

Safety Tips for Trekking

PT EOS CONSULTANTS





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



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Train your legs with squats,
cycling, leg presses and other
sports.



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Gradually improve the quality of
your walks by carrying a
backpack.



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Wear a layers of cloths so you can remove and wear layers as and when you feel the need to.





Invest in a pair of good trekking shoes that provide you ankle protection.



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Right and light packing depends on your trek. Don't forget you are going to carry that bag.



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Drink water to avoid cramps on the strenuous paths and keep yourself hydrated.



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Pack dryfruits, bars, trail mixes,
chocolates to get that energy
boost.



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Read up on the place you are visiting. Read what others are saying, the risks, do's and don't's.



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Be a responsible trekker, respect
the place you are going to and
DO NOT Litter.



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SUMBER

- https://www.instagram.com/p/BmUuv_UHXI4/
- <https://www.instagram.com/p/Bl602m7Igvq/>
- https://www.instagram.com/p/BlzWx5Of_Iw/
- https://www.instagram.com/p/Bl2nCxmfgn_/
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