



YAK PACK

How to get ready for your next trek.



Cut Lunch Adventures

This is a step by step guide based on our online [Trek Ready Test](#).

We're primarily targeting multi-day guided or supported treks where you don't need to provide your own food and accommodation. Most topics could also be applied to day hikes. We can't promise this covers all your personal needs but we've done our best based on our own experiences.

YAK PACK

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Disclaimer: The contents and information presented in this pack are based on our own personal experiences and should be referenced as a general information source only. It is not intended to take the place of survivalist, safety, fitness or medical advice from a professional. Any action which is taken based on the contents of this pack, our website or any of its related sites, materials, products or information is to be used solely at your own discretion, risk and liability. You should always consult the appropriate professionals on any matter that is related to your safety, fitness, health and well-being before proceeding with any action. Please see our website [terms of use](#) for more detail.

PART 1: GEAR

1. GEAR LIST

Get a gear list for your trek and check that you have everything.

STEP 1.1 - Get the list

- ❑ **Get the appropriate gear list** for your trek e.g. from your trekking company, trekking gear shop, or search for your trek on the internet.
- ❑ **Assess what gear you have** and what you'll need to get. If you're going on an organised trek, find out whether any gear will be provided by the trekking company.
- ❑ It's useful to **store your gear list electronically** in a spreadsheet or an app (e.g. the [Packing List Checklist](#)) , so that you can personalise it and also refine it after each trek that you do.



STEP 1.2 - Get the gear

- ❑ **Acquire any gear on your list that you don't have** – the earlier the better, to give you chance to test it out before your trek and find out what works for you.
- ❑ **If you're buying it new**, seek out trekking shops for good advice in-store, or online trekking gear suppliers. **Buying secondhand is another option.** See our [resources](#) page for stores we recommend and also the section below on boots.
- ❑ You might also be able to **borrow gear** from friends or hire the gear e.g. from your trekking company or local trekking shop.
- ❑ Sometimes there may be **options to buy or hire gear at your destination** – but do your research first as you can't necessarily guarantee quality, availability or price. For example in Kathmandu there are plenty of trekking shops and you can hire from places like [Shona's Alpine Store](#) in the tourist area of Thamel. In the Everest region you can also find gear sold in some of the larger villages en route on your trek, such

as in Lukla and Namche Bazaar (along with very good coffee and apple pie!), which is useful if you've forgotten or need to replace anything.

- ❑ **Learn from others** who have done the trek what else might be useful – research your trek online, including [YouTube](#). For example for Himalayan treks we recommend wearing a buff or bandana, partly for warmth or sun protection but also for putting over your mouth to prevent inhaling dust and smog from Kathmandu streets, plus once at altitude it helps create moisture to breath in the dry conditions. See our posts on different treks in the [Himalayas](#), [Australia/New Zealand](#), [North America](#), [South America](#) and [Asia](#) for more ideas or feel free to [contact us](#).



STEP 1.3 - More ideas

- ❑ Double-check in case there's **anything specific to this particular trek, region or country** that you might need that you've not needed before on previous treks you've done e.g. gaiters, boots with higher ankle support, bear spray, micro-spikes etc.
- ❑ **Check customs restrictions** for the country you're going to, and know what you can or can't take in. For example [Australia](#) and [New Zealand](#) have strict biosecurity rules on bringing food into the country (amongst other things), and you must also declare any items that have been used for sporting or outdoor activities. Try and remove any obvious dirt from your hiking boots, as if they don't meet the standard required they'll take them away for cleaning.
- ❑ **Check airline restrictions** so that you're clear what you can carry on-board and what must be checked in. For example, spare batteries usually have to be transported in the package they were bought in, and carried on-board.

2. HIKING BOOTS

Wear in your boots so that they're comfortable.

STEP 2.1 - Start wearing them

- ❑ **Get them out of the box!** Or if you need new boots, ideally buy them at least 2-3 months before you go so that you can wear them in. Make sure your boots are appropriate for the type of trek you'll be doing e.g. good grip, sturdy, enough ankle support, waterproof etc. You might like to check out our post on [waterproof wide-fitting hiking boots](#). Balance sturdiness with weight of your boots - keep in mind the saying '[one pound off your feet equals five pounds off your back](#)'.
- ❑ **Try out your boots on a short walk**, e.g. 1-2 hours, to see how they feel. Take some plasters in case of any blisters.



STEP 2.2 - Wear them in

- ❑ Start wearing your boots on **longer day walks/hikes** to wear them in more, and to find out any issues that crop up with longer wear.
- ❑ **Make any necessary adjustments** to make them comfortable and test them out again e.g. liners or insoles. We like sheepskin liners for extra comfort underfoot. We're also big fans of [Hikers Wool](#) (or similar brand) to add padding on any spots that get sore – a great way to prevent blisters, hotspots or just to add comfort.



STEP 2.3 - More ideas

- ❑ If your boots are well worn in, **check for any wear and tear** that might cause issues on your next trek e.g. cracks on the soles, broken or worn out laces. At the very least test them out before you go on your trek.

- ❑ **Ensure your boots are clean** (no mud) before taking into countries like [New Zealand](#) or [Australia](#) which have strict customs biosecurity regulations, to save waiting while they clean them. It's also a good idea to take a scrubbing brush with you so that you can clean your boots before travelling after your trek.

3. TEST EVERYTHING

Try out all your gear and check that it's in good condition.

STEP 3.1 - Start with the basics

- ❑ Start by **testing the critical gear** you need to be able to trek and survive e.g. your boots (see above) and your backpack.



STEP 3.2 - Check everything

- ❑ **Check that all your gear is in good condition** i.e. that nothing is broken and that it works e.g. your headtorch
- ❑ Ensure you **know how to use everything** e.g. how to adjust and use your trekking poles, how to adjust your backpack, [how to use bear spray](#). This makes for a better trek as you'll know your gear works for you, and you'll be familiar with it – you won't stress so much if you're having to get ready quickly or are trying to manage in cold, windy conditions.
- ❑ **Know what accommodation to expect** and anything specific that you'll need to get, or test out e.g. a sleeping bag, sleeping bag liner, tent lighting etc



STEP 3.3 - More ideas

- ❑ Check you have **tested gear in the conditions (weather or terrain)** you could expect on your trek e.g. try your raincoat in pouring rain, or your gaiters in muddy or snowy

areas, or your sunhat in hot and windy weather, or accessing your snacks/water/camera with gloves on in freezing conditions.

- ❑ Don't forget to **try out the food** you'll be taking with you. Don't buy special things for the trek that you'd not like to eat at home or that you haven't tried first – don't assume that you're suddenly going to like it on your trek when you're really hungry and need some motivation.

4. WEIGHT

Weigh all your gear and do a test pack to see that it all fits.

STEP 4.1 - Know your limits

- ❑ **Know the weight limits** for the airlines you're travelling on (domestic and international) and also for porters that you might be using on your trek.
- ❑ 15kg (33lbs) – etch this one on your forehead **if you're going to the Everest region**. Even though weighing in at Lukla airport can be a tad farcical, whatever you've read or been told – 15kg is the limit (10kg kit bag plus 5kg backpack). Though having a jacket with lots of pockets can assist with carrying those extra goodies.
- ❑ **If you are borrowing or hiring gear** from your trekking company remember to factor in this weight or take your own lighter weight gear e.g. a sleeping bag and mat plus down jacket could be anywhere up to 6kg!
- ❑ **Adhere strictly to the packing list** provided by your trekking company – take the right gear and not too much or too little. Try and find lighter weight gear options where feasible.
- ❑ **Know what you'll be expected to carry each day** e.g. a day pack vs all of your gear
- ❑ When estimating how heavy your day pack will be, don't forget to **factor in the water you'll be carrying**.



STEP 4.2 - Review what you're taking

- ❑ **Be strict when deciding what you'll take.** Work out what is 'must have' vs 'nice to have' and try to reduce the latter as much as possible.
- ❑ If you're having your overnight bag transported for you (e.g. by porter) then **minimise what you carry in your day pack** as much as possible
- ❑ **Minimise the weight** of each item of gear or clothing as much as possible e.g. use lightweight woollen clothing, which you can wear for a few days and which quickly dries if you need to wash it. In the comfort of home it's hard to imagine changing your hygiene standards, but once on the trek you'll soon get used to not showering every day and wearing the same clothes!
- ❑ **You often need less than you think** e.g. wear merino t-shirts for 3-4+ days then change. Ideally rotate socks each day, but you can still wear them again without washing. Have fresh dry clothes and socks to change into at night. Consider what you might want to wash along the way (take eco-friendly detergent). Some teahouses may have laundry facilities as an extra luxury e.g. Namche Bazaar in the Everest region.



STEP 4.3 - More ideas

- ❑ **Find out how you'll get fresh water each day** and when, and factor in how much water you'll need to carry e.g. your trekking company may fill bottles at breakfast and lunch, or breakfast only. Or water may be available from streams – know how to use steriliser if appropriate. If you're trekking through villages then you might be able to buy bottled water along the way.

5. FINE-TUNE

Identify and fine-tune everything you'll need for comfort.

STEP 5.1 - What you already do

- ❑ Identify **what you use already** when doing any fitness training or hiking e.g. knee or ankle straps, boot liners etc – and decide what you'll need to take with you
- ❑ **Ensure it's tested out and fine-tuned** e.g. that you know how to use sports tape if you use it



STEP 5.2 - Anything new

- ❑ Identify any **issues that have cropped up** since your last trek e.g. injuries or illnesses that have had lasting impact – and ensure they're catered for
- ❑ Maybe there are **new solutions** out there that you've not tried before – do your research on this site or other trekking resources.



STEP 5.3 - More ideas

- ❑ **Identify any other issues** you haven't addressed before, or that might be a specific issue on this trek e.g. headaches at high altitude, knee problems on extra steep terrain, neck or shoulder pain from carrying extra heavy backpacks etc. See if you can find a solution e.g. see your physiotherapist, doctor or get advice from your trekking company.
- ❑ Have a **dentist checkup** before going on a long trek. You ideally want to avoid needing any treatment in a different country or in the wilderness.

PART 2: TREK FITNESS

6. CARDIO FITNESS

STEP 6.1 - Know what you'll need

- ❑ Ensure you **understand the level of cardio fitness required** for your intended trek e.g. type of terrain, quality of track, length of hike each day, elevation, gradient of ups and downs, if rock scrambling is involved, snow or ice etc.
- ❑ **Research trek fitness needed** - ask your trek company, research your trek on the internet, watch [YouTube](#) videos of the trek.



STEP 6.2 - Train regularly

- ❑ Create your own **training plan** or consult a fitness professional or your doctor to ensure you have the right level of cardio fitness before you go.
- ❑ Running, cycling and swimming are all good and **especially walking** as it gets you used to being on your feet for long periods. If you'll be trekking at high altitude then holding your breath while swimming underwater can be useful to build lung capacity.
- ❑ Plan it out over the months before you leave - what you need to **achieve each month/week**.
- ❑ Consider using a **fitness tracker** (e.g. FitBit) to track your progress and compare with your friends.



STEP 6.3 - More ideas

- ❑ Well Done - **keep it up!** And don't forget to **taper off** a week before your trek so that you're not exhausted.

7. STRENGTH AND AGILITY

STEP 7.1 - Know what you'll need

- ❑ Ensure you **understand the level of strength and agility required** for your intended trek e.g. type of terrain, quality of track, length of hike each day, elevation, gradient of ups and downs, if rock scrambling is involved, snow or ice etc.
- ❑ **Research trek fitness needed** - ask your trek company, research your trek on the internet, watch [YouTube](#) videos of the trek.



STEP 7.2 - Train regularly

- ❑ Create your own **training plan** or consult a fitness professional or your doctor to ensure you have the right level of strength and agility before you go.
- ❑ **Strength training** can include exercises such as squats, box jumps or step-ups, sit-ups, press-ups, dips etc.
- ❑ Exercise such as **yoga** is great for both strength and flexibility.
- ❑ Plan it out over the months before you leave - what you need to **achieve each month/week**.
- ❑ **Identify any key areas of weakness** you have and focus on solutions for those areas.
- ❑ **Building up your leg muscles by doing squats** is not only beneficial for the trek itself but also helps if you need to use squat toilets! The toilet facilities en route and in camp can be non-existent or very basic.
- ❑ **Walking in sand** on the beach is also great for strength.



STEP 7.3 - More ideas

- ❑ Well Done - **keep it up!** And don't forget to **taper off** a week before your trek so that you're not exhausted.

8. BALANCE

Keep your balance on uneven terrain.

STEP 8.1 - Know what you'll need and get started

- ❑ **Know the terrain and conditions** to expect on your trek e.g. quality of track, elevation, gradient of ups and downs, if rock scrambling is involved, snow or ice etc. Try to **replicate similar conditions** into your training - there's nothing like the real thing rather than just training inside in the gym.
- ❑ **Research trek fitness needed** - ask your trek company, research your trek on the internet, watch [YouTube](#) videos of the trek.
- ❑ At the very least make sure your training plan includes some **walks over uneven ground** to get your ankles used to it before you go.



STEP 8.2 - Mix it up

- ❑ **Hiking poles** are recommended to help keep your balance on unmarked trails, as well as to help going up or downhill. If you've not used them before then try them out and incorporate into your training. They also take some pressure off your knees and reduce the fluid build-up in your hands, since your arms are not swinging down.

- ❑ **Sand dunes** provide a great training ground to walk or run up and down - both for balance and ankle strength. A popular place in Sydney, Australia is the Cronulla sand dunes.
- ❑ A good test for balance is to **stand on one leg** for a minute, then try it with your eyes closed.



STEP 8.3 - More ideas

- ❑ Well Done - **keep it up!** And don't forget to **taper off** a week before your trek so that you're not exhausted.

9. ENDURANCE

STEP 9.1 - Know what you'll need

- ❑ Ensure you **understand the level and type of endurance required** for your intended trek e.g. level of difficulty, number of days trekking at a time, elevation gain/loss each day, hours trekking each day, likely weather eg harsh conditions.
- ❑ **Research trek fitness needed** - ask your trek company, research your trek on the internet, watch YouTube videos of the trek.



STEP 9.2 - Increase your training

- ❑ Create your own **training plan** or consult a fitness professional or your doctor to ensure you have the right level of endurance fitness before you go.
- ❑ **Increasing your walks/hikes** by time, length and elevation covered (uphill, downhill) is a good start. **Hiking in different weather conditions** can also help.

- ❑ Plan it out over the months before you leave - what you need to **achieve each month/week**.



STEP 9.3 - More ideas

- ❑ Well Done - **keep it up!** And don't forget to **taper off** a week before your trek so that you're not exhausted.
- ❑ **Be inspired** by reading tales of endurance by others in even more extreme circumstances - see our recommended [books](#) and [movies](#) on mountaineering and adventure travel or watch rock climber [Tommy Caldwell's TedTalk](#).
- ❑ If you'll be **trekking at high altitude** note that everything is harder the higher you go - so all that training you put in beforehand will be worthwhile. [Doing some training in an altitude room](#), while it won't acclimatise you before you go, will at least give you some idea of what it's like to be at high altitude.

10. GEARED UP

Train with the gear you'll be using especially your backpack.

STEP 10.1 - Start easy

- ❑ **Know how heavy** your day pack is likely to be, and don't forget to include the weight of drinking water you'll be carrying.
- ❑ **Start easy** - with the pack you'll be using plus a little bit of weight. **Get used to adjusting the straps** each time you put it on, based on the weight you're carrying.



STEP 10.2 - Increase the weight

- ❑ Review your training plan and ensure to **include training with your backpack** - ideally in your outdoor hikes, but you could also take your backpack to the gym to use on the treadmill.
- ❑ Plan it out over the months before you leave e.g. how you'll **gradually increase the weight carried each month/week**. Aim to reach more than what you expect to carry so that it's easier when you finally do the trek.
- ❑ **Weigh your pack each time** you go out and aim to increase it
- ❑ **If you need extra ballast** in your pack just add bottles of water or cans of baked beans!
- ❑ Note that the **weight of your boots adds to the challenge**, based on the saying 'one pound on your feet equals five pounds on your back' - so do some training with your boots on as well as your pack.



STEP 10.3 - More ideas

- ❑ Well Done - **keep it up!** And don't forget to **taper off** a week before your trek so that you're not exhausted
- ❑ **Address any issues** you come across in your training e.g. head, neck or shoulder aches from muscle tension while carrying a heavy load. You might find some good stretches or exercise that you can do to prevent this happening.

PART 3: MENTAL TOUGHNESS

11. VISUALISATION

Think through your trek and how you might face challenges.

STEP 11.1 - Make time and get started

- ❑ **Take the time to mentally prepare** as well as physically.
- ❑ **Minimise stress by knowing that you're prepared** - get your gear ready and be trek fit. Don't stress about things you can't control.
- ❑ **Research the trek itself and the country** - what's the experience going to be like? What are the culture differences? Watch YouTube or read our posts on different treks - Himalayas, Australia/New Zealand, North America, South America and Asia
- ❑ If you're going to the Himalayas, **have some fun and build your knowledge** with our YAK OR YETI Quiz.
- ❑ **Learn from others** – ask the trekking company you're booked with for advice. Talk to other people who have done similar treks. Ask us!



STEP 11.2 - Get into the zone

- ❑ **Really see yourself there - get into the headspace** of what you're about to do and how you'll do it e.g. waking up, meals, packing up, trekking, living at high altitude, looking after health and hygiene, nighttime and sleeping etc.
- ❑ It's easy to think about what you're looking forward to, but don't forget to **think about the challenges you might face**, or what you've found hard on previous treks or challenges – what will it be like and what could help you? What's different to what you've done before? **Hope for the best, plan for the worst.**

- ❑ **Get into the zone and be inspired** by reading books or watching movies about other adventurers - including the more extreme adventures of mountaineers and rock climbers and how they coped with hardship and challenges in the wilderness.
- ❑ **Read our post on mental toughness.**
- ❑ **Encourage others** - set up a group Facebook page to encourage and motivate others who are going with you, communicate updates via messages, emails or social media. Download our YAK CHAT stickers for iMessage!



STEP 11.3 - More ideas

- ❑ **Give yourself plenty of time to pack** before you go – it takes longer than you think to get your gear list together and optimise your packing and the weight.
- ❑ **Ease yourself in** - we find that flying into a different country and starting your trek the next day can add to your stress levels. If you can make the time its worth flying in an extra day or two before you start so that you can get used to the local culture and environment, plus have plenty of time to fine tune your packing and buy any last minute things. Then once you meet up with your group and start your trek you are in a good mindset and ready to go.
- ❑ **Get amongst the adventure community** e.g. attend trekking presentations or events that your local trekking gear store or trekking company might hold

12. LIVING CONDITIONS

Prepare for the different conditions on your trek - type of accommodation, bathroom/toilet facilities or lack of etc.

STEP 12.1 - Know what to expect

- ❑ **Find out what to expect** from your trek company or by researching that trek - what sort of accommodation will you have e.g. huts, lodges, stand-up tents, small alpine

tents if you're high up on a mountain? Watch [YouTube](#) or read our posts on different treks - [Himalayas](#), [Australia/New Zealand](#), [North America](#), [South America](#) and [Asia](#)

- ❑ **Be prepared for basic living conditions** – it can take awhile to get used to the 'hardships' and lack of hygiene compared with what you're used to at home. Is there anything you can try out or experience beforehand e.g. sleeping in a tent where there is limited space to organise your things, it's not well lit at night and not easy to move around.
- ❑ If you're going on a long trek then **try out some shorter multi-day hikes** in the months leading up to it so that you can find your routine and get used to it e.g. the [Routeburn Track](#) or [Milford Track](#) in New Zealand or [Three Capes Track](#) in Australia. **Work out solutions** to anything that stresses you out or makes life not so enjoyable.



STEP 12.2 - Prepare for it

- ❑ If the **bathroom/toilet facilities** en route and in camp are going to be non-existent or very basic, you're just going to have to get used to it. **Build up your leg muscles** by doing squats!
- ❑ Showering – there are usually **limited places to shower** so it's not uncommon to go 5-10 days without one. After the first couple of days you'll just get used to it. You might have washing water available but in any case **take lots of wet wipes** as a great substitute. **Have clothes for hiking and clothes for the evening** so that you're not wearing sweaty clothes all night which can give you a chill. Keep thinking - that shower you have at the end of your trek will be the best shower you ever had!!
- ❑ Also get used to the idea of **wearing the same clothes for a few days** without washing them - it'll save on weight and you really don't need clean clothes every day! **Woollen t-shirts and tops** are great as they don't smell too bad after a few days of wear. **Take quick-drying clothes**, especially underwear, if you do want to do laundry or in the event you're soaked with rain.
- ❑ **Cold management** - work out what you'll need to keep warm during the day and also at night, especially if you really feel the cold. Layers of clothing are great as you can easily adjust to the conditions. Filling your water bottle up with boiling water makes a great hot water bottle at nighttime.
- ❑ **Have a few home comforts** e.g. your favourite snacks from home, or foot powder – at the end of a long day it's a luxury to clean your aching feet and then sprinkle foot powder on – your feet will thank you for it!
- ❑ **If you're female** - here are [a few more tips for females](#).



STEP 12.3 - More ideas

- ❑ **What could you potentially enhance?** e.g. better lighting to make finding your gear in a poorly lit tent, update your music playlists, podcasts and e-books
- ❑ **Stay healthy** – there's nothing worse than being unwell when you're away from home, and especially when you know you've got to wake up and continue trekking the next day. So do what you can to prevent illness e.g. drinking bottled/boiled water, using hand sanitiser, eating well-cooked food. If starting from Kathmandu, wear a buff or scarf over your mouth if you're walking around the streets prior to your trek due to help prevent illness due to the dust pollution.
- ❑ The **people dynamics** of your team is also important in making your trek enjoyable - think about how you'll handle different types of people in your group

13. HIGH ALTITUDE

Be aware of altitude sickness, steps to prevent it and what to do if you get any symptoms.

STEP 13.1 - Build your knowledge

- ❑ **Find out from your trekking itinerary** what altitudes you'll be trekking to.
- ❑ If you're trekking at altitudes of 2500m+ (8000ft+) then **build your knowledge about high altitude** - what it is, how it can affect you, how to trek at high altitude. Learn as much as you can about **Acute Mountain Sickness (AMS)** so that you know what it is, how to take precautions, the symptoms and what to do. If you're on a self-guided trek or trekking alone then this is even more critical to your survival. Read our post on [Surviving at High Altitude](#).
- ❑ However **don't let it put you off your trek** either - by being armed with the right information and support you can ensure your trek is an enjoyable one.



STEP 13.2 - Take precautions

- ❑ Read our post on [Surviving at High Altitude](#) and learn from our experiences of trekking in the Himalayas.
- ❑ There are many online resources that are worth reading on high altitude such as this post from the [Himalayan Rescue Association](#) or this one on [Understanding Altitude by Expedition Base](#).
- ❑ If you're on a guided trek then **ensure your trekking company or guide is well experienced** and reputable in managing trekkers at high altitude - what information do they provide you? How many rest/acclimatisation days have they built into the itinerary? What do they recommend to both prevent and also treat symptoms of altitude sickness? What emergency equipment do they have e.g. hyperbaric (Gamow) bags?
- ❑ **Consult your doctor** before you go, so that they can recommend anything specific to help your own situation. You should also ask about how you might be impacted by any medications you might take for high altitude while trekking. For example - could you be allergic to any medication? If you're already on other medication, would it have any impact on that or should you take different medications at different times of day so that they don't react or impact each other?
- ❑ **Check your travel insurance** with reference to high altitude - some companies may not insure you over certain altitudes, or not for certain activities. Most trekking companies will ask that you have insurance to cover medical evacuations. Yes we've experienced a medevac - read our post about [Mera Peak - when things don't go to plan](#).



STEP 13.3 - More ideas

- ❑ Read our post on [Surviving at High Altitude](#) to refresh your memory and ensure you're well prepared.
- ❑ If you're ever in the [Gokyo Valley](#) (Everest region, Nepal) in trekking season we can highly recommend visiting the [Machermo Porter Shelter and Rescue Post](#), where the doctors give an excellent presentation on high altitude.

14. SYSTEMS

The more you can practice or think through before you go, the easier it will be.

STEP 14.1 - Think about it

- ❑ One big difference between a trek and a sightseeing holiday is that **it pays not to assume that you'll just figure things out along the way**. Once you're out in the wilderness it's too late – **life is very basic and you're focused on surviving** – trekking, eating and sleeping – especially at altitude. You don't want the added stress of working things out once you're on the trail, or realising that you really need something extra.
- ❑ **Think about what you'll be doing throughout each day** and what's going to be important e.g. getting up and ready for breakfast on time, having your gear packed and ready to go, going to the bathroom/toilet etc. Then **think about how you'll do it**.



STEP 14.2 - Create your own systems

- ❑ **Create your own systems** e.g. how you'll organise your gear so that it's easy to find - both in your daypack as well as in your accommodation.
- ❑ **Mornings** - how will you decide what to wear and access it easily - or can you organise it the night before?
- ❑ **Washing** - how will you wash yourself, and optionally - your clothes?
- ❑ **Evenings** - have your clothes organised and nearby in case you need to get up in the night
- ❑ **Technology** such as mobile phones, cameras, Go-Pro's - do they have a good waterproof case? Do you need them on a lanyard around your neck or wrist? Whats the best way to have them easily accessible while you're hiking? Will you need to put your technology and batteries inside your sleeping bag with you each night so that the cold temperature doesn't run the batteries down?

- ❑ **In the freezing cold** - will you need to work out how to get your water bottle or snacks while your gloves are still on? Will your water bladder pipe freeze, in which case which water bottle will you use? Will you need to store water in a bottle inside your jacket to prevent it freezing?



STEP 14.3 - More ideas

- ❑ **Double check** - is there anything different about this trek that you need to think about, compared with others you've been on?
- ❑ Are there any systems you've used in the past which **need refining or need new solutions**? There are plenty of online sites with good ideas for solutions.

15. RESILIENCE

Be able to cope when things get tough or don't go to plan. What's your motivation to keep going?

STEP 15.1 - Consider your current state

- ❑ **Be aware of the importance of resilience** - the ability to bounce back - when you're in unusual, uncomfortable or difficult circumstances in the wilderness. How you react and cope could mean the difference between a successful and enjoyable trek and a bad experience - not just for yourself but for others too.
- ❑ How well do you cope with **hardship**? Are you adaptable?
- ❑ How well do you relate to or help others **when things go wrong**?
- ❑ **How well do deal with change?** On a trek or in the mountains, plans can change at a moments notice depending on the weather. Even if the trek is not impacted, you might be delayed and miss your flight home, so have a plan in place in case you need to change your itinerary.
- ❑ **What might you need to work on** to help you manage? e.g. calmness, adaptability, flexibility, steeliness, resolve, a positive attitude?



STEP 15.2 - Anticipate challenges

- ❑ **Do your research** - read up on others' experiences on the trek - what challenges did they have? How would you cope in those situations? Check out our [Mera Peak](#) trek for an example of when things don't go to plan!
- ❑ **What challenging situations can you draw on** from your experience that might be useful?
- ❑ Think of **strategies you can use to cope** if things go wrong - hope for the best but plan for the worst.
- ❑ When things get tough **what motivates you** to keep going? How can you **encourage others** and help them too?
- ❑ If you're going with **family or friends then discuss** how you can motivate and support each other in challenging situations
- ❑ In addition to coping at the time of an event, don't forget that **certain things have a lasting impact** which is a real mental challenge to get over. For example if you can't complete your trek (like our [Mera Peak](#) trek) - sometimes you just have to live through it and accept it, learn from it and try again another day – the mountains will always be there.



STEP 15.3 - More ideas

- ❑ **Remind yourself of your ability to bounce back**, and how you've coped with tough situations before
- ❑ **Keep working on your strategies to de-stress** when things go wrong - in your daily life not just for the trek. If it helps, use practices like meditation or yoga.
- ❑ **Notice what stresses you out** in daily life, how you react, and whether you can adjust how you react to become more resilient. Don't stress about things you can't control. See our post on [mental toughness](#).
- ❑ Remember to **look after yourself after your trek** - your body can take up to a month to recuperate after a long trek, especially one at high altitude.
- ❑ Lastly, the good thing about treks is that you usually come back with **new perspectives on life and even more resilience!!**

USEFUL LINKS

See our [Resources](#) page for books to read, movies to watch and hiking stores we recommend; or see [our YouTube channel](#)

Read about our high altitude treks - [Everest Base Camp](#), [Everest Circuit and the Cho La](#), [Mera Peak](#) - when things don't go to plan.

See our posts on different treks - [Himalayas](#), [Australia/New Zealand](#), [North America](#), [South America](#) and [Asia](#)

For fun, test and build your knowledge on the Himalayas with our [YAK OR YETI Quiz](#).

Download our [YAK CHAT](#) stickers for iMessage.

[Packing List Checklist App](#)

[Waterproof Wide-fitting Hiking Boots](#)

[Hikers Wool](#)

[How To Use Bear Spray](#)

Fitness training on the [Cronulla sand dunes](#)

Fun fact: [one pound on your feet equals five pounds on your back](#)

Read our full post on [Mental Toughness](#), which includes [Surviving at High Altitude](#), [Building Your Resilience](#), and [a few more tips for females](#).

For more information on high altitude go to [Himalayan Rescue Association](#) or this one on [Understanding Altitude by Expedition Base](#).

Read about the [Machermo Porter Shelter and Rescue Post](#) in Nepal.

WHAT'S NEXT?

How can we help you? Our goal at Cut Lunch Adventures is to help people prepare for their next adventure to make it as successful and enjoyable as possible.



Browse our website

Be inspired and get prepared by reading our adventure travel stories, insights and ideas on www.cutlunchadventures.com



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or use the **Facebook Messenger App**: scan this code
(from the 'people' menu)

