

# Estimating sundown

using just your body!

A bush-craft trick that can come in handy



## 1 Find the sun and get a clear view

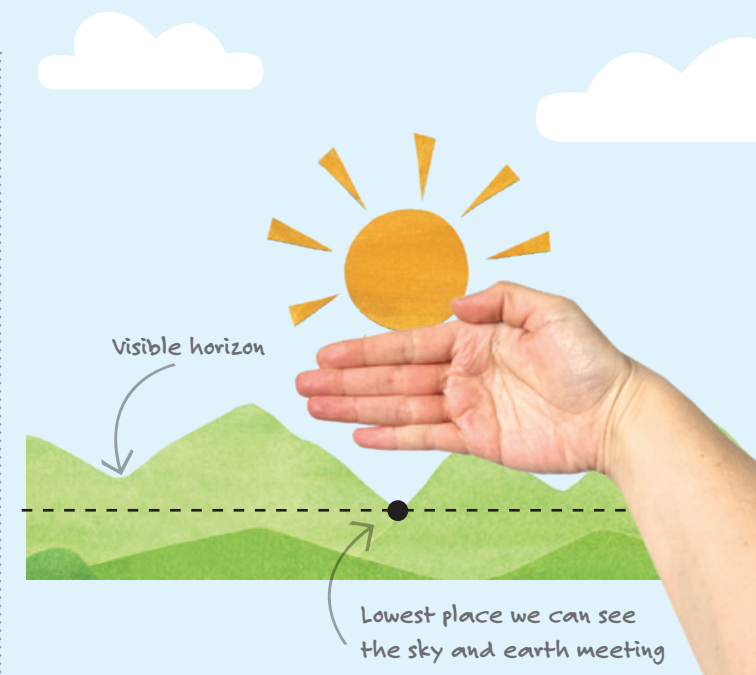
- For this method to work, your view of the sun and the visible horizon (where the earth and sky look like they meet) can't be blocked by trees or buildings.
- If it's cloudy, but you can still see a vague outline of the sun, you can use the haze to position the sun. Your estimate may be off a little because the haze is larger than the sun itself, but it won't be by too much.
- **Safety first:** Don't look directly at the sun. It will hurt your eyes.

## 2 Position your hand

- Face the sun, and extend out your arm in front of you so your palm is flat, and it faces towards you. Tuck your thumb in so it's out of the way – you won't be using it for this.
- Move your hand so that your index finger is resting just below the sun, and your pinky finger is parallel (in line with) the horizon.



1 hand + 2 fingers  
= 1 hour and 30 minutes  
until sundown...



## 3 Measure with your fingers

- Fill in the distance between the sun and the horizon with your hands.

## 4 Add up the time

- Count the number of fingers it takes to reach from the sun to the horizon.



Each finger represents 15 minutes until the sun sets. That means, each hand (4 fingers) represents 1 hour.

## 5 Fine-tune (if needed)

- This method gives you a pretty good guess, but if you want to be even more accurate, you can set the measurement to be correct to your individual finger size, where you live, or the season.
- First, check online when sundown will be where you live. Then use the method above. What's the difference?
- Add this difference on when you add up, e.g. 1 hand + 2 fingers + a extra 10 minutes = 1 hour 40 minutes until sundown.