Principles of Orienteering

5 Tools
1. Map
2. Compass
3. Score card (punch card or Ecard)
4. Clue Sheet
5. Your Brain

5 Skills
1. Rough Map Reading
2. Precision Map Reading
3. Rough Compass Reading
4. Precision Compass Reading
5. Distance Estimation by Measure & Pace

5 Techniques
1. Attack Points
2. Aiming Off
3. Collecting Features
4. Catching Features
5. Use of the Handrail

5 Processes (using Skills and Techniques)
1. Orient the Map
   a. Rough Compass Reading
   b. Precision Map Reading
2. Terrain Association
   a. Rough Map Reading
   b. Precision Map Reading
3. Route Selection (use 5 Techniques)
4. Map Simplification and Map Memory
   a. Precision to Rough Map Reading
   b. Rough to Precision Map Reading
5. Relocation (SOFA)
   a. Stop moving
   b. Orient the map
   c. Find a feature in the terrain
   d. Acquire that feature on the map