OH NO I HAVE LOST THE GROUP AND THEY HAVEN'T COME BACK FOR ME

Last tip you were lost in the bush waiting for the group to come back for you. Well, unfortunately you weren't walking with AOA and they didn't even notice you were missing. So now you need to proceed on your pre-set escape route to safety. Easy, just head north until you find that major road. Next problem - which way is north?

Tip Number 3 – How to find north by the sun

Firstly this technique will only work if you are south of the sun (so don't rely on it when you are on holidays in Europe) and you have a watch with hands on it. If you only have a digital watch - improvise and draw a watch face on a piece of paper.

What good is a method, which doesn't always work. How do I know I am south of the sun? Well, provided you are south of Newman this technique will always work - and that covers most of the areas AOA normally walks in. During the winter months the whole of Australia is south of the sun.

Now - how to do it.

Point the 12 of the watch to the sun. An easy and accurate way of doing this is to hold a small twig over the 12. Move the watch round until the shadow passes through the centre of the dial.

North is halfway between the hour hand and the 12.

Once you have found north it is easy to find east, south and west.

Oh no things have become much worse - the sun has just set. Have a look at the next tip to learn how to find south by the stars.

