



YOUR ADVENTURE PROJECT GUIDE

THINK

IDEAS FOR YOUR NEXT ADVENTURE

- what's your reason for going on an adventure? e.g. new challenge, get away from it all, seek new perspectives, see what you're capable of
- what type of adventure are you seeking? e.g. trekking, climbing, cycling, a roadtrip, learn a new skill, explore exotic places
- where do you want to go in the world? e.g. stay local or travel overseas
- if trekking, which regions have you yet to explore? e.g. Himalayas, Patagonia, New Zealand, Australia etc

PREPARE

HOW TO PREPARE FOR YOUR TREK

GEAR:

- get everything on your gear list
- wear in your hiking boots
- try out your gear, check it's in good condition
- do a test pack, check the weight
- fine-tune for comfort

FITNESS:

- work on your cardio fitness
- work on your strength and agility
- work on your balance on uneven terrain
- do some endurance training
- train with your backpack on

GO

HOW TO ENJOY YOUR ADVENTURE

- switch off
- enjoy the views
- enjoy the company
- connect with the culture
- make the most of downtime

MENTAL TOUGHNESS:

- visualise your adventure - what challenges might there be and how will you handle them?
- work out how you'll cope with different living conditions e.g. life in a tent
- if going to high altitude, learn about altitude sickness - how to prevent, symptoms, how to treat
- work out your systems and routines
- how's your resilience? what will motivate you when things get tough?

REFLECT

HOW TO REFLECT ON YOUR ADVENTURE

- reflect - what did you learn, what insights did you have?
- recover - don't rush back into routine
- re-live - share your experiences with like-minded adventurers
- replay - enjoy your photos and videos, share them, display them
- stay connected with the local culture, donate to a related charity
- stay connected with mountain and trekking culture - read or watch more, follow others on their adventures
- think of your next adventure!