



> OUR MOST SECRET TIPS FOR TREKKERS AND GENERAL MOUNTAIN TRAVEL.

Here are some excellent tips and tricks for your upcoming trips
– compiled by some of our expert trek leaders.

- 1 Bring Tevas or other sports sandals to wear around camp and to slip on when you have to go to the bathroom in the middle of the night and don't want to lace up your hiking boots.
- 2 Fill up your water bottle with hot water at night and bring it with you when you crawl into your sleeping bag. It'll keep your toes, feet, and hands warm and cozy, and you'll have cool water in the morning to drink.
- 3 Pack your clothes and sleeping bag in plastic garbage bags inside your duffel. Not only will they help keep everything dry, no matter the weather, they'll help keep your gear sorted.
- 4 Bring some Ziploc bags for organizing and keeping things clean and dry.
- 5 Instead of treating blisters – try to prevent them if you are prone to getting them. Before you start hiking, tape your feet and use moleskin, Second Skin.
- 6 Bring one or two bandanas or a similar size scarf. They are great to protect your head and/or neck from the sun and serve as excellent hand towels.
- 7 To boost your energy bring extra munchies for those high-powered days. Energy bars are good, but watch out - frozen Power Bars can be jaw-breaking.
- 8 Bring a small notebook and make an entry every day, maybe adding a sketch or two of the view from your tent. You'll really enjoy rereading it years later. You might also want to try your hand at poetry—the mountains will inspire you!
- 9 Check out the stars in the middle of the night—they are incredible.