

GO TREK

Trip Information

Physical Requirements

The trek we are making this summer will be rather demanding. Since we will be walking 10-15 miles per day, it is important to be in good physical condition. We recommend a steady regimen of walking in the two weeks preceding our journey (in addition to any previous conditioning needed to bring you to a reasonable level of fitness). Make sure that the walking you do in preparation is in the shoes you will be wearing on the trail.

Footwear

Your feet are going to bear the brunt of the work, so it's essential to choose suitable footwear. Look for a combination of durability and lightness: your best bets are a pair of sturdy sports shoes which let your feet breathe, or classic hiking boots. It is very important that the shoes you plan to hike in have been well broken in before we start the journey. Choose your socks with care as well; we prefer wool socks. Sock liners are also a good idea because they lie smooth against the skin, which helps to avoid rubbing.

Clothing

Though we will be traveling during the summer, you must bear in mind the different climates you will pass as you travel from the peaks of the Pyrenees, across the high Castilian plateau to the woods of Galicia. A good rule is to make sure your clothing is loose fitting to avoid friction and ensure comfort and breathability. A wide brimmed hat is strongly advised as we will be walking under the summer sun. Temperature, humidity level and other factors vary from region to region. Keep this in mind, but use common sense when you are packing. Only pack a parka if you are planning to do penance.

Luggage

However light your bags are, after a few kilometers any load becomes a burden. Be ruthless in rejecting superfluous items of baggage and only take what you really need. A medium-sized backpack (1500-1900 cubic inches) will be sufficient. A more complete packing checklist is provided below.

Communication

This won't be a problem as there are telephones and postal services along the trail should you need them. We will also be passing a cyber café in Leon and Santiago, if you want to do any e-mailing.

First Aid Kit

Setting aside possible accidents, the most frequent problems are from walking itself: blisters, aching joints and sore muscles. Antiseptics and disinfectants for treating blisters, mycins for treating mycosis, and anti-inflammatory ointment and bandages for muscles and joints are vital. Also, protective sun cream is essential to avoid overexposure to the sun.

Safety

Each of our staff is licensed in American Red Cross CPR and Emergency Response. For serious injuries there are hospitals in most towns we pass through on the trail.

Documents

You will need a valid passport or identity papers and any documents relating to health care. It is a good idea to have a photocopy of all vital documents, just in case.

Packing Checklist

1. Comfortable hiking boots
2. Lightweight, water-proof jacket w/ hood
3. Sleeping bag (down is lightest, but synthetic dries faster)
4. Sleeping bag bivvy (water-proof covering for sleeping bag)
5. Lightweight, wide-brimmed hat
6. 2 Tee shirts
7. 1 pair of comfortable shorts
8. 1 pair of lightweight/loose-fitting pants
9. 2 pairs of wool socks
10. 1 pair of sock liners (silk are best)
11. 3 pairs of underwear
12. 1 swimsuit
13. Very basic toiletries
14. Small first aid kit (w/blister gear)
15. 1 journal / notebook