

## **Rules for Determining Time Zones**

**Traveling right (east) always add 1 hour**

**Traveling left (west) always subtract 1 hour**

**When you travel across the Dateline traveling right  
(East) subtract 1 hour**

**When you travel across the Dateline traveling left  
(West) add 1 hour**

**You change the day when you cross midnight  
regardless where you are in relation to the dateline.**