

# GETTING STARTED

## 1. Gear:

- a. Please bring **boots**, torch, pack, water, whistle, cup, rain coat and towel for every session. Boots & torch compulsory for night walking.
- b. If you're gear shopping and not sure, ring us immediately. Getting the wrong gear is very expensive.

## 2. Posture:

- a. Correct posture is essential. Focus on core muscles, particularly on stairs.
- b. Training with a pack & poles is great for developing back strength, leg strength, upper body strength & bottom muscles, provided you engage your core. Start with 5kg and increase .5 – 1kg per week.
- c. Pack walking is also an excellent calorie burner. (BUT: Please don't use this as an excuse to eat more!!)
- d. Expand space between sternum and pubic bone and lift up. Core strength essential for carrying a pack.

## 3. Training:

- a. Must train at least 3 times a week for maximum results
- b. Sessions must be at least one hour, aerobic and weight bearing, preferably hills and stairs with pack.
- c. Wild Women on Top look forward to rain, cold and wind!!! Extreme weather allows us to test our gear, and our commitment.
- d. Do core exercises at least 3 x week. (Ab Curls, planks & kneeling lifts)
- e. Swimming, yoga, pilates and stretching are great for injury prevention.
- f. If injured, let us know.
- g. There are NO excuses for missing training ... ( except a family or kid crisis). Coughs, colds, pms, tiredness, gastro, headaches etc don't count: they could all happen on a trek in the wilderness.

## 4. Goal setting – For best results plz have time specific, precise written goals:

- a. Adventure goals / fitness goals / weight goals and be prepared to voice them!

## 5. “Hard Core” girls are a valuable resource. Use the experience within the group: it's vast.

## 6. Rules of the track:

- a. Every step every step: sprained ankles biggest danger
- b. Keep away from branch flickers
- c. DON'T come home tired – Wild Women on Top will invigorate you and if it doesn't, pretend!!!
- d. Poles must ALWAYS face downwards
- e. DON'T allow yourself to get separated from the group
- f. Take responsibility for yourself and be fit and tough enough to help others whenever you can.
- g. Stay positive at ALL times, even when you feel tired, sore, hungry and grumpy.
- h. Get your family involved in wild walking and include them in your excitement.
- i. And remember: *"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face... You must do the thing you think you cannot do." Eleanor Roosevelt*