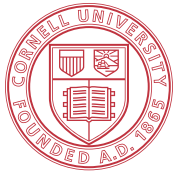


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## Field Journal

- Date and Time – include start and end times
- Location – site name, location description, UTM **or** Lat-Long coordinates
- Map – include a simple sketch map of the location, indicate north and nearby named road(s)
- Weather Conditions – Temperature, cloud cover, wind direction/speed, precipitation
- Description of Site/Area – Briefly include habitat type(s) present, a landscape description



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## Field Journal

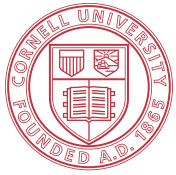
Date and Time – 2015-09-03, 14:00

Location – McGowan Woods,  
Game Farm Road,  
UTM **or** Lat-Long coordinates

Map

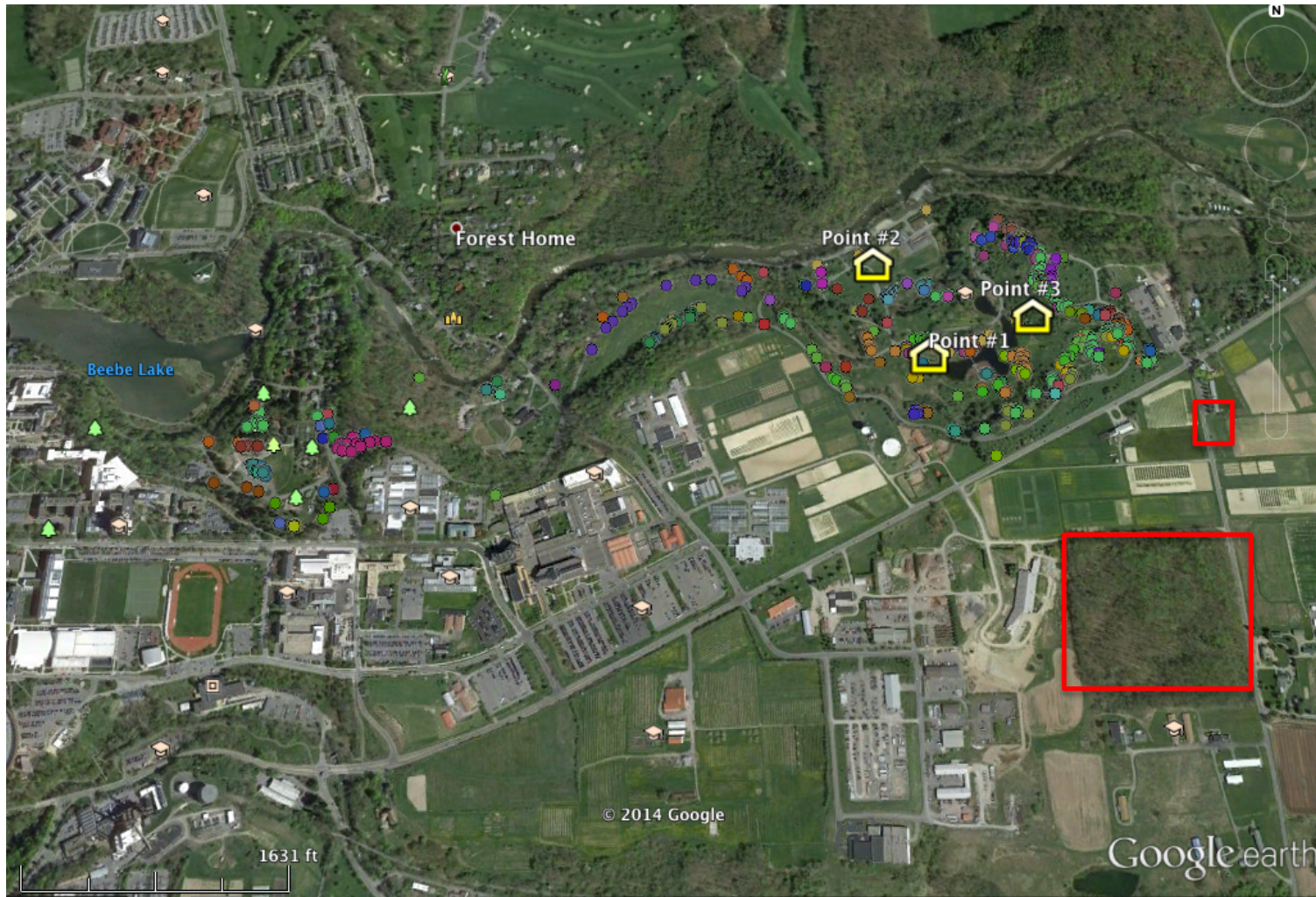
Weather Conditions

Description of Site/Area

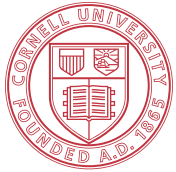


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McGowan  
Woods

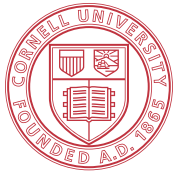


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In the field today:

- Physical environmental data
- Basic compass usage
- Pacing in the forest
- Basic navigation in the forest



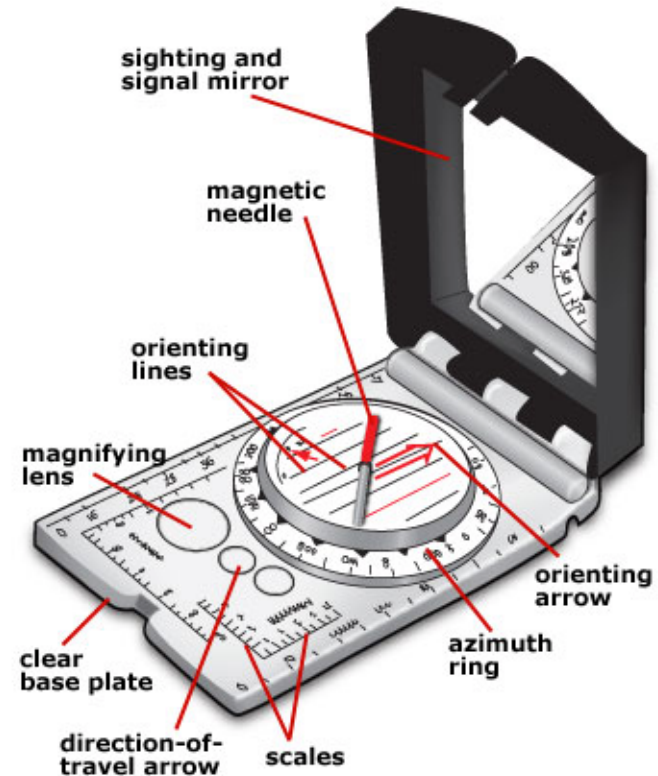
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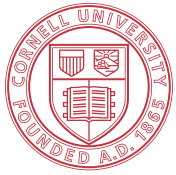
## Red Fred in the Shed: Using a Compass

Think of the rhyme "Red Fred in the Shed" to remember how to face north. As you perform the steps below, remember the following.

- To face north, move your body—**not** the compass.
- Think of the **red** magnetic needle as "red Fred."
- Think of "N" (the north indicator) as the "shed."
- Follow these steps to face north.
  - Twist the dial until N is lined up with the direction-of-travel arrow.
  - Keep the compass level as you point the direction-of-travel arrow directly away from your waist.
  - Keeping the compass in the same position with your body, turn your body until the red needle aligns with the N (think of it as putting "red Fred in the shed"). You now face north.







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