

PREPARE YOURSELF TO REACH NEW HEIGHTS: BEGINNERS GUIDE TO TREKKING



Are you considering going on a trek but are not sure whether you are prepared for it mentally and physically? Here is what you need to know before you choose to trek.

by Nature Walkers

1 WALK REGULARLY

This tip seems like an obvious one but it is quite surprising that many people don't do it. The best way to prepare for trekking is to start training yourself to walk regularly for long distances



2 USE STAIRS MORE OFTEN

Regular climbing of stairs strengthens the same muscles as lunges do. It is a vigorous exercise and burns more calories than jogging



3 MAKE SURE YOU ARE WALKING PROPERLY

Make sure that while walking you hit the ground first with your heel then roll onto your toe



4 TRAIN YOURSELF WITH A BACKPACK

The size, material, space and weight everything must be considered when buying a backpack. Water resistant backpacks keep the contents dry, they must have lockable zippers and shoulder padding make them easy to carry.



5 INVESTING IN A GOOD PAIR OF SHOES

The most crucial part of the trek is walking for a very long time. It won't be too long before rashes slow you down if you don't invest in a good pair of shoes



6 START WITH AEROBIC TRAINING

As you gain higher altitude the air density will decrease. To cope up with it work on your breathing capabilities beforehand.

