

TIP OF THE WEEK

HOW TO ESTABLISH YOUR PACE COUNT



**TERTIARY
PREPPER™**



THE PROBLEM

When GPS fails or batteries die, most people have no idea how far they've actually traveled.



THE SOLUTION

Determine your personal pace count before you need it so you can estimate distance anywhere.

MATERIALS NEEDED

Measuring device up to 100Meters.
Pace count beads, rocks, matches, etc.
Large open space like a field / football field.

QUICK STEPS

- 1 Measure a 100-meter course.
- 2 Walk it naturally 3–5 times.
- 3 Count every left-foot strike.
- 4 Average your results.
- 5 Record and practice often.



THINGS TO REMEMBER

- ✓ Everyone's pace count is different.
- ✓ Terrain changes your pace.
- ✓ Recheck with different loads.



COMMON MISTAKES

- ✗ Counting every foot.
- ✗ Using only one trial.
- ✗ Ignoring terrain changes.



FIELD NOTES

- ✓ Count left foot only.
- ✓ Recalculate with a ruck.
- ✓ Practice day and night.



TERTIARY TAKEAWAY

Know your pace count before you need it—distance estimation is a foundational navigation skill that works without batteries or satellites.

