

Staying Found

Practical skills

Simple habits that prevent getting lost in the first place.

Prevention rather than recovery.

1

Study the route before starting

Distance, ascent, escape routes, expected time.

2

Tell someone the plan

Route and expected return time.

3

Check at every junction

Not when confused — before, at each decision.

4

Track handrails and catching features

A wall, a stream, a ridge. A road that catches you if you overshoot.

5

Note the time at each landmark

It tells you your pace and where you should be.

IF LOST

Stop. Do not keep walking

Retrace to the last known point

If it is getting dark, stay put and get warm

Phone: give a grid reference or what3words

Do not rely on a phone alone. Batteries fail in cold weather; a paper map and compass do not.