Safety Tips for Trekking

PT EOS CONSULTANTS









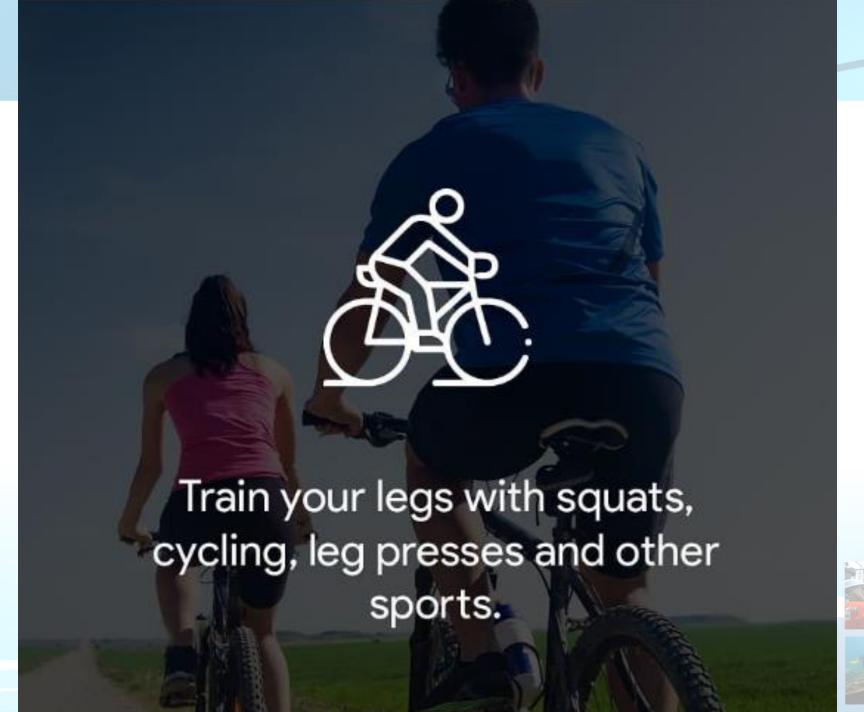




Start working on your stamina by going on walks & gradually increase the time and intensity.

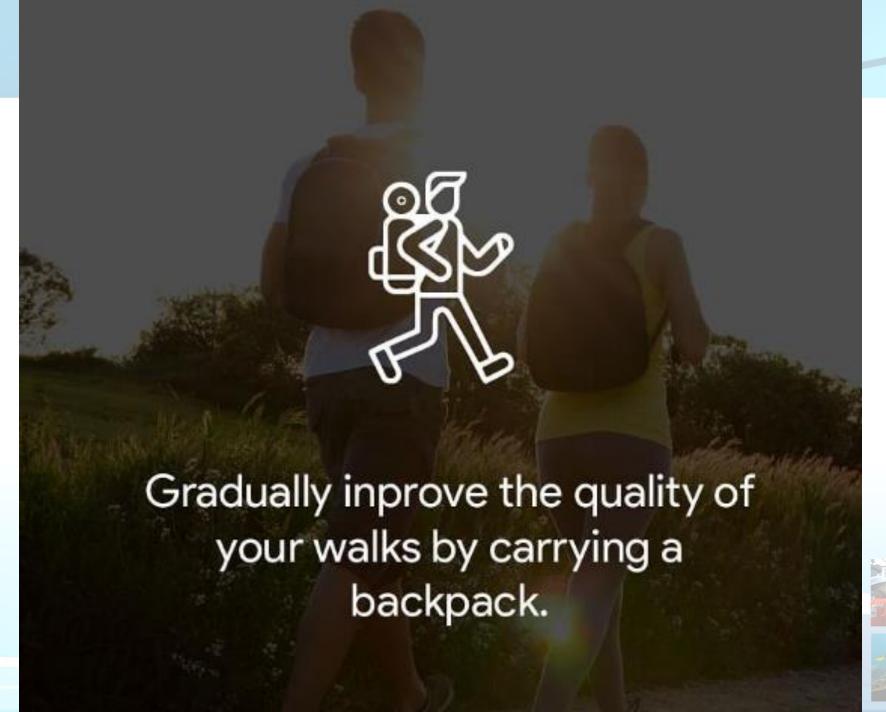








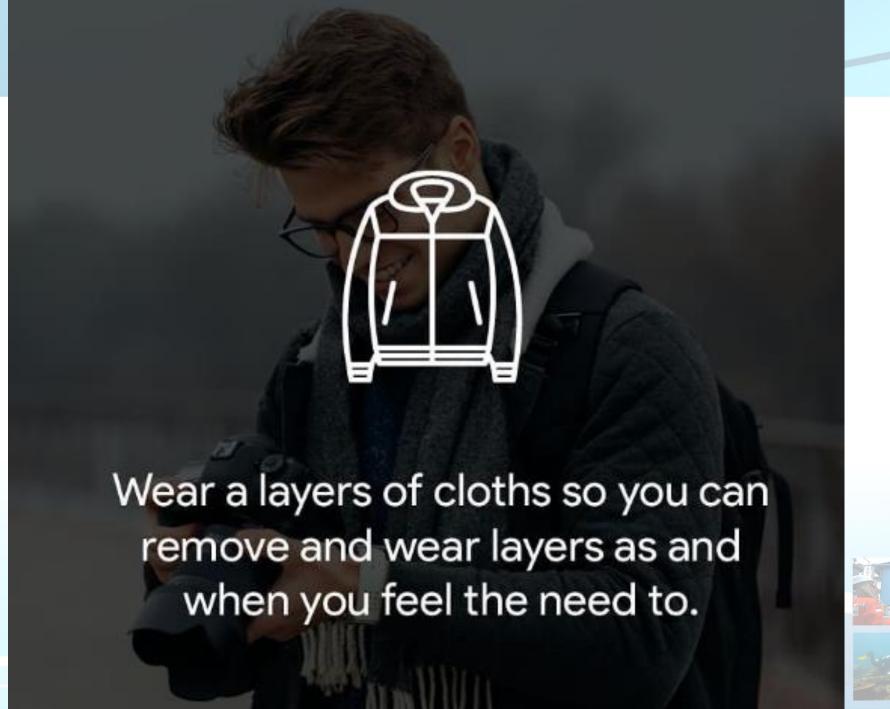
















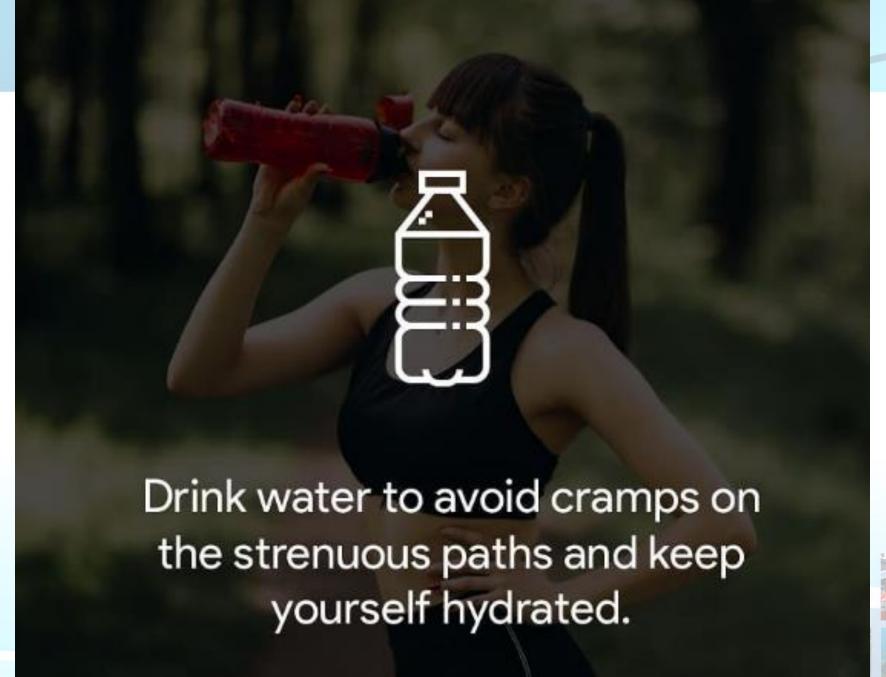








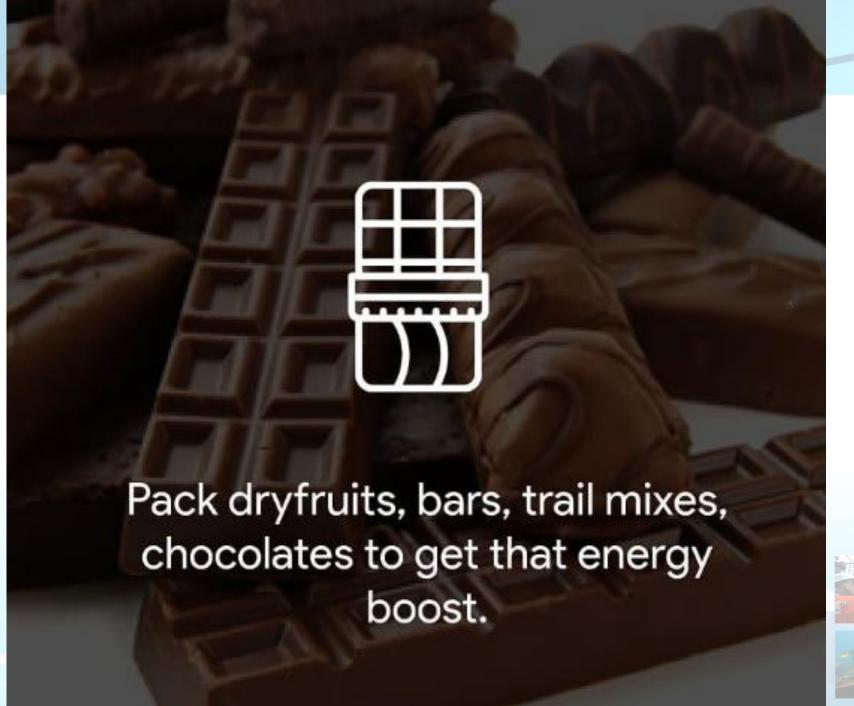










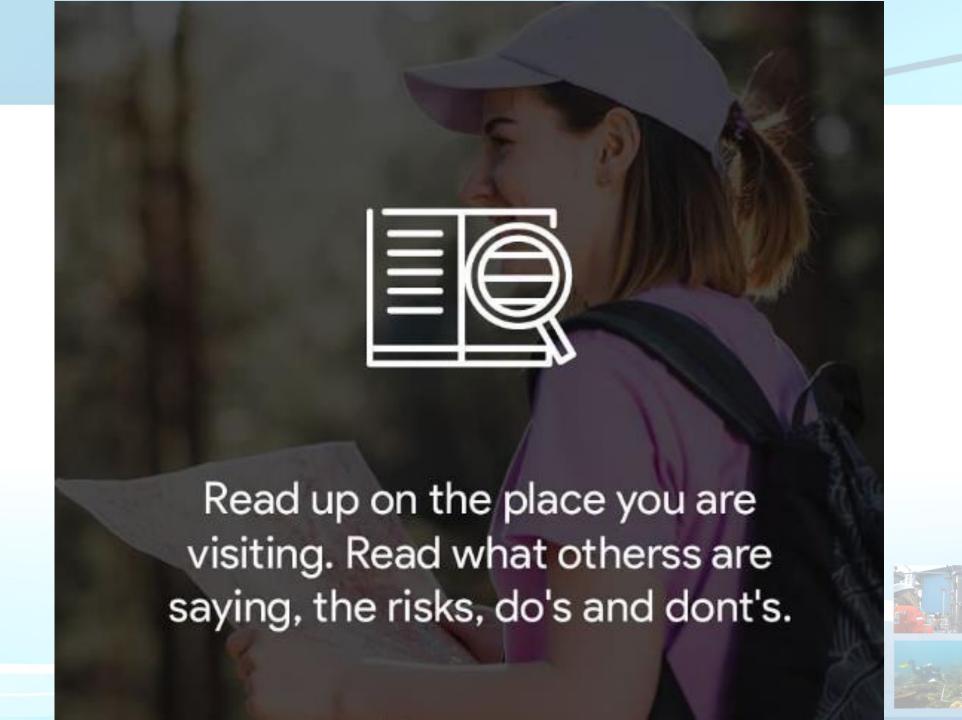


















SUMBER

- https://www.instagram.com/p/BmUuv_UHXI4/
- https://www.instagram.com/p/BI602m7Igvq/
- https://www.instagram.com/p/BlzWx5Of_I w/
- https://www.instagram.com/p/BI2nCxMfgn_/
- https://www.instagram.com/p/BmDygTvHk65/
- https://www.instagram.com/p/BlzXQ8Qlyq-/
- https://www.instagram.com/p/BmYpp93nWYq/
- https://www.instagram.com/p/BmnEWCgHA3j/
- https://www.instagram.com/p/BmfEDJInnY-/
- https://www.instagram.com/p/BmxT61lHeVM/









