



# PURE ADVENTURES HIKING TIPS

FOR ADVENTURE TRAVELERS PREPARING FOR A HIKING TOUR







## Hiking - The Gateway To Life Changing Experiences

What comes to mind when you think hiking? If you find the thought of trekking off the beaten path a little intimidating, believe us when we say you aren't alone.

Pure Adventures offers hiking tours all over the world, and we welcome hiking travelers of every shape, size and skill level - in fact, we encourage it. Hiking is really just the gateway to beautiful surroundings, new adventures, and life changing experiences - something everyone should have the opportunity to enjoy.

In this guide we have answered some of the top questions we get everyday from potential travelers, plus offered a few tips of our own (Over 20 years in the business has allowed us to learn a thing or two :)

**Stay safe & happy hiking!**



## Listen To Your Body

Pain is your body's way of telling you something's up. Pushing through pain on a hike or ignoring it will only lead to further injury. Deal with injuries early on to help decrease recovery time and prevent a chronic problem from developing. An injury in one part of the body (Eg. The foot) can lead to problems further up the leg (Eg. Knee or hip) if it is not dealt with quickly. If you've taken slipped on a trail - don't brush it off as a "war wound". Get it looked at so you can get back out there injury free.



## Boot Fit Tricks

Bring the socks you would wear out on the trails into the store and try on the boots with them. Despite how you may have bought or tried to fit your hiking boots in the past, don't try to feel how much space is between your toes and the front of the boot ("now wiggle your toes..." – it doesn't work well. Instead, with laces untied, stand up and tap your toe on the ground a few times. Still standing, feel behind your heel. You should be able to fit two fingers comfortably between your heel and the back of the boot. When you lace up, walk around. There should be the slightest of lift on your heels. This is good and actually reduces blisters because you have room for your feet to swell (and they will swell!). Make sure there are no big gaps or tight squeezes between your foot and the boot. Walk around the store for awhile to get a really good feel. Head over to their pack department – if you can – and try on a weighted pack with your boots to feel the difference in weight.







## Hydration

Hiking, like any other activity, can wear you out. It's important to bring water with you and consume it on a regular basis, along with snacks to keep your body fueled up. An issue that can come up with water, is that if it's over consumed you can wash out essential electrolytes, especially when you are exerting yourself. Tell tale signs that your electrolyte levels are dropping include fatigue, headaches and eventually stomach pain. To avoid this, carry a bladder of water and a small bottle of concentrated electrolyte drink, like Gatorade. Drink every few minutes and drink from the small bottle of Gatorade every half an hour to maintain electrolyte balance. **Pure Adventures suggestion** - carry electrolyte capsules to take as needed - lighter and much smaller to carry.

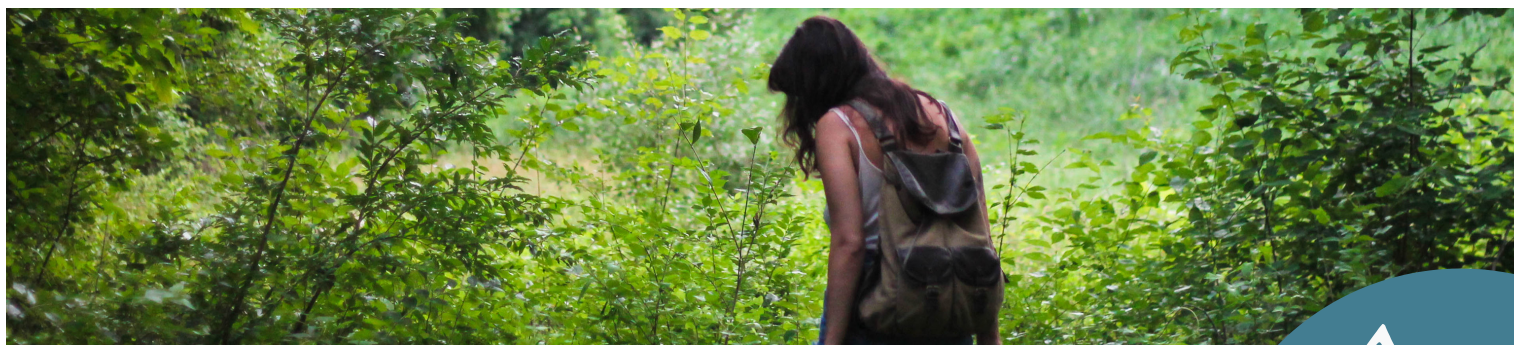




## Keeping Blisters At Bay

Moisture, along with friction, contributes to painful blisters and there are several ways to keep your feet dry. One is to apply a powder to your feet prior to beginning your hike: the powder absorbs sweat, keeps your feet dry and reduces friction. Pack gear such as gaiters or waterproof socks like SealSkinz if you know you will be hiking in wet or rainy conditions. If you're prone to sweaty feet, carry foot powder and spare socks in your pack.

What else? look for hot spots - the itchy spot on the bottom of your foot that you think might be nothing? Better check on it, advises Dan Wegrzynowski, a Wilderness First Aider and hiker in Alberta. "When hiking, every 45 minutes or so I look for hot spots, red areas that could blister if not taken care of," says Wegrzynowski. Stephen Regenold of Gear Junkie.com echos Wegrzynowski advice. "On a hike, if you feel discomfort on your foot, immediately stop to address the sensation. A "hot spot" is the precursor to a blister, and if treated you can keep it that way," says Regenold.





# Safety

This is a pretty broad subject so we've compile a few of key areas to consider.

- A general rule is to allow 1/3 of your time to hike in and 2/3 to hike out. If you're finding the pace with your hiking group to be too fast, ask them to slow down. Follow the talk test – if you can't keep a conversation going because you are winded, it's time to slow down. Don't be afraid to take frequent breaks – in the end you won't lose anytime by slowing down and stopping.
- Pick the right time to hike. With hot summer days, it's important to hit the trail before sunrise – or shortly thereafter. Heatstroke and heat exhaustion are serious health threats and can affect even the best prepared hikers. Experienced hikers know that the timing of their hike is the most important factor in avoiding hazards. Stick to the shade during the afternoon hours and remember to keep drinking water, even if you're not on the move
- Match the trail with your physical ability. Although you may want to challenge yourself, it's important to work your way up to those trails made for more experienced hikers.







## Adventure Prep.

Kind of goes without saying that we're big fans of adventure travel. Of course with adventure travel comes the chance of sustaining injury. To avoid injury, prepare for your trip. Schedule in a training schedule months in advance of your trip that will get you ready for that particular activity. For instance, if you are going to be taking a self guided hiking tour, start your training by walking with the pack you are going to use and gradually increase the distance and weight of the pack. Add hills and valleys to your walks. Get used to the hiking gear you are going to wear. A little prep. can make your next adventure travel experience a fantastic one!





# FOOD!

You're going to love snacking on you're hike. Here are foods we suggest to keep you focused and full of energy.

- Nuts – Almonds or walnuts. Great for snacking on, chalk full of healthy fat and protein. Nut butters are a good healthy fat option too.
- Fruit – Throw a few apples in your bag - apples and nuts mean you've pretty much got all of the fat, protein, and carbs you need for the day. Things like bananas, raisins, and other fruit are good options as well – pick based on your personal preference and tastes. Fruit (especially dried fruit) can have lots of sugar and calories, so don't kid yourself into eating 5000 calories worth of dried fruit and call it healthy!
- Beef jerky - Lots of protein, easy to pack, and keeps well. Mmmmm
- Trail mix or granola bars? You'd probably think granola bars and trail mix are synonymous with hiking, but they actually aren't great unless they're homemade – these products are usually loaded with salt/sugar and processed grains and are pretty damn unhealthy. If you're gonna go with trail mix, make your own with dried fruit and raw unsalted nuts. If you DON'T have other options, tossing a few granola bars in the bag isn't the end of the world.





## Other Gear

- The hiking gear list could go on forever - some of which is useless. Here are essentials to get you started. Of course numerous factors will come into play such as length and difficulty of the hike, as well as climate.
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- Navigation (map and compass)
- Sun protection (sunglasses and sunscreen)
- Insulation (extra clothing)
- Illumination (headlamp/flashlight)
- First-aid supplies.
- Fire (waterproof matches/lighter/candles)
- Repair kit and tools.
- Nutrition (extra food)





## **Are You Ready?**

Some of these tips may have been a back-to-basics refresher for seasoned hikers, or it may have been new useful info for those just thinking about breaking in those new hiking boots. Either way, we hope you were able to take away something from our guide! Now, isn't time for less reading and more experiencing? To help take the guesswork out of "what next?", we've listed some of our top hiking tours we think you might like to consider trying. **Happy trails from the entire Pure Adventures gang!**

**Ireland - Hiking The Western Way**  
from €1,185

**Croatia - Trail To Table On The  
Dalmatian Coast**  
from €3,172

**Argentina - Multi Sport Adventure Tour**  
from US\$3,113

**Chile - Trail To Table In Lake  
& Volcano District**  
from US\$3,982

**Italy - Naples And Amalfi Coast Hiking Tour**  
from €1,611



## Resources:

- [www.theadventurejunkies.com](http://www.theadventurejunkies.com)
- [www.rei.com](http://www.rei.com)
- [www.hikingdude.com](http://www.hikingdude.com)
- [www.bcliving.ca](http://www.bcliving.ca)
- [www.nerdfitness.com](http://www.nerdfitness.com)
- [www.fitfortrips.com](http://www.fitfortrips.com)

