

4. Knowing how.

You need to free yourselves from your usual walking habits. Maybe start at a time that is odd for you – 4.30am, 9.15pm, noon... Make sure you have at least half a day – the drift is not a stroll. Find a way to get you off your beaten tracks. Jump on any bus at random and get off at the 7th stop. Order a cab, close your eyes and ask the driver to drop you “somewhere anonymous”.

Start with some kind of theme – look for traces of rebellion or snuffed-out difference, for wormholes, for powerful symbols, for voids, for where things are interwoven. If the drift diverts you onto another theme, that's fine. The drift may begin to tell a story and you can look out for things that will develop the narrative. You might set out to collect things or take things to leave as memorials or surprises or plan to seek particular types of place: the tops and bottoms of buildings, rooms without windows.

5. Knowing what.

Sensible shoes, maybe – needs vary. Maybe something to leave behind. Small torch. Some chalk. Notebook and pen. Camera. Water. Food to pass round. Something a little luxurious or unusual – a treat. Not maps usually. You'll notice what you miss the first time, so take it on the second.

Après dérive: make some memento of your drift to share with your fellow drifters or show to others. They may become your next companions.

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- *This Starter Kit is taken from www.mythogeography.com*
 - *Visit the website to learn more about drifting and mythogeography. There are texts, images, music, stories and ideas to explore.*
 - *The website has details of Phil Smith's new book **Mythogeography: A Guide to Walking Sideways**.*
 - *See also the site's **MythoArchive** for accounts of drifts undertaken by Phil and others.*

