

Physicality of a Raleigh Expedition

This document is designed to outline what to expect on Expedition from a physical perspective.

Everyone can complete a Raleigh Expedition however Expedition is not a walk in the park and requires you to have a good baseline level of fitness to get the most out of it.

What can you expect day to day?

- You will be on your feet all day every day.
- Sleeping on hard ground using your roll mat, sleeping bag and mosquito net (if required).
- Doing active manual labour such as mixing cement, heavy lifting, hammering, sawing wood, clearing undergrowth, using machetes etc
- It will be hot and sweaty with limited opportunities to shower
- Early mornings and early nights

Adventure Challenge – naturally the most physical element of Expedition

- Hiking for up to 8 hours a day, usually less!
- Hot and humid climate, with rain likely (especially during rainy season)
- Lots of uphill & downhill hiking
- Mixed terrain – ranging from thick undergrowth (eg jungle & bush), to rocky terrain or tarmacked roads
- Carrying a 15-20kg rucksack
- Sleeping in a new location every night
- In some locations, sleeping in a hammock
- Blisters... prevention is better than cure, however when hiking for 19 days blisters are inevitable. They are perfectly manageable when treated early.

Managing injuries

Often small, minor physical injuries or pains which hardly affect you at home can flare up on Expedition due to the physical nature of it. Some things which can flare up from our experience are:

- Hip, knee and ankle pain
- Back pain
- Shoulder injuries, specifically for trek

If you have experienced any of these, that does not mean you cannot take part in Expedition but just that you should consider how to best prepare yourself.

What can you do to best prepare yourself before arriving on Expedition?

- Get a good pair of comfortable hiking boots.
- Wear in your hiking boots by doing some practice hikes.
 - We would recommend doing this in the clothes you are going to wear for trek & with a weighted rucksack to find out where your hotspots are
- Follow a training plan to get used to walking longer distances in one go – read these [top tips!](#)
 - Or follow a training plan similar to this – [Training plan](#)
- Do some camping – get used to the feeling of sleeping on a roll mat so that you.
- Invest in a good quality roll mat & inflatable pillow.
- Bring some hiking poles – this can help with joint pain you might experience

Foot care!

Prevention is better than cure with blisters so here are some top tips to reduce the likelihood of getting blisters.

- Bring minimum 5 rolls of zinc oxide / strapping tape
- Use antifungal foot powder on your feet every morning and evening to keep them dry
- Always carry a pair of clean dry socks and loose-fitting shoes for the evenings
- Tape up your feet as soon as you get a hotspot, or if you know where the hotspots are, do it before!
- Use well worn in hiking boots & good quality hiking socks (you can also use a sock liner to prevent friction)

You can read this top tips [guide here.](#)

