Daily Time Control Plan – Day: ____ Route from _____ to _____

Date:	
Day's Starting Point:	
Day's Starting Time:	
Destination:	
Trail Distance (miles):	
Pace of Trek Crew:	_____ mph (between 1 mph and 3 mph; 2 mph is average on level ground)
Travel Time:	Trail distance _____ divided by pace of trek crew _____ = _____ hours
Time Adjustment for Changes in Elevation: (add one hour to gain 1000 feet, one-half hour to lose 1000 feet)	+ Uphill (actual feet X one hour per 1000 feet gained) Elevation Gain _____ feet X 60 minutes per 1,000 feet = plus _____ minutes adjustment - Downhill (actual feet x one-half hour per 1000 feet lost) Elevation Loss _____ feet X 30 minutes per 1,000 feet = plus _____ minutes adjustment = Adjusted Travel Time (travel time + uphill adjustment + downhill adjustment) Travel Time _____ + _____ uphill + _____ downhill = Adjusted Travel Time _____
Rest Stops (+ 10 minutes per hour of travel time):	Adjusted Travel Time _____ hours X 10 minutes per stop = Rest Stop Time _____
Lunch (normally 30 minutes):	+ 30 minutes
Planned Activities During Hike:	+ _____ minutes for fishing, swimming, staff camp program, etc.
Total Travel Time:	Adjusted Travel Time _____ + Rest Stop Time _____ + Lunch Time _____ + Planned Activity Time _____ = TOTAL TIME _____
Other Factors (trail, obstacles, load carried, hikers with blisters, etc.):	
Planned End Time at Destination:	

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