



Welcome to Wild Women on Top ...

You're about to embark upon an amazing, life changing adventure, which will engulf your life, increase your fitness, decrease your weight and give you something incredible to enjoy and look forward to.

**WARNING:**

BE PREPARED FOR RESISTANCE FROM FAMILY & FRIENDS & IF YOU NEED ASSISTANCE REFER TO THE "GOLDEN RULES" OF WILD WOMEN ON TOP ...

**What you need for your first walk:**

- Deliciously comfortable, waterproof gortex or leather trekking **boots**. (Runners ok for day)
- A rain coat
- Water
- Day pack
- Mug
- Whistle
- Towel or yoga mat
- Torch or Head light: night walkers only

**Optional Extras**

- Trekking poles

For best results, please eat only a light meal before training, such as fruit, vegies or salad.

Please keep an eye out for our newsletters and our gear nights at Trek & Travel, so you can get the right gear. Also, if you present our business card and say you're from Wild Women on Top, you'll get 15% discount on your purchases at Trek & Travel.

Please contact us at [admin@wildwomenontop.com](mailto:admin@wildwomenontop.com) if you have any questions, no matter how small.

We look forward to having lots of fun and adventures with you and helping you achieve all your adventure fitness goals.

[www.wildwomenontop.com](http://www.wildwomenontop.com)