

# 25 MILE DAY - HIKING ITINERARY

6:00 AM	6:15 AM	CMP	BREAK CAMP - 15 MINS
6:15 AM	6:30 AM		2 SNACKS (500 CALS) - 15 MIN
6:30 AM	6:45 AM	SEGMENT 1	HIKE 5 MILES - 2 HOURS (2.5 mph)
6:45 AM	7:00 AM		
7:00 AM	7:15 AM		
7:15 AM	7:30 AM		
7:30 AM	7:45 AM		
7:45 AM	8:00 AM		
8:00 AM	8:15 AM		
8:15 AM	8:30 AM		
8:30 AM	8:45 AM	BRK 1	BREAKFAST (750 CALS), REST - 30 MINS
8:45 AM	9:00 AM		POWER NAP - 15 MINS
9:00 AM	9:15 AM		
9:15 AM	9:30 AM	SEGMENT 2	HIKE 5 MILES - 2 HOURS (2.5 mph)
9:30 AM	9:45 AM		
9:45 AM	10:00 AM		
10:00 AM	10:15 AM		
10:15 AM	10:30 AM		
10:30 AM	10:45 AM		
10:45 AM	11:00 AM		
11:00 AM	11:15 AM		
11:15 AM	11:30 AM	BRK 2	2 SNACKS (500 CALS), REST - 30 MINS
11:30 AM	11:45 AM		POWER NAP - 15 MINS
11:45 AM	12:00 PM		
12:00 PM	12:15 PM	SEGMENT 3	HIKE 5 MILES - 2 HOURS (2.5 mph)
12:15 PM	12:30 PM		
12:30 PM	12:45 PM		
12:45 PM	1:00 PM		
1:00 PM	1:15 PM		
1:15 PM	1:30 PM		
1:30 PM	1:45 PM		
1:45 PM	2:00 PM		
2:00 PM	2:15 PM	BRK 3	2 SNACKS (500 CALS), REST - 30 MINS
2:15 PM	2:30 PM		POWER NAP - 15 MINS
2:30 PM	2:45 PM		
2:45 PM	3:00 PM	SEGMENT 4	HIKE 5 MILES - 2 HOURS (2.5 mph)
3:00 PM	3:15 PM		
3:15 PM	3:30 PM		
3:30 PM	3:45 PM		
3:45 PM	4:00 PM		
4:00 PM	4:15 PM		
4:15 PM	4:30 PM		
4:30 PM	4:45 PM		
4:45 PM	5:00 PM	BRK 4	2 SNACKS (500 CALS), REST - 30 MINS
5:00 PM	5:15 PM		POWER NAP - 15 MINS
5:15 PM	5:30 PM		
5:30 PM	5:45 PM	SEGMENT 5	HIKE 5 MILES - 2 HOURS (2.5 mph)
5:45 PM	6:00 PM		
6:00 PM	6:15 PM		
6:15 PM	6:30 PM		
6:30 PM	6:45 PM		
6:45 PM	7:00 PM		
7:00 PM	7:15 PM		
7:15 PM	7:30 PM		
7:30 PM	7:45 PM	CAMP	PITCH CAMP - 15 MINS
7:45 PM	8:00 PM		DINNER (1,250 CALS) - 30 MINS
8:00 PM	8:15 PM		READ, WRITE, SOCIALIZE - 30 MINS
8:15 PM	8:30 PM		
8:30 PM	8:45 PM		GO TO BED - 15 MINS
8:45 PM	9:00 PM		