Daily Time Control Flat	1 – Day: to 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	+ Uphill (actual feet X one hour per 1000 feet gained)
Elevation:	Elevation Gain feet X 60 minutes per 1,000 feet = plus minutes adjustment
(add one hour to gain 1000 feet,	
one-half hour to lose 1000 feet)	- 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)
Part Stone (± 10 minutes non hour	Travel Time + uphill + downhill = Adjusted Travel Time
Rest Stops (+ 10 minutes per hour of travel time):	Adjusted Travel Time house V 10 minutes not ston - Deat Ston Time
Lunch (normally 30 minutes):	Adjusted Travel Time hours X 10 minutes per stop = Rest Stop Time + 30 minutes
Planned Activities During Hike:	+ minutes for fishing, swimming, staff camp program, etc.
Total Travel Time:	
Total Havel Time.	Adjusted Travel Time + Rest Stop Time
	+ Lunch Time
	+ Planned Activity I ime
	= IOTAL TIME
Other Factors (trail, obstacles, load	
carried, hikers with blisters, etc.):	
Planned End Time at Destination:	
	Day: to to
Date:	Day: toto
Date: Day's Starting Point:	Day: to to
Day's Starting Point: Day's Starting Time:	Day: to to
Date: Day's Starting Point: Day's Starting Time: Destination:	Day: to
Date: Day's Starting Point: Day's Starting Time: Destination: Trail Distance (miles):	
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)
Date: Day's Starting Point: Day's Starting Time: Destination: Trail Distance (miles): Pace of Trek Crew: Travel Time:	mph (between 1 mph and 3 mph; 2 mph is average on level ground) Trail distance divided by pace of trek crew = hours
Date: Day's Starting Point: Day's Starting Time: Destination: Trail Distance (miles): Pace of Trek Crew: Travel Time: Time Adjustment for Changes in	mph (between 1 mph and 3 mph; 2 mph is average on level ground) Trail distance divided by pace of trek crew = hours + Uphill (actual feet X one hour per 1000 feet gained)
Date: Day's Starting Point: Day's Starting Time: Destination: Trail Distance (miles): Pace of Trek Crew: Travel Time: Time Adjustment for Changes in Elevation:	mph (between 1 mph and 3 mph; 2 mph is average on level ground) Trail distance divided by pace of trek crew = hours
Date: Day's Starting Point: Day's Starting Time: Destination: Trail Distance (miles): Pace of Trek Crew: Travel Time: Time Adjustment for Changes in Elevation: (add one hour to gain 1000 feet,	mph (between 1 mph and 3 mph; 2 mph is average on level ground) Trail distance divided by pace of trek crew = hours + Uphill (actual feet X one hour per 1000 feet gained) Elevation Gain feet X 60 minutes per 1,000 feet = plus minutes adjustment
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Date: Day's Starting Point: Day's Starting Time: Destination: Trail Distance (miles): Pace of Trek Crew: Travel Time: Time Adjustment for Changes in Elevation: (add one hour to gain 1000 feet,	mph
Date: Day's Starting Point: Day's Starting Time: Destination: Trail Distance (miles): Pace of Trek Crew: Travel Time: Time Adjustment for Changes in Elevation: (add one hour to gain 1000 feet, one-half hour to lose 1000 feet)	mph
Date: Day's Starting Point: Day's Starting Time: Destination: Trail Distance (miles): Pace of Trek Crew: Travel Time: Time Adjustment for Changes in Elevation: (add one hour to gain 1000 feet, one-half hour to lose 1000 feet) Rest Stops (+ 10 minutes per hour	mph (between 1 mph and 3 mph; 2 mph is average on level ground) Trail distance divided by pace of trek crew = hours + 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) Iravel Time
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