



HIKING TIME ESTIMATION FORM

Find more at:
www.backpackingmoms.com

Hike name:

From..... to

Distance:
 Approximate distance on good terrain:
 Approximate distance on rough terrain:
 Elevation gain:
 Elevation loss:

		Formula	Calculations (highlight distances)	Hours
Carrying the infant/toddler	Time needed to walk in good terrain*	$\frac{\text{DISTANCE}}{\text{HIKING SPEED on good terrain}}$		
	Time needed to walk in rough terrain*	$\frac{\text{DISTANCE}}{\text{HIKING SPEED on rough terrain}}$		
Walking toddler	Time needed to walk in good terrain*	$\frac{\text{DISTANCE}}{\text{HIKING SPEED on good terrain}}$		
	Time needed to walk in rough terrain*	$\frac{\text{DISTANCE}}{\text{HIKING SPEED on rough terrain}}$		
	Extra time needed because of elevation gain	$\text{ELEVATION GAIN} * 0.005$		
	Extra time needed because of elevation loss	YOUR CALL		
			PARTIAL SUM	
	Extra time for playing...	$\text{PARTIAL SUM} * 0.25$		
	EXPECTED HIKING TIME	$\text{PARTIAL SUM} + \text{EXTRA TIME}$		

*for reference hiking time, see the back of this form



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DIARY

Hike completed on (date):

Weather conditions:

Hiking time:

Notes from the hike:

MY HIKING SPEED

	Alone	With infant	Carrying a toddler	Walking toddler
Good trail				
Rough trail				

Reference hiking speed

	Alone	With infant	Carrying a toddler	Walking toddler
Good trail	4 km/hour	3 km/hour	2 km/hour	1 km/hour
Rough trail	3 km/hour	2 km/hour	1 km/hour	0.5 km/hour