

# Breakthrough's trek training guide

## What to bring

Good planning and preparation are important for a successful trek but it doesn't have to be complicated. Here is a simple list of items recommended on your walk:

### You MUST have:

- **Walking boots**
- **Water bottle** (minimum 1 litre)
- **Rucksack** with a plastic liner
- **Waterproofs: jacket and trousers**
- **Thick walking socks**
- **Base layer** (thin thermal or warm T-shirt, not cotton as it gets cold when wet)
- **Over layer** (warm sweater or fleece)
- **Extra layer** warm top for when cold (eg when stopped for lunch)
- **Comfortable walking trousers** (not jeans as they are too cold and heavy when wet)
- **Personal medication**
- **Smart casual clothes** for the evening

### You may wish to bring:

- Vacuum flask (if you like hot drinks on the hill)
- Medium size Tupperware container or plastic bag, to put picnic lunch in.
- Sit mat
- Sunglasses
- Warm gloves (not leather)
- Warm hat
- Trekking poles
- Personal first aid kit
- Camera
- Lip salve

### In good weather and/or summer, you may also wish to bring:

- Short trousers
- T-shirts
- Sun hat
- Sun tan lotion

## Training guide

Walking challenges are physically demanding and your route is likely to include some ascents and descents as well. The fitter you are for a walk, the more enjoyment you will get out of the challenge.

It is easier to build up your fitness levels gradually. If you exercise regularly, go swimming, play sport once a week or consider yourself to be averagely fit already, then you have a good starting point, but it is best to start walking to make sure you build up your muscles for the challenge.

### **Getting used to your boots**

Simply walking around your home or going to work in your boots will allow your feet to get used to them. This will help to prevent unnecessary blisters and pain, and make sure they are comfortable before your walk

### **Building up your fitness**

It's often hard to fit training around a busy lifestyle but some simple changes in your everyday life can make a big difference:

- Get up an hour earlier and go out for a quick walk with some stretching in the morning before work – it will get you moving and ready for the day.
- Leave the car at home and strap your walking boots on wherever possible, whether it's a walk to the shops or to a friend's house.
- If you go to work on public transport, make a resolution to walk instead or get off a stop earlier.
- Try to fit a brisk walk around the park into your lunch hour.
- To get yourself used to ascents and descents, make a resolution not to use the lift! Using the stairs regularly is a very effective tool in preparing your body for climbing hills. Try walking two steps at a time for a harder workout.

### **Training walks**

Your training gives you a great opportunity to explore the local countryside or a different area. In the months leading up to the event it's a good idea to get your kit on and prepare for your challenge.

Here are a few ideas to start you off:

- Buy a local guide book of short walks – perhaps get some friends together for the day too.
- Practice in your kit so that you are comfortable wearing it before the challenge. Take one to two litres of water in your rucksack so that you are used to carrying the extra weight.
- Add hills and inclines to your route to prepare you for the tougher parts of your challenge and build up your muscles. Walk on various surfaces and gradients and in different weather conditions to prepare you beforehand.
- If your challenge lasts more than a day, make sure you train on consecutive long days. You might ache after one full day's trekking but it's a brilliant way to improve your body's stamina by going out again the next day!
- Build up the time you spend walking gradually over the coming months at a pace you are comfortable with.