



HOW TO PREPARE FOR YOUR TREK

GEAR

- ☐ 1. Get everything on your gear list
- ☐ 2. Wear in your hiking boots
- ☐ 3. Try out your gear, check it's in good condition
- ☐ 4. Do a test pack, check the weight
- ☐ 5. Fine-tune for comfort

FITNESS

- ☐ 1. Work on your cardio fitness
- ☐ 2. Work on your strength and agility
- ☐ 3. Work on your balance on uneven terrain
- ☐ 4. Do some endurance training
- ☐ 5. Train with your backpack on

MENTAL TOUGHNESS

- ☐ 1. Visualise your adventure - what challenges might there be and how will you handle them?
- ☐ 2. Work out how you'll cope with different living conditions e.g. life in a tent
- ☐ 3. If going to high altitude, learn about altitude sickness - how to prevent, symptoms, how to treat
- ☐ 4. Work out your systems and routines
- ☐ 5. How's your resilience? What will motivate you when things get tough?