



TREKANEERING

Health & Fitness

- Health:

It is important to be prepared for a wide variety of illnesses, infections and minor injuries. Proper vaccinations and a well-stocked med kit are a great start.

As a general rule of thumb, you will need Typhoid, Tetanus and Hep A. Please check with your GP however for any current advice on vaccinations for the country you are visiting.

We do not believe it is necessary to use malarial prophylactics if most of your time will be spent above 2500m, and mosquito bite is not a significant problem in Kathmandu, however, again, you should check this with your GP.

Please check also with you GP about the latest recommended antibiotic and altitude medications. We will provide a more comprehensive list to you and most medications are widely available in Nepal at a considerably lower price than at home.

Frostbite

When trekking/climbing in the mountains, the extremities, i.e. hands, feet and face, are prone to suffer from frostbite.

For this reason, it is rather unwise to try and save money when buying gloves/mittens and boots. We recommend using disposable hand warmers in your gloves, to have warm fingers in the morning. Additionally, try not to get wet fingers. A good tip is to try and keep them moving. More information on gloves/ mittens can be found on our equipment list. Having warm extremities when you start for the mountain in the morning will reduce your chances to suffer from frostbite dramatically.

If your fingers and toes are starting to hurt, this is a warning sign that you're getting into trouble. However, as long as you can still feel pain in your extremities, you do not yet have frostbite! Many people quickly get cold feet, accompanied by a feeling of numbness. This numb feeling per se is nothing to be worried about but it has to be closely monitored nevertheless. If you lose feeling in your fingers and toes, this calls for immediate action: please inform the expedition leader, who will decide what has to be done (descending, etc.).

It is also important to regularly check your partner's face for white areas of skin, especially around the nose and cheeks to help to prevent frostbite.

- Fitness:

To prepare for your expedition with Trekaneering Expeditions we have compiled the following notes to point you in the right direction. You will get the most out of your time in the hills if you have put in some solid work on your personal fitness. Ideally you should try to put aside approximately one hour per day to train, but whatever you can manage will be beneficial and will help to ensure that you have an enjoyable and successful trip.

If you are based in a city then the gym is the obvious place to start but try and do as much as possible outdoors e.g. rather than stair walking for one hour try hill walking instead. This will not only be better for your lungs but you will also get used to walking in heavier boots and walking efficiently on uneven ground. When you are working out in the gym you are probably wearing shorts and a t-shirt. Keep in mind that on your trip you will be wearing heavier boots, as well as layers of mountaineering clothing and carrying a pack with all of your gear in it so trying to simulate this will definitely help.

Remember to keep the fluids up, particularly when doing cardio work outs. During your one hour workout, you should be able to consume a least one litre of water. Proper hydration will assist in your recovery and ability to work out several days in a row.

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When exercising for a decent length of time (e.g. over 40 minutes), working at say 65% of your maximum heart rate or at over capacity (average jogging), you burn up instant muscle glycogen. You need to replace this muscle glycogen or muscle fuel or else you will have tired muscles for the next 1-2 days. Obviously this is not a quick recovery. To avoid this try to eat within 20 minutes of completing your work out (this can be difficult if you are showering and taking a sauna etc. at the gym) but eating within the next 30 minutes after exercise when the body is still aerobically metabolising and is in muscle glycogen conversion mode will 'repay' the 'debt' of muscle fuel and will quicken recovery so you will be ready to exercise again the next day.

If you are planning on doing any big days of exercise, keep eating small amounts frequently, approximately every 40 minutes - 1 hour. This applies to water and electrolyte drinks also. Electrolytes are necessary for proper muscle and nerve functions so electrolytes are very important for long days. Even if you are not exerting yourself you will still use up a lot of electrolytes over the course of a few hours. Mix in 1/2 a teaspoon of salt with 1 litre of water, if you expect to be sweating. You can also combine this with electrolyte supplements if you wish. Salty crackers (with avocado) are an ideal snack food for long hikes.

Warming down after exercise is also very important. Warming down speeds recovery by flushing lactic acids and other waste products from your muscles after strenuous exercise. Warming down after exercise also aids sleep.

Ensure you get enough rest and recovery time in between periods of exercise e.g. try not to do two days of rigorous exercise in a row. If you miss a day because you were too tired, don't get down on yourself, instead try to relax and get as much rest as possible. This way you will be more motivated to get out there again the next day.

Lastly, listen to your body. Listening to your body will decrease the chances of an over-use injury occurring. This is particularly important when rock climbing or bouldering. Sometimes you may feel that small nagging pain in a particular area, this type of pain is often easy to ignore (we train ourselves to ignore these pains). Remember, pain usually occurs when our body is trying to tell us that it does not want to do what we are trying to make it do. Listen to your body and be aware that ignoring pain (particularly small nagging pain) may result in an over-use injury. Not all pain is the early stages of an over-use injury, it may just be that you need to change your technique.

Above all, enjoy yourself!