references (4, 6, 8, or 10 figure)

Using Latitude & Longitude

Map types, scale, symbols, conventions

Contour interpretation & limitations

Feature recognition

Distance

Measuring on the map

Measuring on the ground

Estimating in the landscape

Compass theory & practice

Navigating with the compass – various techniques

Low visibility

Self-location with the compass

Other uses of the compass

Other self-location techniques

The 'Process of Navigation'

Map orientation

Route planning

Macro

Micro

Emergency

Time calculation

Safety in the mountains

General principles

Equipment

Bad weather navigation

Emergency techniques

Night Navigation

Beginners and improvers

GPS - Getting to grips with your model