

A photograph of a dirt path in a forest, with a person and a child walking away from the camera. The path is covered in fallen leaves and the trees are bare, suggesting autumn or winter. The image is divided into a grid of four panels by white lines.

Kyt Lyn Walken

TRACKING FOR

A handout
to read
and follow
human
footprints

KIDS

TRACKING FOR KIDS

A handout to read
and follow human footprints

An introduction to Tracking
for younger generations.

ABOUT THE AUTHOR



"I love Kyt's passion for Mantracking.

This girl is on fire"

Joel Lambert, 10 year Veteran of Navy SEAL Teams

Kyt Lyn Walken is an authentic enthusiast and trader of the Ancient Art of Human and Animal Tracking. This skill is still very effective nowadays from Search and Rescue, Tactical dimension, Forensic Science until Wildlife Conservation.

She has been entitled "Official Representative of Hull's Tracking School" in 2018. Mike Hull is her Mentor.

In the same year she has become a Conservation Ranger after attending a two weeks course in Poland led by C.R.O.W. (Conservation Rangers Operations Worldwide).

Kyt Lyn has also studied "Forensic Photographs on Crime Scene", by UK Forensic Advisor and former Royal Marines Robert Kendall.

Currently she runs Man and Animal Tracking courses all over Europe, and she is regular writer for some US and UK webzines on Survival and Prepping.

She has been entitled "Directora de la Escuela de Rastreo Humano Carcayú - Spain". She is Guest Instructor for Veteranen Search Team (The Netherlands).

She is author of the Manuals "The importance of being a Tracker", "The Urban Tracker" and "Tracking Compendium" (with Andy Martin), "Jungle Warriors - SAS in Malesia and Borneo" and the essay "Tracking, Anti-Tracking and Counter-Tracking during Colonialism" (with Professor Timothy J. Stapleton).

www.thewayoftracking.com

INTRODUCTION



Recently I had the honor to introduce the Art of Tracking to kids. They demonstrated not only how hungry for learning they are, but they also gave me the proof that they approach to this Ancient Art with no "psychological conditioning" (I am quoting their own words.)

This handout is intended to be an aid to support these amazing new generations of Trackers.

May their curiosity and enthusiasm know no borders.
I always feel so grateful to meet them in my way.

With infinite love,
Your "Coach" Kyt



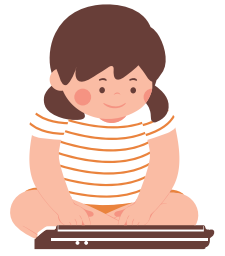
Photo credits: Adventure Team ASD, 2021

TABLE OF CONTENTS



1. What is "Tracking"? - page 4
2. Why learning Tracking - page 6
3. The stages of Tracking - page 7
4. The rules of Tracking - page 8
5. How tracks look like - page 9
6. The human footprint - page 11
7. Measuring a footprint - page 12
8. The stride - page 13
9. What footprints tell us - page 14
10. Is the track fresh? - page 15
11. Find your parents' footprints - page 16
12. Take pictures of footprints - page 17
13. What to do if you are lost - page 18

1. WHAT IS "*TRACKING*"?



TRACKING: "*the act or process of following something or someone*" (Collins Dictionary). Tracking can be considered an Art and a Science, because it deals with intuition but also with logical thinking. *Tracks are facts!*

We can follow persons, animals and even... vehicles!

Tracks, in fact, are signs of passage. They appear in a wide range of shapes, colors and forms.

They can be very easy to detect... or extremely hard!

EASY TRACKS



HARD TRACKS





Discovered during Primitive Era, Tracking has been successfully handed down from generation to generation.

The inner rules to detect and follow animal and human tracks have remained the very same along the history.

Few and essential rules allow us to gain a lot of clues from the terrain and the surrounding vegetation!



2. *WHY* LEARNING TRACKING



Reading and following tracks enables us:

- to establish a deep connection with the surrounding environment
- to discover the rythm of nature
- to recnognize animal species
- to understand if a trail has been recently beaten
- to follow parents' footprints if lost

Keep in mind that a Tracker is like a Detective!

If you conduct yourself in your daily life, you will be able to collect a lot of informations on places, people and situations.

This will help you to keep at large from dangers!



3. THE *STAGES* OF TRACKING



Observing



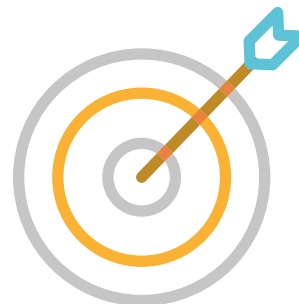
Organizing informations



Developing deductions



Pursuing



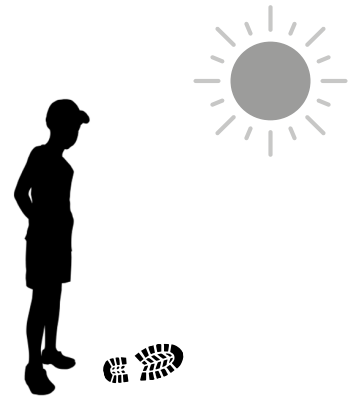
4. THE *RULES* OF TRACKING



Do not step on tracks! If so, you will destroy them.



Keep the track between you and the sun.
In this way you will see more details thanks
to the shade cast!



Look for the next signs!



Stay close to your relatives and friends!



5.

HOW TRACKS *LOOK* LIKE



Ground compression, especially on soft terrains like SAND, MUD, SNOW.

These types of soils are called "Track Traps".



Flattened grass



Dislodged pebbles or rocks



Liquid or solid material transferred



Broken twigs





Bent or ripped off vegetation



Dew presence



Dropped or lost objects



Broken spiderwebs or
disturbed animal activity



6. THE HUMAN *FOOTPRINT*



TOE



ARCH

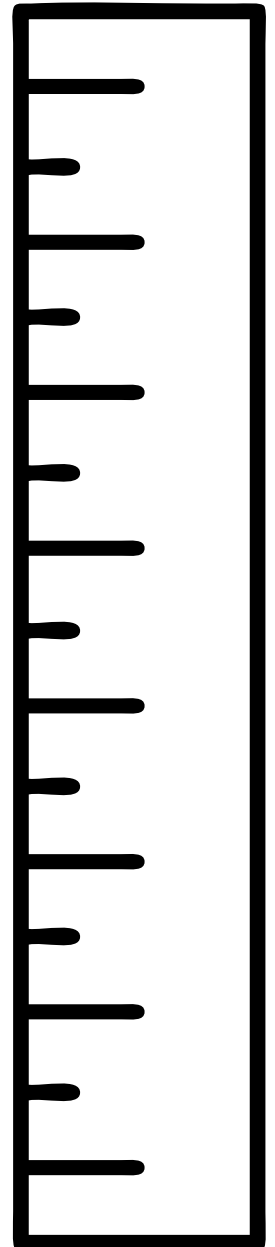


HEEL



7.

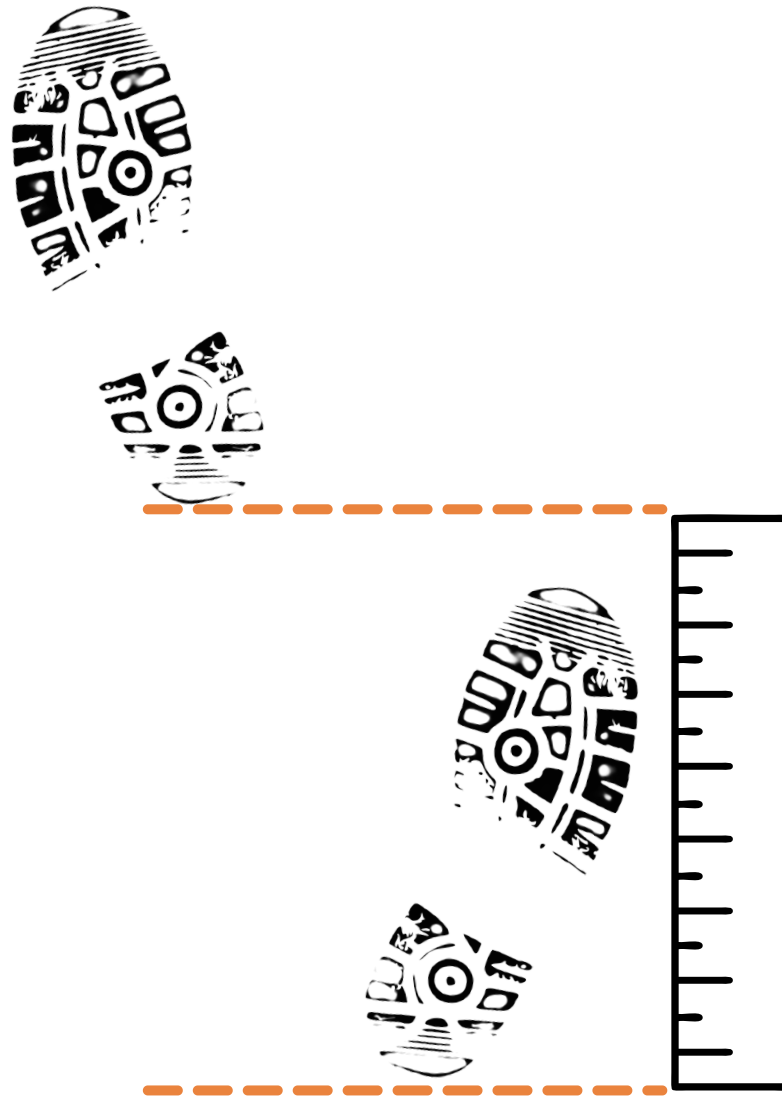
MEASURING A FOOTPRINT



Entire Lenght: from heel to toe.

You can measure it *only when you have a full footprint!*

8. THE *STRIDE*



The stride is the distance between two different feet.

It determines the gait of the person (walking, running..).

You can measure it from heel of the first footprint to the heel of the next one.

9.

WHAT FOOTPRINTS *TELL* US



Gender

Brand of shoes

Approximate age of the person

Approximate height of the person

Approximate weight of the person

General direction of travel

Presence of backpacks, bags..

Health conditions

Habits



10. IS THE TRACK *FRESH*?



You always keep in mind:

- previous weather conditions
- current weather conditions
- climate
- wind speed
- interferences with other tracks
- type of soil (grassland? woodland? moorland?..)
- humidity's percentage
- type of vegetation
- presence (or absence) of morning dew
- animal habits
- dryness of the transfer
- discoloration of damaged vegetation



11. FIND YOUR *PARENTS'* TRACKS



Sketch your parents' shoe design ("pattern").



Keep it in one of your pockets. Don't spoil it!



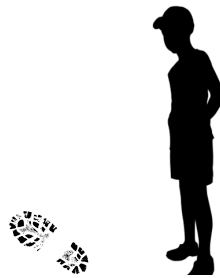
Look for your parents' footprints on "track traps".



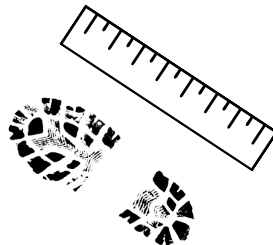
12. TAKE PICTURES OF TRACKS!



Don't step on the tracks you want to photograph!



Place a measuring device beside the footprint. You can also use a coin.



Stand firm and take:

- a perpendicular pic (about one meter - 3, 3 ft above the track)
- an oblique one (at least 30° towards one low angle of the track)



13.

WHAT TO DO

IF YOU ARE LOST



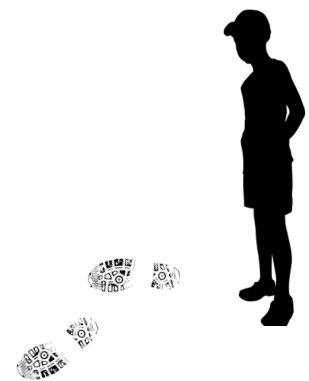
Stay put in a place!



Pay attention to any noise: your parents are calling you!



Look for your relatives' patterns and track them back
ONLY IF YOU ARE SURE ABOUT THEM!



Don't fear animals! Animals fear you too!
Don't try to pet wild animals!

