

## **Estimating distance**

<b>Dist</b>	<b>Appearance of familiar objects</b>
100m	Facial features of people are clear; Clothing and other details clear; hair color recognisable
200m	Facial features of people blur; Clothing and other equipment details identifiable; individuals in a group identifiable
300m	Facial features not recognisable; Clothing and equipment color distinguishable
400m	Body outline of people and livestock is clear; Remaining detail is blurred
500m	Body outline of people begins to taper and head is indistinct from shoulders; Stock types (sheep, cattle) distinguishable; Large manmade features such as pylons and poles can be distinguished; Vegetation changes can be distinguished
1km	People identifiable as small indistinct objects; Different vegetation types distinguishable; Livestock recognisable; Buildings can be seen; Trig points can be seen; Rocky outcrops recognisable; Cars can be seen
5km	Trees can be identified; Livestock can be seen; Houses can be seen; Power lines can be seen
10km	Large buildings can be seen; Conspicuous hill features can be seen; Power lines can be seen

**Dehydration effects. Loss in liters is based on a body weight of 70kg. Number of days @ 2 l per day loss**

<b>Fluid loss (%)</b>	<b>Fluid loss (l)</b>	<b>Symptoms</b>	<b>Days (maximum)</b>
1-5%	0.7-3.5	Thirst, discomfort, appetite loss, flushed skin, irritability, sleeplessness, nausea	1-2
6-10%	4.2-7	Dizziness, headache, breathing difficulty, no saliva, slurred speech, unable to walk	2-4
11-20%	7.7-14	Delirium, swollen tongue, swallow difficulties, vision blurring, numb and shrivelled skin	4-7
Serious trouble!		Body and brain start to shut down	

## Signs of plants to avoid

<b>Prussic acid</b>	Avoid any plant with the smell of bitter almonds or peaches. Crush the leaves to test
<b>Oxalic acid</b>	Example: wild rhubarb. Sharp, dry, stinging sensation on skin or tongue
<b>Milky sap</b>	General rule: avoid. Exception: dandelions
<b>Red plants</b>	Bright colored vegetation usually bad
<b>Fruit in 5 segments</b>	Because Lofty Wiseman said so
<b>Grasses/plants with tiny barbs</b>	Bloody irritating
<b>Old/withered leaves</b>	Noxious chemical buildup
<b>Umbelliferous plants</b>	Too many nasties like hemlocks are in the Umbelliferae
<b>Black berries</b>	Solanums and allies often have black berries including Belladonna and Deadly Nightshade

**Hand angles and their relationship to compass angles and distance between objects at 1 km**

Hand angle	Mils	Degrees (rounded)	Distance at 1km
1 finger	30	2	30
2 fingers	70	4	70
3 fingers	100	5.5	100
4 fingers	125	7	125
Fist	180	10	180
Handspan	300	17	300
2 handspans	600	34	600

<b>Going</b>	<b>Day (100m)</b>		<b>Night (100m)</b>	
	Paces	Minutes	Paces	Minutes
Flat - open				
Flat - close				
Flat - heavy				
Slight - open				
Slight - close				
Slight - heavy				
Steep - open				
Steep - close				
Steep - heavy				

## Slope Correction

Percent slope	Distance correction
20%	2.0%
40%	7.7%
60%	16.6%
80%	28.0%
100%	41.4%
120%	56.2%
140%	72.0%
160%	88.7%
180%	105.9%
200%	123.6%