

Time Control Plan

A time control plan lets you see how long a proposed day's travel will take, so you can make adjustments if necessary. Include a time control plan for each leg of the trek with your trip plan. Use a topographic map of your route to determine the trail distance and elevation changes.

Scout Name: _____
 Date: _____
 Starting Time: _____
 Starting Point: _____
 Destination: _____
 Trail Distance: _____ miles
 Pace of crew: _____ miles per hour
 Travel time: _____ hours (Trail Distance / Pace)
 Elevation Gained: _____ feet (sum of all uphill sections)
 Uphill adjustment: _____ hours (feet gained / 1000)
 Elevation Lost: _____ feet (sum of all downhill sections)
 Downhill adjustment: _____ hours (feet lost / 2000)
 Adjusted Travel Time: _____ hours (Travel time + Uphill + Downhill)
 Rest Stops: _____ min (10 min. per hour of Travel Time)
 Lunch: _____ min (usually 30 min)
 Planned Activities: _____ min (swimming, climbing, ...)
 Total Travel Time: _____ hours (Adjusted Travel Time+Rest+Lunch+Activities)