

OENZ COURSE OUTLINE

7 day advanced navigation, river crossing & survival course

Day 1

8:30am - Meet your group and Instructor/s at Darfield Bakery in the Darfield on west coast road/State high way 73. Darfield is a small town approx. 30 mins from Christchurch city.

9:30am - Arrive at Craigieburn Forest Park location.

- Packing and selecting good outdoor clothing & equipment
- Gear check
- Introduction to NZ topo 50 maps
- Colours and symbols
 - Scale and distance
 - 6 figure grid references
 - Identifying features (Valleys, Spurs, Gullies, Ridges, High points, Saddles)
 - Orientating a map using features & using a compass
 - Using a GPS
- Have a go at getting from one place to the next without getting lost.

12:30 – Lunch

- Estimating time and distance
- Route planning (off track)
- Navigation legs, this is where it all starts to come together.
 - Lead the group to a given destination, estimating the distance and time required to complete.
 - When you're not leading, your challenge is to follow along on your map and pick the destination once we arrive.

Day 2

8:00am Breakfast Pack up camp

9:30am

- Introduction to the compass

11:00am - Leave camp area

- Navigating in open ground/thin bush using compass techniques (Map: Field Bearings)
- Field: map bearings/triangulations (resections)
- Field: Field bearings

12:30pm

- Navigation legs, another chance to consolidate your nav skills
- Emergency scenarios –what to do when things go wrong

3:30-4pm – Back at vehicles, time to say good bye to the 2 day participants (finish location is 1.5-2hrs from Christchurch) and head to our accommodation in Arthurs Pass.

**Please note that this is just a guide to how the course normally run and your instructor may run the course in a different order to best fit in with local conditions and the abilities or the group.*

Day 3

9:30am – River Theory at house

11:00am - Arrive at river

- Introduction to different parts of the Rivers
- Identifying river features (braids, eddies, strainers etc...)
- Tips and tricks to check river flow and depth.
- Identifying a safe river crossing location.

1:00 – River crossing practice (time to get wet!)

- Group river crossings
 - Backing out if it's too strong
- Solo river crossings
 - Backing out/turning if it's too strong
- Pack float river crossing (when it's too deep to touch the bottom)
- What to do if you get taken off your feet (ferry gliding/self-rescue swimming)

3:30-4pm – Back at vehicles, time to say good bye to the 3 day participants & head to our accommodation in Arthurs Pass

Day 4

Please note: Access to steep and challenging terrain takes more time to get to and navigate through.

8:30am – Weather interpretation, forecasting and understanding & trip planning.

10:30am - Arrive at organised location

- Introduction to advanced map reading
- Identifying specific terrain/contour features
- Navigating off track to specific contour features

12:30 – Lunch

- Introduce compass techniques – cross slope/down slope bearings
- Steep terrain travel
- Navigating above the bush line
- Walking through loose/steep/rocky/slippery terrain

4pm – Back at vehicles, time to head back to our accommodation in Arthurs Pass

Day 5

Specific skills focus on: Emergency Shelters, fire lighting & hand lines

8:30am – Continued weather interpretation, forecasting and understanding & trip planning.

10:30am - Arrive at organised location

This morning we learn the skills to build a shelter for a survival situation using nothing but natural resources. Learn how to keep yourself insulated and protected from the elements in South Island beech forest.

12:30 – Lunch

Fire lighting is a skill often overlooked. This afternoon we will look at how to build a fire in adverse weather conditions. You will acquire the skills to build a fire in rainy, wet conditions, how to locate dry timber and materials to keep your fire going.

Hand lines come in useful if you hit some slippery steep terrain that has a terrible run out. We will look at affective hand lines and how to anchor them to trees in order to descend terrain safely.

3:30-4pm – Back at vehicles, time to head back to our accommodation in Arthurs pass

7:00pm Evening planning session

Tonight you will plan your overnight adventure. Your instructor will give you a location to work within and you will plan a route with their guidance that will be executed by the group over the following 2 days.

Day 6 & 7

8:30am – Group will provide the instructor with a weather forecast & final trip plan

Pack up & clean house

9:30am - Arrive at organised location

Participants will lead the instructor along their route plan, demonstrating skills along the way such as varied navigation techniques and walking techniques, stream/river crossings, hand lines and weather observations.

12:30 – Lunch

Continue shared navigation to the camp location with an approximate arrival time of 2pm

Group to build emergency shelters to sleep out in and a fire (if conditions allow) for overnight

Dinner – 5-6pm

Evening – social time

Breakfast – 7:00am – pack up of camp

9:00am Departure

Participants will lead the instructor along their route plan, demonstrating skills along the way such as varied navigation techniques and walking techniques, stream/river crossings, hand lines and weather observations.

12:30 – Lunch

Continue shared navigation along the route to complete consolidating navigation techniques and route travel off track back to vehicle.

3:00-3:30pm – Back at vehicles, time to head home

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