

TRAILAEDTM

ADVENTURE TRAVEL GUIDE

The adventure ahead.

Welcome to your Adventure Travel Guide! Whether you're a seasoned explorer or embarking on your first race abroad, this guide is your go-to resource for navigating the adventure ahead. Packed with invaluable tips and insights, we'll help you seamlessly transition from your home turf to the most challenging terrains and awesome challenges across the world. From nutrition strategies to environmental considerations, gear essentials to foot care, let us be your compass as you conquer this adventure, one stride at a time.

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TRAVEL HEALTH

VACCINATIONS AND MEDICATIONS

Travel Health Pro is a reliable, up-to-date website where you can read about which vaccinations and medications you may need for your trip.

TRAILMED MEDICAL TEAM

Across your adventure, you'll be accompanied by a one (or more if you're lucky) TrailMed medic. All TrailMed medics are friendly, approachable and experts in expedition care. If you have any questions or concerns, please don't hesitate to chat to your medic.

TRAVEL MEDICATION

You can also purchase a range of medications from Dr Fox such as melatonin (to treat jet lag), antimalarials, and altitude sickness medication. Some vaccine courses may require several weeks, multiple vaccinations or may not be in stock so it's worth sorting these in plenty of time before your event.

Visit Dr Fox Here.

FURTHER INFO

If you'd like to find out more about any of the topics discussed in this guide, please do not hesitate to contact our medical partners, TrailMed.

www.trailmed.co.uk
office@trailmed.co.uk

FIRST AID

During any event, we recommend 2 first aid kits; one to be carried during exercise and a second to keep in your kit bag.

Exercise First Aid Kit

- 5 Antiseptic wipes
- 2 Gauze swabs
- 2 Low adherent dressing
- Kinesiology tape
- Small scissors
- 6 Steristrips
- Emergency foil blanket
- 2 Dioralyte sachets
- 6 Paracetamol tablets (500g)
- Personal Medications

Main First Aid Kit

Everything in your Exercise First Aid Kit, plus...

- Crepe Bandage
- Triangular Bandage
- Imodium
- An antihistamine of some kind
- Insect Repellent
- After-bite cream
- High SPF lip balm
- Anti chafing cream
- Water purification tablets

For wounds

1. Clean wound - use an antiseptic or clean water and
2. Remove dirt
3. Apply dressing
4. Keep clean until you finish, reach a checkpoint or see a TrailMed medic

For pain

Use paracetamol or ibuprofen to treat pain or 'niggles' whilst on the event. We'd recommend paracetamol over ibuprofen, especially on endurance type events.

Paracetamol - 1 gram 4 x a day (maximum 4g/24hr).

Ibuprofen is 400mg 3x a day (maximum 1200mg/24hr).

Anything else?

The Trailmed team will be around to help you with any medical problems. We have medications and kit to treat almost any problem. If you find yourself stuck on the trail or encounter someone who needs help, contact the race organisers and protect yourselves from the elements. If it is a true emergency contact the local health services or 999 in the UK for immediate rescue.



Foot Care

EARLY CARE

If something is not feeling right, fix it now. Don't ignore it any longer. A slight rub or a loose shoe over many thousands of steps is what causes the problem. A simple fix can make all the difference.

PREVENTION

Foot blisters are the result of friction, caused by rubbing of ill-fitting footwear and can be made worse by moisture either from perspiration or external sources.

Care - Podiatrists recommend using a daily foot cream containing urea for 3 months prior to your race. This improves skin quality and breaks down any hard skin.

Footwear - Well fitted, including the socks and any insoles - comfy, not too tight or loose. Socks should ideally be wicking, snug fitting and without bulky seams.

Training - Cover plenty of miles and give time for your feet to recover in between sessions. Use your training to experiment with different shoes, socks and insoles.

BLISTER REPAIRS

Fluid-filled blister - In order to keep running, the blister should be drained by making at least two holes using something sharp and sterile. The site should be dried, and a low-profile dressing applied, possibly with some padding over the blister.

Burst blister - Dry and arrange the remainder of the roof before dressing as detailed above. If the roof is bunched, it can be cut away, again with something sharp and sterile.

Post event
Blisters are open wounds, so rest, keep them clean and sterile, and avoid further trauma and walking. Applying a colloid type dressing can also help to speed up the healing process.

Keep an eye out for hot or sore points. Here's the best way to deal with them:

Problem	Solution
Toes rubbing or hot spots	Use a little Vaseline or k tape
Hot or wet feet	Change socks, dry feet and use some foot powder
Heel Rubbing	Try tying your laces with a <u>runner's loop</u> to reduce heel rubbing

Travel



Jet lag - Travel isn't easy on the body, especially when travelling a long way and across different time zones. Naps are a great tool to help us adjust to new time zones.

Illness - When travelling, there are plenty of opportunities to catch unwanted illnesses which can disrupt your performance and your enjoyment of the trip. Aim to keep good hygiene practices; wash your hands with soap regularly and always carry anti-bacterial hand gel.

Food - Do not neglect your body when travelling! Stay well fed and hydrated when you travel. Being under-fuelled or dehydrated is not a challenge you want to face at the start of your adventure.

DVT - Deep vein thrombosis (DVT) is a risk for some people when travelling long distances. Factors such as weight, age, smoking status, heart disease and also the contraceptive pill can increase your risk of DVT. If you are at risk, be sure to stay well hydrated, move around when possible, stretch when you can and use compression socks, all to help keep your blood moving. For further guidance on managing DVT risk, please contact our medical partners, [TrailMed](#).

Sleep



Following exercise, we all have an increased demand for sleep as our bodies recover from the neural and metabolic stress of exercise. Consider the following to improve your sleep in the run up to an event:

- We are all creatures of habit. Establish a **bedtime routine** and follow it regularly. Use sleep hygiene tips such as budgeting 30 minutes for winding down, dimming lights and 'unplug' from electronics.
- **Bank sleep** - Banking sleep is a great tool used by shift workers and frequent travellers to limit fatigue when poor sleep is expected. You can bank sleep in two easy ways: 1) sleeping for longer than usual by 1-2 hrs on nights leading up to your event 2) napping for 30 minutes - 2 hrs on days leading up to your event.
- **Prioritise sleep** - As an athlete, sleep is your best tool for recovery so make sure you use it!
- With the adrenaline of race day flowing it can be difficult to get to sleep. A few bad sleeps won't ruin your performance. Even if you don't have the perfect sleep, your body is still recovering.
- If you are camping or staying in shared accommodation, ear plugs and an eye mask can help block out any unwanted distractions.

FUELLING



PRE RACE

The day before racing is key to make sure you are well fuelled to perform at your best. Aim to eat 7-9 grams of carbohydrate per kg of bodyweight in the days leading up to race day. On the day prior to racing, try to keep the fibre content relatively low, if you are prone to stomach issues.

DURING THE RACE

Amount - Set a carb target to hit every hour of your race. Carb recommendations for exercise vary from 60 g/hour, up to 120 g/hour and varies massively from person to person. To create an accurate fuelling strategy for race day with carbohydrate targets, we recommend a metabolic exercise test with our medical partners TrailMed.

Timing - Consume carbs right from the start of exercise, don't wait! Distribute your carb intake across the hour, consuming carbs every 15-20 minutes.

Type - For endurance racing, aim to consume carbohydrates which contain more than one type of sugar. A glucose and fructose mix is preferred, which can be found in most carbohydrate supplements but also in many whole foods.

Form - We recommend a mix-and-match strategy, using combination of whole foods, drinks, gels, and energy bars to hit your hourly carb target. Cookies, bananas, doughnuts, a jam sandwich and sweets are all great examples of carbohydrate rich whole foods which you can eat to help hit your hourly carbohydrate target.

AFTER THE RACE

Get some sugary carbs (high GI) on board within 1 hr of finishing exercise to help replenish your glycogen stores. Protein aids the repair of muscle after exercise but also helps replenish glycogen when consumed alongside carbohydrate. After exercise, pair your carbs with some protein to maximise recovery especially if you are taking part in a multiday adventure.

HYDRATION

It's no secret that dehydration is detrimental to performance. However, avoiding dehydration isn't always easy, especially in hot environments.

MONITORING HYDRATION

Use your urine colour as an indication of hydration status. Aiming to consistently maintain good volumes, frequency and light colours of urine leading into and throughout race-day.



FLUID

When exercising, we lose water through sweat, especially in hot conditions but even in the cold. During exercise you should drink to thirst and always be paying attention to your hydration level.

Adding carbohydrate such as glucose to your drink can increase fluid absorption and retention, improving hydration. Adding two tablespoons or 12 grams of table sugar per 250ml of water is a good starting point

ELECTROLYTES

As we sweat, we lose electrolytes, with the main one being sodium. Salt capsules and electrolyte tablets can help replace some of the electrolytes lost during exercise. By adding electrolytes to your drink, you can further increase fluid absorption, improving hydration.

WHAT ELSE CAN I DO?

Even when following the above, hydration is still a tricky element of performance to ace. Everyone sweats differently. Both the amount we sweat and how salty we sweat varies from person to person. To understand how you sweat and to get a full hydration plan, we recommend a sweat test.



HEAT^{top 3}

- 1. Dehydration** - Use your urine colour as an indication of hydration status. Aim to maintain good volumes and light colours of urine. A good sign is that you are still needing to urinate regularly. Try to use hydration tablets and/or salt capsules to increase fluid absorption and replace salts lost through sweating.
- 2. Acclimation** - The heat can have significant effects on your performance as well as your health. Some people arrive early to an event, giving themselves time to get used to the heat, and reduce any decrements in performance.
- 3. Symptoms** - Tiredness, dizziness, headache, sickness, heat rash, excessively fast breathing or heartbeat, a high temperature, being very thirsty are all symptoms of heat stress. Long sleeve tops, hats and sunglasses can help protect you from the sun.

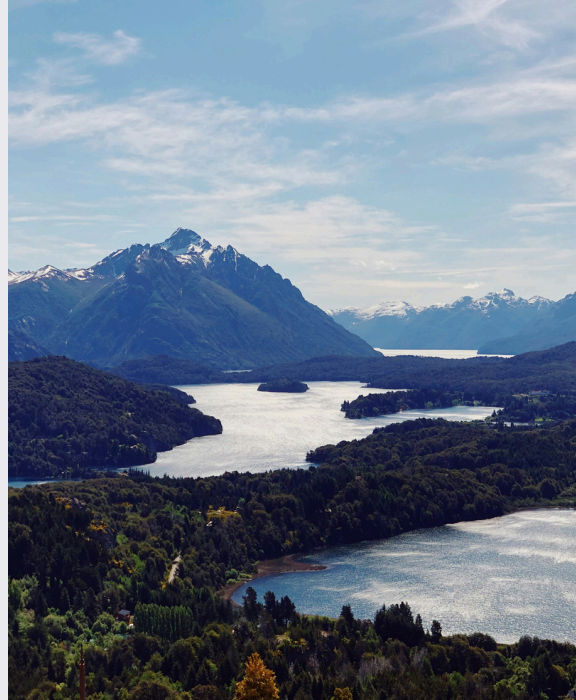
COLD^{top 3}

- 1. Carb Up** - Calories are your body's fuel to stay warm, so thinking about the cold as an extra drain on your nutrition on top of the exercise you're doing is a good starting point. It's a good move to increase your daily calorie intake in the cold. Current recommendations suggest 58-65 kcal per kg of body weight is a good starting point when exercising in cold environments (-5°C). Exercising in colder temperatures could warrant further increases in daily caloric intake.
- 2. Check Up** - Consider the 'Umbles' as signs of low temperature; stumble, fumble, mumble and grumble are all signs of the cooling person.
- 3. Cover Up** - Three things make us cold; the wet, wind and cold itself. Making sure your clothing protects you from these while not leading to overheating is key. Spare dry layers are a must despite the reluctance of some runners to carry extra weight.



ALTITUDE

When it comes to altitude, it is important to remember that everyone reacts differently. At altitudes above 2500 m, you may experience some symptoms such as shortness of breath, fatigue, headache, dizziness, nausea, vomiting and difficulty sleeping. The good news is that our bodies rapidly adjust and any symptoms settle within a couple of days.



HOW WILL ALTITUDE AFFECT MY PERFORMANCE?

Unfortunately, everything is going to feel a little bit harder. Paces which you would normally find 'easy', are now going to feel a lot more challenging. Altitude can also place an added stress on your fuelling strategy. You could look to increase your carbohydrate hourly target by 10-20% when racing at altitude above 1500m.

HOW CAN I REDUCE THE EFFECTS OF ALTITUDE ILLNESS?

The medication Acetazolamide (aka. Diamox) is recommended as a strategy to reduce symptoms. You can speak to a Travel Clinic about this as they can prescribe it. GPs are rarely happy to prescribe Acetazolamide so you may have more luck with a travel clinic or with [Dr Fox](#).

ARE THERE ANY OTHER THINGS TO CONSIDER?

At altitude, sunburn and dehydration are prevalent. Grab a bottle of high factor sun cream (children factor 50 is good), a good set of sunglasses. Remember to eat and drink well to make your experience of altitude more enjoyable. Altitude can reduce your appetite so it can be easy to under fuel, and something important to bear in mind when it comes to pre race fuelling and fuelling recovery.

PERIOD HEALTH

The biggest issue with period health is that we don't talk about it. We would like to change this, so men, if you have got this far, please keep reading!

CAN I STOP MY PERIOD?

Yes, you can use hormonal based medications to delay your period. Usually you need to start these several weeks before the trip, so speak to your GP early for a prescription.

HOW DOES TRAVEL AFFECT PERIODS?

Travel can delay your period or bring it on far sooner than expected. Changes in time zones can make remembering to take contraceptive / hormonal pills on time more difficult. Traveller's diarrhoea or vomiting can mean that if you have taken hormonal tablets to delay your period, or for contraception, the tablets may not be effective.

I GET A LOT OF SYMPTOMS WITH MY PERIOD, HOW CAN I MANAGE THESE ON A TRIP?

If you know what symptoms you normally experience, you can plan for them.

Period Pain	Take Ibuprofen early, at the first hint of pain. Don't wait until it is bad, it will be more effective if taken sooner. Try taking Omega3 daily on a daily basis, this can help, but it can take 3 months to take effect so start early. You can also try turmeric or ginger supplements in the form of herbal tea bags.
Migraine	Do all you can to reduce your migraine risk as you would in normal life. Prioritising sleep and minimising stress is a good start to reduce migraines. Daily magnesium supplements can help prevent migraines, and it is thought to help reduce period pain too!
Diarrhoea	Ibuprofen can help reduce the stress on the bowel. Explore how different foods may or may not exacerbate your bowel symptoms.
Mood changes	Being aware of how you change, and when to expect it can help. Warn others, explain how you feel and what you need from them.
Poor sleep	Bring a sleep mask, ear plugs, and find room for a small pillow if you are camping. Audio books are good, you can play them on a sleep timer, and they are especially useful when camping so you can block out surrounding noise.

PERIOD HEALTH

WHAT PERIOD PRODUCTS ARE BEST?

This is dependent on what you are used to and where you are travelling to. You will need to try out what works for you as you train for your event.

Product type	Positives	Negatives
Sanitary towel	Easy to use, familiar, cheap	Synthetic products often cause chafing on long events. Waste to be carried in bag. Plastic.
Plastic-free towels	Easy to use, familiar, relatively cheap.	Waste to be carried in bag.
Reusable fabric towels	Easy to use, familiar.	Used products need to be carried for the duration.
Tampons	Easy to use. Cheap. Familiar.	Used tampons must be carried in bag until there is a bin. Often need to change tampon more than once in a day.
Period Pants	Easy to use. Good value if you use them regularly. For most women, the pants do not need changing during the day.	Used products need to be carried for the duration. Can be bulky to pack several.
Menstrual cup	Once learnt, these are easy to use, very light, and tiny. No waste to carry. For most women, the cup would only need to be emptied every 12 hours.	Should not be used if you have a contraceptive coil fitted. Can be a bit messy to empty (especially if you are not used to them), and you would want to be able to rinse your hands.

I AM WORRIED THAT MY PERIOD WILL AFFECT MY PERFORMANCE

It is common for women to worry that their performance will be affected by their period. The drop in hormone levels around the time of a period, often make women feel a bit “off”. Perceived exertion (how hard a task feels) is often higher, but a women’s ability to complete a task is no less during their period, even if it feels like more effort. Talk to your team and your leader or medic. Let them know how you are feeling.

Women experience all sorts of changes during their period, this list only covers a few common ones. If you want to read more, we recommend reading **The Female Body Bible** by Dr Emma Ross, Baz Moffat and Dr Bella Smith.

TOILETS ON EXPEDITIONS

Going to the loo whilst on an expedition is a concern, to some extent, for most participants. Some people are more vocal about this than others!

Wherever your trip is taking you, the team will have a plan for toilet arrangements. It is likely that you will have a briefing about the “toilet rules” for camps and sometimes even a (dry) demo of how to use a porta-loo! You will be given guidance of how best to take a loo break when on the trail: where can you shelter or find privacy, where is it safe to stop, and how to dispose of the waste (both tissue and faeces). Whatever the plan is, everyone will be doing the same thing and going to the toilet is a normal process.

Many people find their first “wild poo” a liberating experience, and it is often a fond topic of conversation once the group gets to know each other. If you want to know more about toilet arrangements for your trip before you go, please ask the medic or trip leader.

She-Wee type devices can be used. Many women find these are a hassle, or they have to try different designs to find one that suits them. If you want to try these, give it a go at home first, initially standing in the bath!

THE ADVENTURE AHEAD

Your adventure may feel like its a long way off but it will soon fly round. Preparation is key and being ready for what's to come will allow you to make the most of this experience.

This travel guide has covered a lot of ground. If you'd like to find out more about any of the topics discussed in this guide, please do not hesitate to contact our medical partners, [TrailMed.](#)

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REACH THE NEXT LEVEL

At TrailMed, we work with athletes to help them achieve their best when it matters. We offer world-class physiology and nutritional support, with the athlete at the centre of everything we do.

FITNESS
TESTING



SWEAT
TESTING

TRAINING
PROGRAMS



NUTRITIONAL
SUPPORT

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