

Outdoor Adventures: Skills for the Wild

Grab your boots, pack your gear, and let's explore the great outdoors with Leo the Lion!

- **Orienteering is a sport that challenges both your physical fitness and your ability to navigate using a map and compass.**
- **When outdoors, always follow the Countryside Code: respect other people, protect the natural environment, and take your litter home with you.**
- **Contour lines on a map show you the elevation of the land; lines that are close together mean the ground is very steep.**
- **Staying hydrated and wearing appropriate layers of clothing helps you maintain your body temperature during long outdoor activities.**
- **A compass needle always points towards magnetic north, which helps you orient your map correctly to match the world around you.**

Did you know? Did you know? The first orienteering competition was held in Sweden in 1897! Today, it is a global sport where athletes use a detailed map and a compass to find their way through unfamiliar terrain as quickly as possible.

Key vocabulary: Orienteering · Topography · Contour lines · Compass · Navigation · Resilience · Sustainability