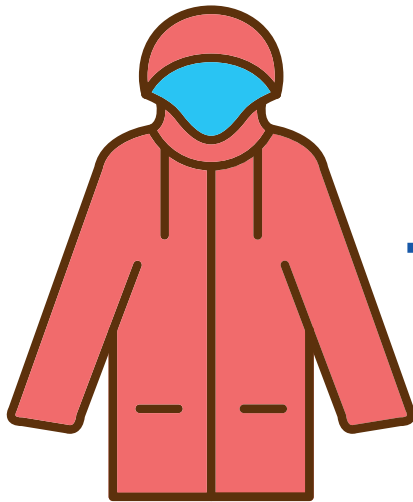




Essential Trek Preparation Guide

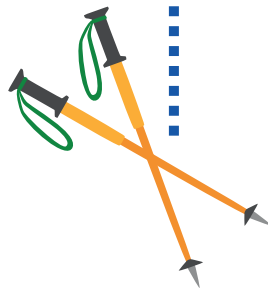
This document provides comprehensive guidelines on how to prepare for trekking and hiking tours across various difficulty levels. It includes essential information on what to carry, appropriate clothing, how to pack your backpack, and important details about altitude sickness. Reading this document is highly recommended before undertaking any trekking or hiking expedition.

WHAT TO PACK: **IN YOUR DAYPACK**



**RAIN
WEAR**

**TREKKING
POLES**



FLEECE JACKET



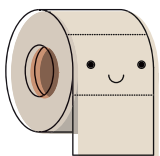
**SUNSCREEN
SPF 50 +
HAND
SANITIZER**



**DAYPACK-
THINGS TO CARRY INSIDE IT
(40 lt)**



WATER BOTTLE
3lt HARD PLASTIC BOTTLE.
ABLE TO WITHSTAND HOT
WATER



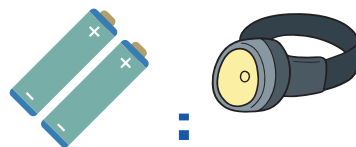
TOILET PAPER



LUNCH BOX



**PERSONAL
MEDICATION**



**HEAD TORCH +
EXTRA BATTERIES**



CAMERA

WHAT TO PACK: **ON YOUR BODY**



**ANKLE HIGH TRKKING
BOOTS (WORN IN)**

**EXTRA SANDALS
WITH ANKLE STRAP**



**HARD SHELL
GLOVES**



FLEECE GLOVES

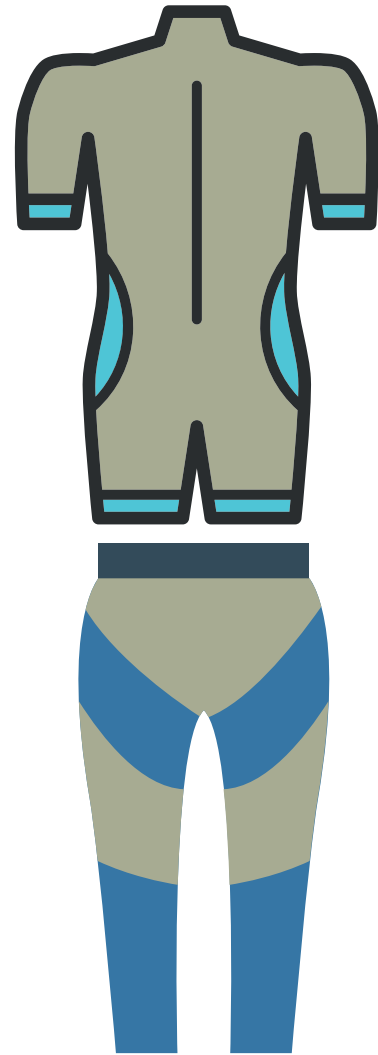


TREKKING SOCKS

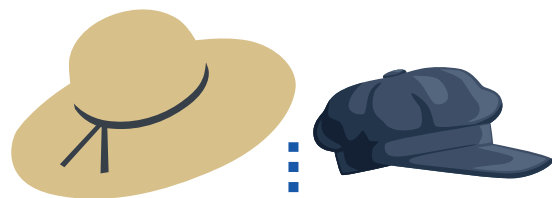


WOLLEN SOCKS

**WHAT YOU
WEAR**

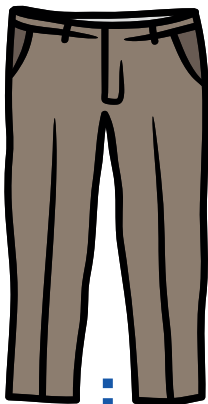
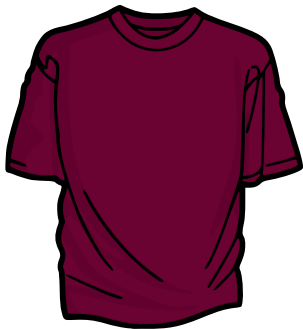


**THERMAL UNDERWEAR/
LONG JOHNS**



SUN HAT/ WOOLEN HAT

WHAT TO PACK: **ON YOUR BODY**



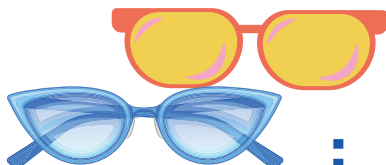
A SET OF QUICK DRYING T-SHIRT AND TROUSERS



RAIN JACKET AND TROUSERS



A PAIR OF WARM FLEECE JACKET WITH TREKKING PANTS THAT TURN INTO SHORTS



100 % UV PROTECTED SUNGLASSES



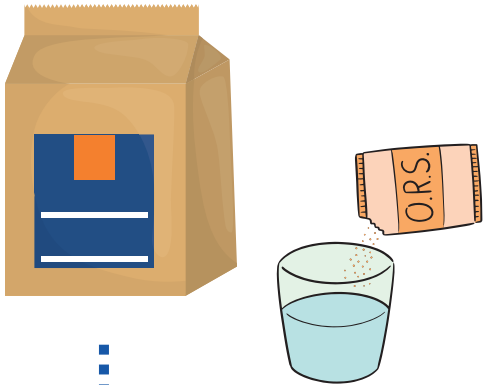
BANDANA



A DOWN JACKET

WHAT YOU WEAR

WHAT TO PACK: **SUNDRY ITEMS**



CARRY FEW PACKETS OF REHYDRATION SALTS



CARRY A STRONG DUFFEL BAG (WATERPROOF SHELL ONLY/ NO SUITCASE)



FIRST AID + PERSONAL MEDICATION



PERSONAL TOILETRIES

WHAT YOU WEAR

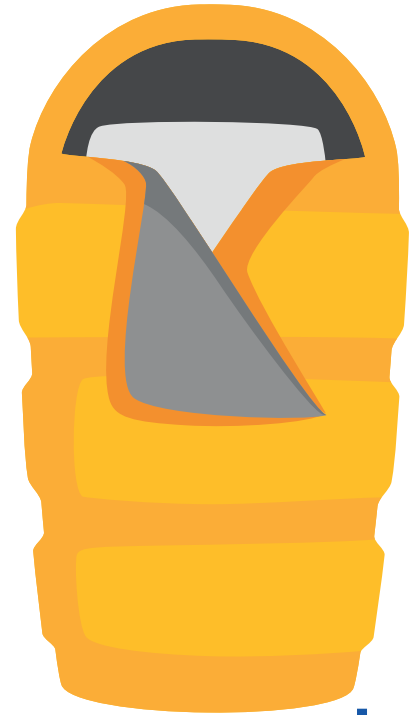
WHAT TO PACK: **SUNDRY ITEMS**



TREKKING POLES, WATER BOTTLE (3LT), HEAD LAMP, EXTRA BATTERIES



INFLATTABLE MATTRESS (OPTIONAL)



4 SEASON SLEEPING BAG (-10 DEG CEL OR LESS)



RECREATIONAL MATERIALS



SUNSCREEN SPF 50 +, LIP BALM WITH SPF AND INSECT REPELLANT



YOUR FAVOURITE POISON (IN A PLASTIC BOTTLE)

SUNDRY ITEMS

WHAT TO PACK: PRINTABLE CHECKLIST

S NO.	CHECKLIST	THINGS TO CARRY	DETAILS/DESCRIPTION
		ITEMS IN YOUR DAY PACK	
1	<input type="checkbox"/>	DAY PACK – 40 LT	
2	<input type="checkbox"/>	RAIN AND WINDPROOF JACKET	
3	<input type="checkbox"/>	RAIN AND WINDPROOF TROUSERS	
4	<input type="checkbox"/>	ADDITIONAL WARM LAYER	
5	<input type="checkbox"/>	SUNSCREEN – SPF 50+	BROAD SPECTRUM –UVA & UVB
6	<input type="checkbox"/>	LIP BALM WITH SPF	
7	<input type="checkbox"/>	HAND SANITIZER	
8	<input type="checkbox"/>	WATER BOTTLE/ WATER BLADDER	3 LT CAPACITY (CARRY 1 HARD PLASTIC BOTTLE- MAKE SURE NOT TO FILL HOT WATER IN COLD TEMPS)
9	<input type="checkbox"/>	LUNCH BOX	PROVIDED BY THE US BUT KEEP AN EMPTY BOX TOGETHER
10	<input type="checkbox"/>	HEADLAMP + EXTRA BATTERIES	
11	<input type="checkbox"/>	TOILET PAPER	
12	<input type="checkbox"/>	PERSONAL MEDICATION	
13	<input type="checkbox"/>	TREKKING POLES	
14	<input type="checkbox"/>	SUN HAT	WIDE BRIM
ON YOUR BODY			
15	<input type="checkbox"/>	ANKLE HIGH TREKKING BOOTS	WORN IN
16	<input type="checkbox"/>	AN EXTRA PAIR OF SANDALS	TO WEAR AROUND CAMP & FOR RIVER CROSSING
17	<input type="checkbox"/>	GLOVES	2 PAIR WOODEN OR HARD SHELL
18	<input type="checkbox"/>	SOCKS	ONE WHILE HIKING + 1 PAIR TO WEAR AT THE CAMP
19	<input type="checkbox"/>	THERMAL UNDERWEAR / LONG UNDERWEAR (LONG JOHNS)	UPPER +LOWER

20	<input type="checkbox"/>	QUICK DRY CLOTHING	TROUSERS AND SHIRTS
21	<input type="checkbox"/>	WARM FLEECE JACKET	
22	<input type="checkbox"/>	DOWN JACKET	
23.	<input type="checkbox"/>	SHORTS/ TREKKING PANTS THAT ZIP OFF INTO SHORTS	ESPECIALLY FOR HOT DAYS/ RIVER CROSSING
24.	<input type="checkbox"/>	BANDANA/ BUFF	TO KEEP YOUR NECK WARM
25.	<input type="checkbox"/>	SUNGLASSES	100 % UV PROTECTED
26.	<input type="checkbox"/>	WOOLLEN CAP	
27.	<input type="checkbox"/>	MOUNTAINEERING GAITERS	TO KEEP THE SNOW OUT OF YOUR SHOES
		SUNDRY ITEMS	
28.	<input type="checkbox"/>	4-SEASON SLEEPING BAG	-10 DEG C OR LOWER
29.	<input type="checkbox"/>	SLEEPING PAD/ THERMAREST	OPTIONAL
30.	<input type="checkbox"/>	TOUGH DUFFEL BAG/RUCKSACK	SOFT TRAVEL BAG WHICH IS CARRIED BY PORTERS/MULES
31.	<input type="checkbox"/>	PERSONAL TOILETRIES	TOOTHBRUSH, COMB, SUNSCREEN (SPF 50 +), BIODEGRADABLE FACE WASH/ SOAP, LIP BALM (WITH SPF), INSECT REPELLENT
32.	<input type="checkbox"/>	PERSONAL RECREATION	CAMERA, BOOKS, MUSIC, PLAYING CARDS
33.	<input type="checkbox"/>	SMALL PERSONAL FIRST AID	INCLUDE ALL PERSONAL MEDICATION
34.	<input type="checkbox"/>	YOUR FAVOURITE POISON	PACKED IN PLASTIC BOTTLES

HOW TO PREPARE: WEATHER

Temperatures during the trek will range from 5°C to -10°C at night, with daytime temperatures reaching 20°C to 25°C in the sun. However, weather conditions can change rapidly at high altitudes, and you may encounter lower temperatures due to sudden cold winds or adverse weather. It is essential to be well-prepared for unpredictable and potentially severe climatic conditions.

HOW TO PREPARE: DIFFICULTY

Our expedition trips are designed for energetic and flexible people who have the spirit of adventure and a positive attitude.

These trips are participatory in nature, and everyone is expected to pitch in however much they can.

People wishing to undertake this trip should have a good level of physical fitness, and previous experience of trekking to altitudes of at least 3500m .

It is not necessary to have previous experience of technical snow and ice climbing but you should be aware that during the pass/peak day a fixed rope may be used to safeguard the group over steep slopes and you must be comfortable with a certain degree of exposure.

Our trekking pace at altitude is dictated to a great extent by the need to acclimatise which imposes height gain limits on any day. Walking speed is further restricted by the sometimes difficult terrain. The group only moves as fast as its slowest member.

Our most demanding trips consist of climbing and camping at high elevations in excess of 5000 meters, in remote and extreme conditions with no access to roads.

Trip requisites: remote locales, extreme wilderness, mountaineering expeditions and a healthy dose of adrenaline.

HOW TO PREPARE: BAGGAGE

We advise you to keep it as light as possible. However, it is a completely personal choice to carry what you want. Some of the trekkers are very happy to keep their luggage lightweight. On the contrary, a few guests love to carry many types of equipment for all possible contingencies. However, not everything gets used in the end. The foremost requirements are all covered in the previously given list.

Before commencing the trip, check for the maximum baggage allowance for the journey - it includes your packed duffel bag. The weight of your daypack (usually 5-7kgs) is calculated separately.

Try to pack everything in mini ziplock pouches. It makes it easier to pack and carry. Also, ensure that enough waterproofing is available in your bag.

WHAT TO CARRY – RUCKSACK/ DUFFEL BAG OR SUITCASE?

We highly recommend you carry all your belongings in a large, tough duffel bag or a big hard shell suitcase or a duffel bag with wheels. Make sure your main bag is tough and strong as it will be mounted on the back of the mule/porter's back. A fragile bag will be extremely difficult to manage.

WHAT YOU MUST CARRY

The foremost thing you should carry on the trail is your day backpack.

Your bag should consist of essentials which you will need throughout the day such as a water bottle, packed lunch, rehydration powders, sweets, a camera, extra batteries, a fleece or a jumper, waterproofs and an accessible roll of toilet paper (in case you need to go).

Refer to the “In Your Daypack” illustration to see the complete list.

WHAT TO EXPECT: CLOTHING AND GEAR

While walking, your body heats up and you feel sweaty. At this time, you might want to wear a T-shirt & shorts or trousers.

Usually, mornings and evenings have fewer physical activities involved. Therefore, all your warm clothes will be needed to keep yourself warm at that time.

Usually, wear a tight thermal top (polypropylene) as a base layer and pair it up with a T-shirt on top. This will keep you warm and dry.

For extra warmth, wear a medium thickness wool jumper or you can also try a mid-weight fleece top and pair it up with another lightweight fleece top. This will act as mid-layer insulation and help you keep warm. When you feel very cold, swap the thinner layer with a down jacket.

The outer layer acts as a protective layer which is directly exposed to rain, wind or snow. You can wear a windproof and waterproof jacket.

To keep you warm, the best option for legwear is to have thermal long johns.

To keep your head warm, wear a good wide brim sun hat while trekking. When the temperatures drop at camp, a warm woollen hat will be convenient.

To protect your eyes from strong daylight and reflection of the snow, wear 100% UV-protected glasses.

COMFORTABLE FOOTWEAR

Trekking trails in the mountains are pretty rough and steep, therefore a good pair of shoes is extremely important. Ensure to wear only thin hiking socks for the day. If you wear thick woollen ones, it will end up causing you to blister irrespective of how cold the weather is.

While trekking through cold temperatures, use merino wool blend hiking socks.

Make sure to wear your woollen socks only at the campsite to keep your feet warm. You will end up causing blisters on your feet and you will not be able to enjoy your trip.

You may end up causing blisters on your feet if your boots are not broken in. In case you are considering buying new shoes for your trip, buy them a few days early and wear them as much as you can before the onset of the trip.

SLEEPING BAG

We recommend you carry a 4-season sleeping bag rated for at least -10 degrees Celsius. This will ensure a good night's sleep after a long and rigorous day outdoors. But you mustn't compromise on the quality of your sleeping bag. It is better to carry a little extra weight rather than have many sleepless nights.

For our female trekkers, we recommend you buy a Women's Bag. Or you can opt for a bag which is rated for lower temperatures than expected.

WHAT TO EXPECT: ACCOMMODATION

Our selection of accommodations has been thoughtfully curated to enhance your journey, blending exceptional locations with a unique personal touch, making your trip an unforgettable experience.

Your stay at these accommodations includes breakfast and offers excellent service, often complemented by amenities such as a restaurant, bar, garden, and swimming pool included, ensuring you're well taken care of.

The standard room type is the Standard Double Room, designed for double occupancy, featuring two individual beds or a double bed for couples.

To ensure a comfortable and harmonious experience, room assignments are made considering the gender of the travelers. Private rooms / single supplements can be arranged for individuals who prefer not to share accommodations with other group members, subject to an additional cost. It's important to note that a request for a single room must always be made in advance due to limited hotel capacity.

Most of your evenings would be spent in Mess tents. It encompasses the dining space which is equipped with trekking chairs and tables. Enjoy your meals here with your fellow trekkers.

Apart from the personal bedding, dry pit/compost toilets are pitched at the perimeter of the campsite. Please note that there will be no shower tents available.

HOW TO PREPARE: A DAY ON THE TREK

DAILY SCHEDULE OVERVIEW

The day begins early at 7:00 AM with a refreshing cup of tea to start your morning. Prepare for the day and enjoy breakfast at 8:00 AM. By 9:00 AM, guests are expected to check out of the hotel and proceed to the next destination. The trek is scheduled to commence by 9:30 AM.

You will reach the next stop and check into your hotel between 2:30 PM and 3:00 PM. The remainder of the day is reserved for relaxation—either by the hotel pool, sightseeing, or simply enjoying leisure time.

LONG TREKKING DAYS

On days with extended trekking, expect 6–7 hours of walking, with an earlier-than-usual start. Lunch will be a picnic on the trail or at a local café, depending on the itinerary's meal plan.

EVENING ACTIVITIES & BRIEFING

Upon arrival at the hotel, settle into your room and enjoy your evening socializing with fellow travelers, exploring nearby villages, relaxing by the pool, or participating in optional sightseeing tours led by your guide.

Each evening during dinner, your Trek Leader will brief you on the next day's route and schedule.

TREK SUPPORT & MEALS

Your trek will be supported by the dedicated Bike and Hike Granada team, including experienced crew members and guides.

Meals are provided as per the Tour Inclusions, with breakfast included daily. At Bike and Hike Granada, we are committed to serving high-quality, locally inspired cuisine, offering a delicious regional food experience throughout your journey.

On evenings when dinner is not included, your guide will recommend local dining options and help with reservations, ensuring you enjoy the best of the local culinary scene with ease.

WHAT TO EXPECT: TYPE OF SERVICES

While trekking through remote areas of the Andalusian mountains, we ensure your journey is safe, comfortable, and well-supported. Though the trail passes near mountain villages, we take care of all logistics, including accommodation, meals, and essential support. Our team carries necessary first aid supplies, and in case of any emergency, a support vehicle is available to transport individuals to the nearest medical center. We maintain strong connections with local authorities in all regions where we operate, ensuring smooth coordination and assistance. Simply put, we handle everything you need so you can focus on enjoying the adventure.

WHAT TO EXPECT: MEDICAL PROVISION/ FIRST AID

We coach all our trip leaders with necessary wilderness first-aid training. They are equipped with the utmost experience to deal with a wide range of medical problems related to adventure travel.

While saying this, please note that none of the trek members is a medical professional. They can only help with immediate preliminary first aid. All the trips are equipped with a comprehensive First Aid Kit to cope with any emergencies commonly faced outdoors and at such altitude.



HOW TO PREPARE: EMERGENCIES AND EVACUATION

Trekking in the Andalusian mountains—including the Sierra Nevada, Alpujarras, and surrounding ranges—requires thoughtful preparation, especially in case of emergencies. While these regions are generally well-connected compared to more remote mountain ranges like the Himalayas, it's still essential to be aware of safety protocols and evacuation procedures.

COMMUNICATION & CONNECTIVITY

Unlike some high-altitude trekking destinations, mobile phone coverage in Andalusia is relatively reliable across many routes. Satellite phones are **not required** and are **not restricted** by law in Spain, but they are rarely necessary due to better infrastructure and proximity to towns and villages.

TERRAIN & ACCESSIBILITY

Trekking in Andalusia typically occurs at **moderate altitudes**, with most trails ranging between **1,000 to 3,400 meters**, depending on the region. This reduces the risks associated with extreme altitude sickness. However, weather conditions and terrain can still present challenges, especially in more remote areas or during winter.

In contrast to the High-altitude mountains, the **Andalusian trail network is closer to main roads and towns**, making emergency response and evacuations more efficient. In most situations, assistance can arrive relatively quickly via road access, 4x4 vehicles.

TREK LEADERS & SAFETY PROTOCOLS

Our **Bike and Hike Granada trek leaders** are trained in **first aid, wilderness safety, and emergency response**. In the event of an incident, their focus is on calm, preventive action and swift coordination with local emergency services.

TRAVEL INSURANCE

All participants are **strongly advised to purchase travel insurance** that includes **trekking coverage and emergency evacuation** prior to the trip. This ensures peace of mind and access to appropriate care if needed.

Three major forms of Altitude sickness:

1.Acute Mountain Sickness (AMS)

The symptoms can be related to a hangover- for example, fatigue, headache and nausea. It is quite commonly found. While some people experience minor symptoms, it feels awful for others.

In case you experience AMS, be alert as you have a high chance of acquiring serious altitude sickness: HAPE AND HACE*. Moreover, both HAPE AND HACE can be proven fatal within hours.

One is diagnosed with AMS if:

- You are located 2500m above sea level.
- You have a headache.
- experience either of these symptoms- lethargy/ dizziness/ nausea/ loss appetite/ vomiting/ sleeplessness.

THE GOLDEN RULE OF AMS

- 1.If you feel unwell, there is a high chance that you have altitude sickness unless there is a valid reason otherwise.
- 2.It is strongly advised to stop ascending further if you experience any symptoms of altitude sickness.
- 3.If the condition worsens, the best way is to start the descent immediately.
- 4.The trek leader/ guide cannot advise you to stop your descent.

2. HAPE (High altitude pulmonary edema)

HAPE refers to a condition in which excess fluid gets accumulated in the lungs which results in breathlessness. To experience breathlessness even while resting is not considered normal- even if it is resting at the summit of Mount Everest. Take this as a warning that you might be having HAPE and worst, you can die soon.

In addition, HAPE may cause high-temperature fever, and causes coughing which brings up frothy pink sputum. Generally, one can see the symptoms within 12-24 hours of reaching a higher altitude. It is usually seen that HAPE and HACE come about together.

3. HACE (High altitude cerebral edema)

There's a fluid in the brain which is known as HACE. Any disturbance within it may cause a person to experience clumsiness, stumbling and confusion. The primary signs include uncharacteristic behaviour such as excessive emotion, laziness or violence. This may prove fatal too. But before that, a person is seen to have symptoms like drowsiness or loss of consciousness. It is frequently seen that HAPE and HACE come about together.

HOW TO TREAT HAPE AND HACE

1. It is highly recommended to start your descent immediately. This is eventually the best medicine.
2. Use medicines like Dexamethasone for HACE and Nifedipine for HAPE.
3. Using oxygen gas and pressure chambers can carve extra time.

PREVENTION OF ALTITUDE SICKNESS

There is no absolute connection between physical fitness and altitude sickness. Those who compete in the Olympic games also get altitude sickness.

The best way to combat this situation is to ascend slowly and give your body time to acclimatise. The body can adapt easily if given enough time.

CURE OF ALTITUDE SICKNESS

In case you catch mountain sickness, the best remedy is to start your descent.

In case of headaches, you can have a painkiller. But that is a temporary solution. Take acetazolamide if you are staying at the same altitude and wish to rest for a day or two for the body to recover.

If you get mountain sickness, it is a strict no to go further up.

However, we cannot previously decide who will get mountain sickness.

Bike and Hike Granada trek leaders are thoroughly trained to impart necessary guidance in case of any temporary discomfort. If you have any prior trouble with altitude sickness, please seek the advice of your doctor or a specialist. We are always ready to assist you in this regard. Please note that we do not confirm any participants who have heart or lung problems or pregnant women, on the trip.

We highly recommend you follow a certain exercise regime to get prepared for the trip. This allows you to enjoy the trip to the fullest.

CAN I TAKE DRUGS TO SAVE MYSELF FROM ALTITUDE SICKNESS?

The safest drug to prevent AMS and be safe is- Acetazolamide (Diamox). It comes with minor side effects like- a funny taste in the mouth, tingling fingers or you having to pee frequently. We recommend you please consult your doctor before following a Diamox course.

PLEASE DO NOT CONSUME DIOMIX WHILE ON TREK WITHOUT THE PRIOR CONSULTATION OF YOUR BIKE AND HIKE GRANADA TREK LEADER.

PREPPING FOR THE TREK: THE NEXT STEPS

If you have any questions,

Email us at info@bikeandhikegranada.com

Are you ready to go?

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Bike and Hike for a Greener Planet