



Become adventure ready!



Adventure Ready for Hiking Course Session Three

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Session outline

Today it is all about understanding the PACKING LIST.

With so much "stuff" out there, it can be hard to know where to start.

- What is Essential
- What's optional
- How to know what to buy



Your Resources

- Weekly Sessions held over Zoom (Monday's at 6.30pm Brisbane time)
- Find your Fitness Chart
- Hike Training Planner – build your own
- Check lists & cheat sheets (lesson specific)
- Access to the Course Portal
- Access to the Functional Fitness Library

Recording is added to the course portal by Wednesday evening of each week.

NOTES FOR YOUR P.T



There are 3 key areas of hiking fitness that, if addressed, result in a successful hike.

We recommend you work with your PT (or us) to focus on Hiking Specific exercises that address the following:

- **Endurance.** This is time on legs. NOTHING can replace the length of time spent on legs out on a trail
- **Functional Fitness.** That is ensuring that ALL the muscles we need for hiking are strong, recruited and doing what they need to do.
- **Cardio.** Having good cardio strength for the hike. How to manage cardio going uphill, what to do at the top of a hill, how to measure cardio and how to know if your cardio is improving.

This document is designed for you to share with a Personal Trainer - if you have one.

If not, use it for information. ALL of these fitness foundations are used in the online Functional Fitness Classes or the On demand classes in the Member Resources on the website.

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TRAVEL CHECKLIST



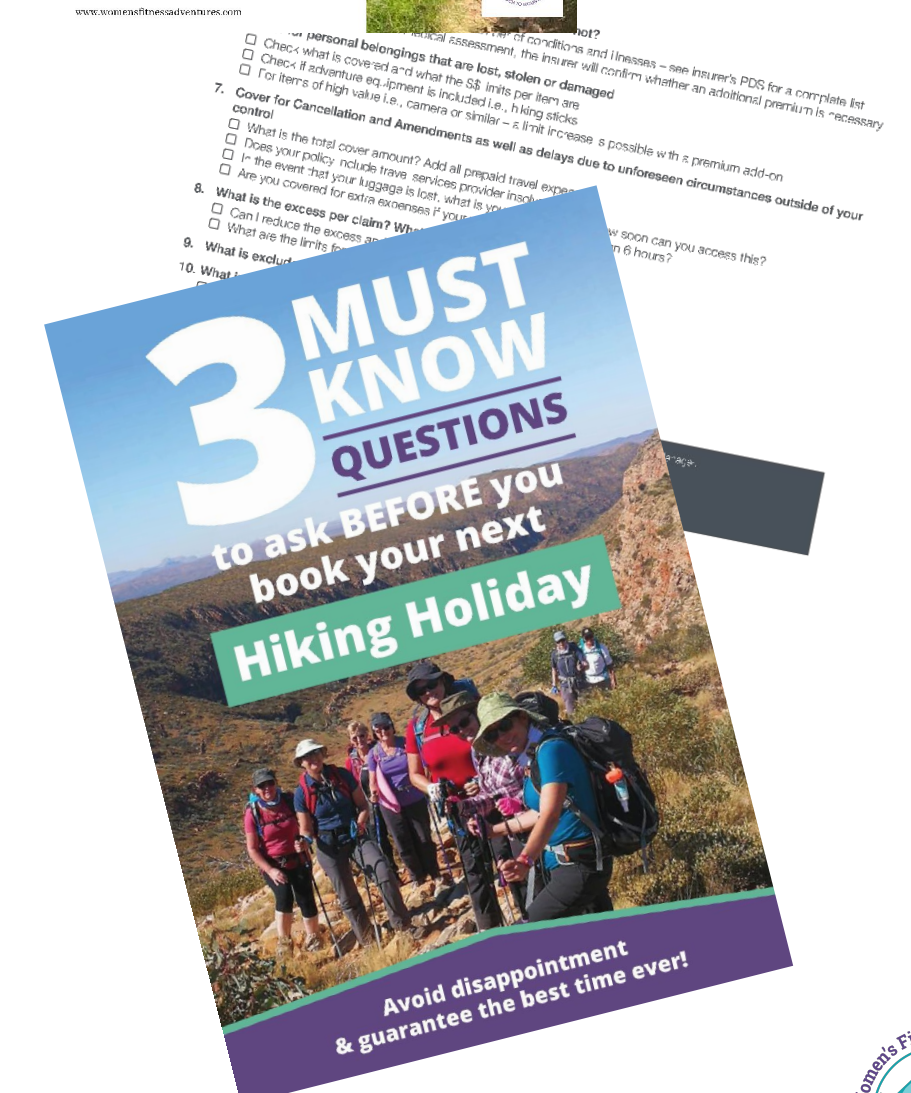
Insurance is as important as your passport. Same as in 're, even the best of intentions. So it is best to be prepared and get holiday insurance to protect the most important part of your trip!

When choosing a travel insurance

Insurance policy might be a better choice when you leave your home.

Additional coverage and the relevant licence

exclusions and limits! Also check if the country you visit is covered by your insurer's PDS. Overseas medical services are expensive.



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Questions this week

How to build a plan

How much to increase by (10-15% rule)

Run out of time

Undercommitting/overcommitting

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TRAVEL INSURANCE CHECKLIST

Insurance is as important as your passport. Same as in 1's, even the best parents. So it is best to be prepared and get holiday insurance to protect you before you leave, while you are away and until you return home. The most important part of your trip!

When choosing a travel insurance

What do you need for up-to-date travel advice.

What insurance policy might be a better choice than stay away from home.

What additional coverage is needed for the relevant licence.

What exclusions and limits! Also check if the country you visit is covered by the insurer's PDS. Overseas medical services are expensive.

What personal belongings that are lost, stolen or damaged?

Check what is covered and what the \$ limits per item are

Check if adventure equipment is included i.e., hiking sticks

For items of high value i.e., camera or similar – a limit increase is possible with a premium add-on

7. Cover for Cancellation and Amendments as well as delays due to unforeseen circumstances outside of your control

What is the total cover amount? Add all prepaid travel expenses

Does your policy include travel services provider insolvency

In the event that your luggage is lost, what is your cover?

Are you covered for extra expenses if you are delayed?

8. What is the excess per claim? Why?

Can I reduce the excess on my claim?

What are the limits for my claim?

9. What is excluded?

What is the time limit for my claim?

How soon can you access this?

What is the time limit for my claim?

3 MUST KNOW QUESTIONS

to ask BEFORE you book your next Hiking Holiday

Avoid disappointment & guarantee the best time ever!

GLOSSARY OF TERMS - The Packing List

How to avoid the packing overwhelm
by taking just the right items, no
matter where you go.

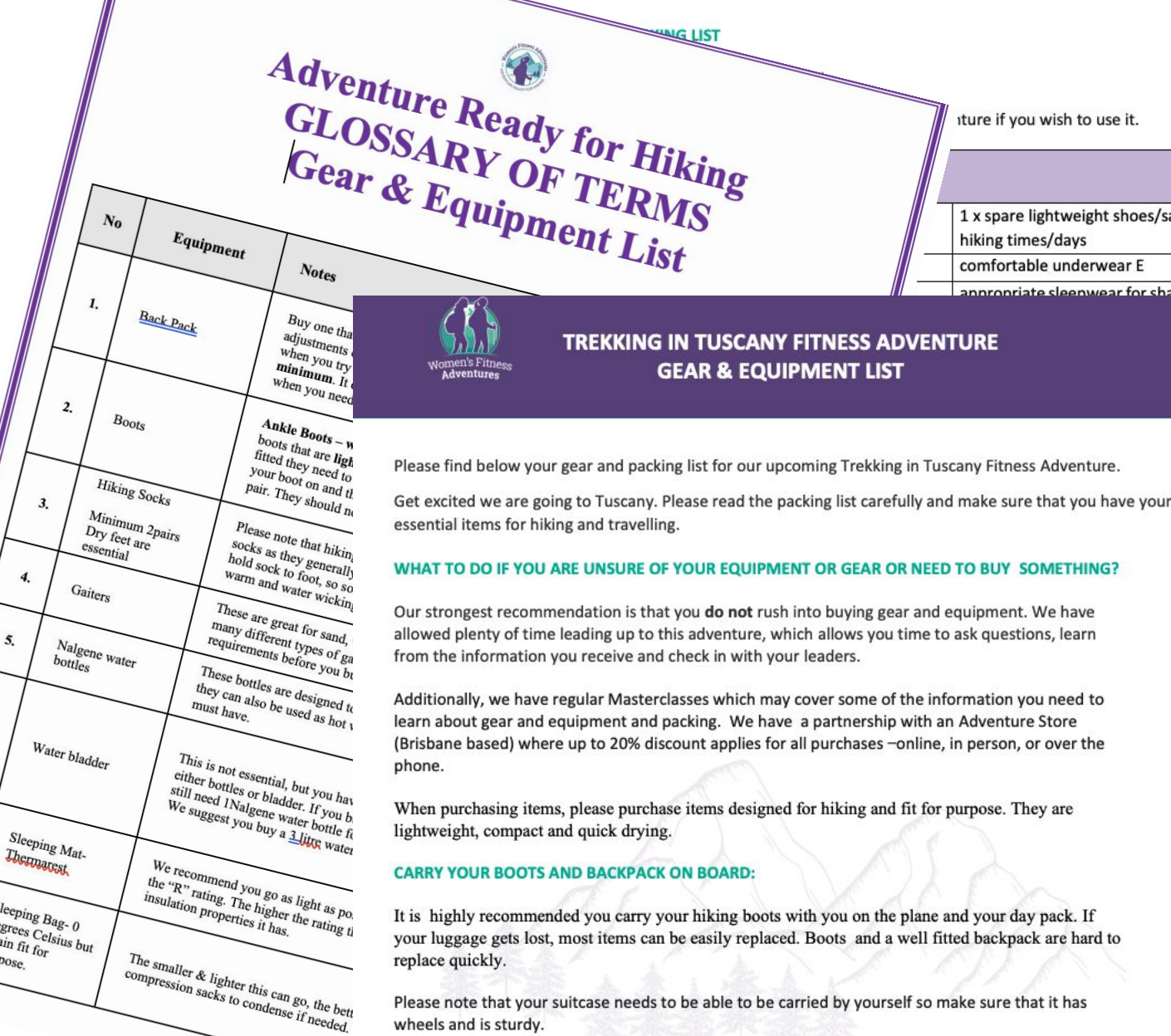
Work out EXACTLY what you need to pack (and, importantly, what you DON'T need) for your multi day hiking adventure.

From the day pack to the luggage,
from hiking to casual.



TREKKING IN TUSCANY FITNESS ADVENTURE
GEAR & EQUIPMENT LIST

TREKKING IN TUSCANY FITNESS ADVENTURE
GEAR & EQUIPMENT LIST



Please find below your gear and packing list for our upcoming Trekking in Tuscany Fitness Adventure.

Get excited we are going to Tuscany. Please read the packing list carefully and make sure that you have your essential items for hiking and travelling.

WHAT TO DO IF YOU ARE UNSURE OF YOUR EQUIPMENT OR GEAR OR NEED TO BUY SOMETHING?

Our strongest recommendation is that you **do not** rush into buying gear and equipment. We have allowed plenty of time leading up to this adventure, which allows you time to ask questions, learn from the information you receive and check in with your leaders.

Additionally, we have regular Masterclasses which may cover some of the information you need to learn about gear and equipment and packing. We have a partnership with an Adventure Store (Brisbane based) where up to 20% discount applies for all purchases –online, in person, or over the phone.

When purchasing items, please purchase items designed for hiking and fit for purpose. They are lightweight, compact and quick drying.

CARRY YOUR BOOTS AND BACKPACK ON BOARD:

It is highly recommended you carry your hiking boots with you on the plane and your day pack. If your luggage gets lost, most items can be easily replaced. Boots and a well fitted backpack are hard to replace quickly.

Please note that your suitcase needs to be able to be carried by yourself so make sure that it has wheels and is sturdy.

THE WEATHER:

Tuscany weather around this time of the year is beautiful - cool evenings and bright and sunny days

Look in the Session Three section.

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Components of a packing list

- Clothing
- Equipment
- Footwear
- Personal Toiletries & First Aid
- Travel Documents
- Optional Equipment

YOUR GEAR AND PACKING LIST

E - Indicates essential item of equipment
I - Indicates equipment that is included as part of the adventure

CLOTHING

☐	Good quality walking boots/shoes and spare laces - E
☐	3 pairs good quality hiking socks E
☐	Shorts or lightweight trousers (preferably dry) E
☐	2-3 trekking shirts or t-shirts E (quick dry, or wool)
☐	1 Raincoat Waterproof F
☐	1 pair sunglasses & hat
☐	casual clothes for 1 mid layer for travelling

FOOTWEAR

☐	Hiking Boots or trail shoes are recommended. They must have grip and be comfortable. They must be well worn-in but not worn-out. They must be waterproof. E
☐	Casual shoes for evening

PERSONAL TOILETRIES AND FIRST AID

☐	Toothbrush and toothpaste	☐	Deodorant
☐	Travel tissues	☐	Hand wipes/sanitising gel
☐	Insect repellent	☐	Hairbrush
☐	Soap/shampoo	☐	Personal medication
☐	Headache tablets	☐	Sunscreen
☐	Antimotility tablets	☐	Assorted waterproof band aids and blister band aids (Compeed)
		☐	Antiseptic cream
		☐	Diarrhoea treatment medication (Gastro Stop)
		☐	Anti-Nausea medication
		☐	Travel Sickness tablets

OPTIONAL EQUIPMENT

☐	Reading book	☐	Luggage ID tags
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OPTIONAL EQUIPMENT

☐	Handbag for when we go out at night	☐	Personal snacks if there is something you cannot live without (the food is fab though)
☐	Power adaptors	☐	Mobile phone

Components of a packing list - clothing

YOUR GEAR AND PACKING LIST

E - Indicates essential item of equipment

I - Indicates equipment that is included as part of the adventure if you wish to use it.

CLOTHING			
☐	Good quality walking boots/shoes and spare laces – E	☐	1 x spare lightweight shoes/sandals for non-hiking times/days
☐	3 pairs good quality hiking socks E	☐	comfortable underwear E
☐	Shorts or lightweight trousers(preferably quick dry) E	☐	appropriate sleepwear for sharing a room E
☐	2-3 trekking shirts or t-shirts E (quick dry, or wool)	☐	Mid layer top – 1 for hiking for warmth E
☐	1 Raincoat Waterproof E	☐	1 sun hat or cap E
☐	1 pair sunglasses & headband	☐	
☐	casual clothes for dinners and travel 1 mid layer top for warmth at night or travelling	☐	Swim wear

Must be able to LIFT

Components of a packing list – equipment

EQUIPMENT			
☐	Daypack large enough for 3l water, mid layer, raincoat and camera, lunch (25-40Litre) E	☐	Hiking poles (optional but recommended)
☐	3 x 1litre water bottles or 1 x 3 litre water bladder E	☐	1 x plastic or dry bags for wet/dirty gear
☐	1 small microfiber towel	☐	1 lunch box/bag for lunches E
☐	1 x head torch & spare batteries E	☐	Camera and phone and chargers
☐	1 x suitcase with wheels/roller bag. Note you MUST be able to lift this up/down stairs and on/off the train. Leave room in case you want to buy anything.	☐	1 x beach towel

Components of a packing list - Footwear

FOOTWEAR			
☐	Hiking Boots or trail shoes are recommended. They must have grip and be comfortable. They must be well worn-in but not worn-out They must be waterproof. E	☐	Gaiters - ankle length\
☐	Casual shoes for evening		Thongs/fit flops for short walks to beach

Components of a packing list

PERSONAL TOILETRIES AND FIRST AID			
☐	Toothbrush and toothpaste	☐	Deodorant
☐	Travel tissues	☐	Hand wipes/sanitising gel
☐	Insect repellent	☐	Hairbrush
☐	Soap/shampoo	☐	Personal medication
☐	Headache tablets	☐	Sunscreen
☐	Anti-inflammatory tablets	☐	Assorted waterproof band aids and blister band aids (Compeed)
☐	1 roll strapping tape	☐	Antiseptic cream
☐	Cold medicine	☐	Diarrhoea treatment medication (Gastro Stop)
☐	Spare prescription medication in hand luggage	☐	Anti-Nausea medication
	Spare Prescription glasses – in case of loss or breakage	☐	Travel Sickness tablets

Components of a packing list

OPTIONAL EQUIPMENT

☐

Reading book

☐

Luggage ID tags

OPTIONAL EQUIPMENT

☐

Handbag for when we go out at night

☐

Personal snacks if there is something you cannot live without (the food is fab though)

☐

Power adaptors

☐

Mobile phone

Footwear - Shoes and socks

Light, Medium or Heavy
Padded/cushioning
Spend the money (\$30)
Toe socks/blisters
Ankle, mid calf height



Footwear - Shoes and socks



Comfort over style

Fit for purpose

Pack Weight

Goretex

Try before you buy/orthotics

Mens vs Womens

What to pack when travelling by plane.

In your carry on:

- Hiking boots (I wear mine)
- Backpack with
 - Spare set of hiking clothes
 - Raincoat
 - Empty water bladder & bottles
 - Mobile phone & battery charger
 - Head torch & spare batteries



The other stuff

- **Food & Snacks on the trails:** If you have a preference for snacks that you cannot live without, please bring them with you.
- **Medications:** If you have medication that needs refrigeration, you may wish to look at this link for options.
<https://www.medactiv.com.au/>
- **What to wear at night.** If heading out to dinner, then smart, casual clothing is required. Nothing too fancy. Beware the shoes.
- **Laundry - on most hikes there's not many options.** OR you can rinse them in the sink and let dry in your room.

carried by you.



Luggage

Being self reliant is the easiest & that often means being able to carry all your own gear

- Wheeled bags (poles go in here)
- Backpack
- At least one hand free



What goes in a day pack.

The rule of thumb for when you are hiking is that worst case scenario if you had to stay overnight on the trail that you would be safe

- Water Bladder – the amount of water carried depends on place and season.
- Water bottle for electrolytes
- Raincoat- Waterproof
- Mid Layer Top
- Spare shoelaces
- 1 pair hiking socks
- Emergency Blanket
- Head Torch
- Personal First Aid Kit
- Toilet paper
- Hydrolytes
- Sunscreen
- Insect Spray
- Lunch box and food for the day

For Specialist trips or particular climates you may be supplied with a specialist packing list.



What's Next?

- Check in via Facebook on Friday from noon.
- Keep checking in
- Keep sending your plan

