

PHYSICAL PREPARATION FOR HIKE

Getting Ready for a Safe and Enjoyable Adventure



HIKE



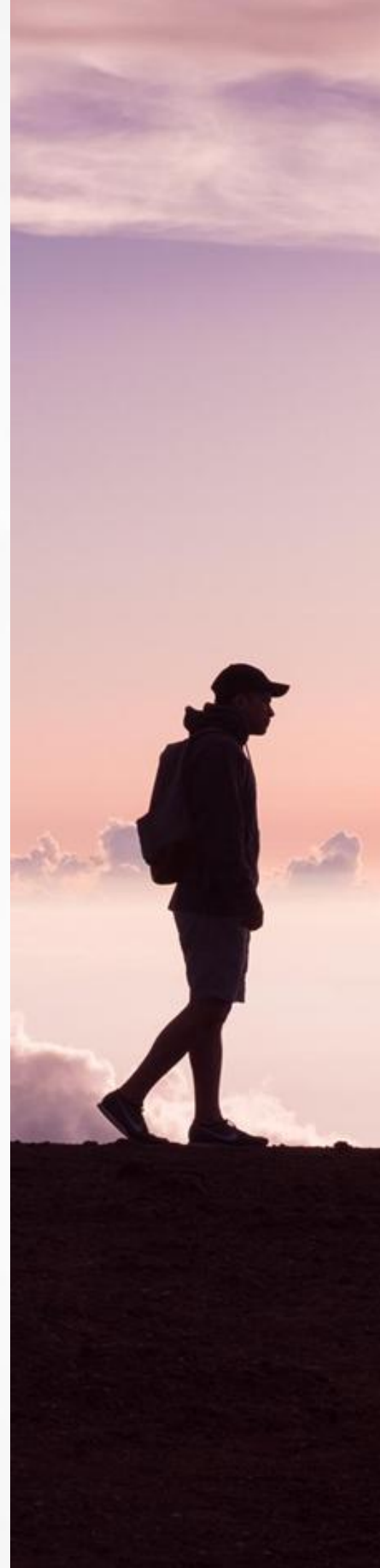
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IMPORTANCE OF PHYSICAL PREPARATION

Benefits: enhanced performance, injury prevention, and overall enjoyment

What Hiking Entails:

- Physical challenges: elevation gain, varied terrain, and distance
- Self-assessment: stamina, strength, and flexibility



HOW TO PREPARE A BACKPACK

- Make sure that your backpack is very light!

If you are camping out:

- Your backpack should have 35-45 litres capacity
- Have internal frame or stiffened back, a waist and chest strap, and straps for attaching your mat.
- Take a waterproof rucksack cover or line it with a plastic bag

If you are trekking with a group or on a self-guided holiday:

- You need a comfortable day-sack (20-30 litres), preferably with a waist-strap.



☰ Likya yolu sırt çantam. (20 kg)

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NUTRITION AND HYDRATION



- focus on energy-rich foods
- balanced diet: carbs, proteins, fats
- use cooking facilities in campsites or camping gas stove
- do not light fires due to fire risk



- drink water regularly, especially before and during hikes
- sterilise the water by boiling it or adding purifying tablets or drops of iodine



Photo by Scott Rinckenberger

You may not need a tent – if you have the right groundsheet, mat and sleeping bag, in warm weather you can sleep outside.

Choosing a tent:

- inner and outer layers and a sewn-in groundsheet.
- mosquito-proof (in hot weather just use the inner layer)
- room to pack and store your backpack
- stand up in wind and rain
- the lightest you can afford – under 2 kg

Carry a head-torch and practise erecting your tent in the dark.

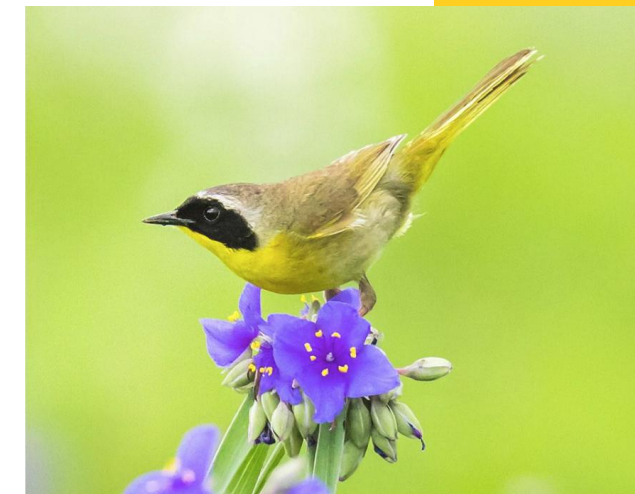
Choose a camp-site on level ground which will not flood in rain.

Try not to camp under large trees which may be struck by lightning.



Trekking and your hobbies:

- Carry small binoculars to use when birds are active, in early morning and evening
- Check bird migration routes and seasons near you (esp. islands, south coasts and mountain passes)
- Merlin bird app to identifies birds around you from sound
- the Mediterranean is rich in beautiful bulbs (soğanlı bitki), and orchids, which flower in spring and autumn
- learn the names of these species first but do not pick them
- you can also learn the names of trees
- you can photograph them and identify them with plantnet



REST AND RECOVERY

- Pamper your feet! Raise them above head-height.
- Aim for 7-9 hours sleep per night
- Listen to your body
- Use recovery techniques: stretching, foam rolling, and massage to allow your muscles to recover
- Have warm-up and cool-down routines
- attend to small injuries (scratches, blisters, small cuts) immediately, before they become infected



Photo by Robin Stamm

THANK YOU
FOR LISTENING

