

WORKSHOP 2

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# BE PREPARED: What to Pack on Long Runs & hikes

April 8, 2024  
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SUSTAIN ATHLETICS

# AGENDA

1. Considerations Overview
2. Route Planning
3. Base Essentials
4. Additional Equipment
5. Summary
6. Questions / Discussion



A person is seen from behind, wearing a green knit beanie and a large blue Osprey backpack. The backpack has the brand name 'OSPREY' and a logo on the top flap. A red strap is visible across the front of the pack. The person is standing in a misty, forested area with a dense evergreen forest in the background.

# 1 – Considerations Overview

# CONSIDERATIONS – What Defines a Long Run/Hike

- depends on fitness & comfort level
- **~1hr** or more
  - need food & water during
  - exposed to elements for longer
  - maybe further from civilization
- going into unfamiliar terrain



# CONSIDERATIONS – Respect the Outdoors

*Take nothing but photos. Leave nothing but footprints*

- Carry out your garbage (better yet, don't bring it in!)
- Stay on designated trails
- Keep the wildlife *wild*
- Know your limits. Don't put yourself in a position to need rescue

# CONSIDERATIONS – Phases of Preparation

1. Planning – route, timing, weather...etc
2. Physical & Mental Training
3. Packing & Meal Prep
4. Travel to venue

→ EVENT



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## 2 – Route Planning



# ROUTE PLANNING – Navigation Tools

***Choose your route based on energy, weather & time.***

- phone – Trail Forks, Fatmap, Strava, Google
- GPS
- Paper map
- Compass
- Your Awareness
- **Tell someone where you're going!**





## 3 – Base Essentials

# CONSIDERATIONS – Packing Categories

1. Nutrition / Hydration
2. Clothing
3. Safety Gear
4. Packs
5. Additional Equipment

Base Equipment

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Base Equipment

# BASE ESSENTIALS – [1] Nutrition / Hydration



- Eat before: **\*\*Carbs**

- Eat plenty 24-48 hrs before long run (should be the norm)
- Larger meal 2-4 hrs before (rice, pasta, oatmeal, crackers)
- snack 30-60min before (simple oats, PB+Banana sandwich)



- Food to avoid before/during running:

- High fat content (dairy, fried foods, burgers..)
- High fiber foods (beans, broccoli, berries, whole grains)
- coffee? Anything that doesn't agree with YOU.



# BASE ESSENTIALS – [1] Nutrition / Hydration

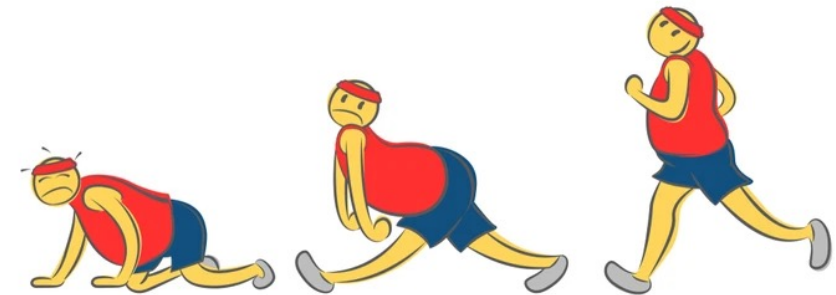
- Fuel During:

- ~200-400cal/hr of carbs (glucose).
- slower you're going, the more you can digest complex carbs/fats
- Eat every 30-50 mins *with water*
- bring a variety of foods/flavours to avoid getting sick of something.



- Symptoms of underfueling:

- tired, lead legs, tripping
- mental fog, negative thoughts, feeling 'over it'.



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# BASE ESSENTIALS – [1] Nutrition / Hydration

- Hydrate before:

- Drink plenty of water *every day* (not just before)...~1.5L/day\*
- Sodium (salt/electrolytes) also help hydrate

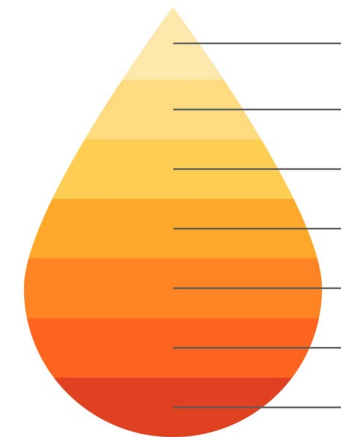
- Hydrate During

- Depends on how much you sweat (~400–2,400ml/hr)
- Generally 50-300ml every 20 min (pack 1L+)

- Symptoms of Dehydration

- energy loss, dry mouth, dark urine, increased urination, cramps, Headaches, increased heart rate & breathing, sunken eyes.

## URINE COLOR



- 1 VERY GOOD
- 2 GOOD
- 3 FAIR
- 4 LIGHT DEHYDRATED
- 5 DEHYDRATED
- 6 VERY DEHYDRATED
- 7 SEVERE DEHYDRATED

# BASE ESSENTIALS – [2] Clothing

- Shoes (roomy!), High Socks, bra
- Bottoms (short, long, extra warmth?)
- Shirt, Long Sleeve, Jacket → LAYER
- Hat, Sunnies, Headband, Gloves



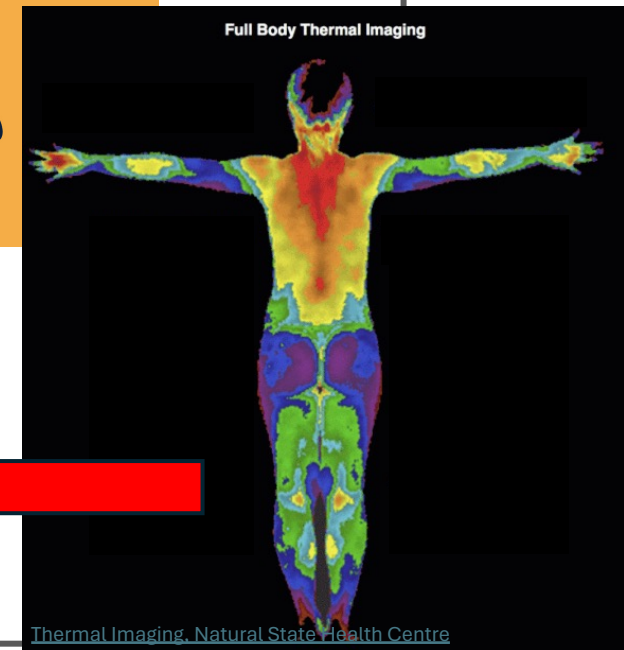


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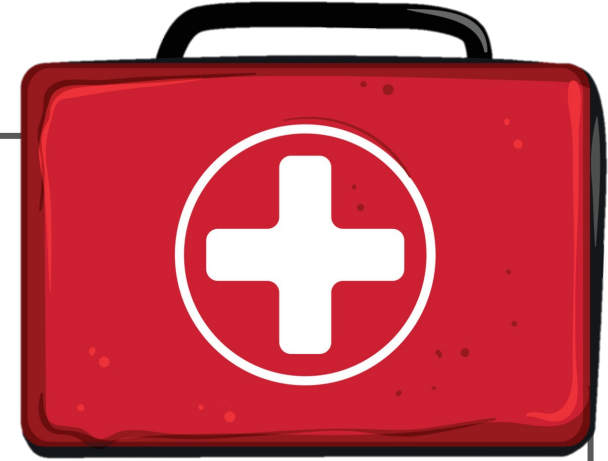
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**Heat Loss:** Radiation (60%), Evaporation (22%), Conduction & Convection (15%)



# BASE ESSENTIALS – [3] Safety Gear



- Navigation Tools (phone, GPS, map...etc)
- Warm / Protective Clothing
- 1<sup>st</sup> Aid Kit: *sterile* compression bandages & gauze, antiseptic/  
alcohol wipes, tenseser, emergency blanket, lighter
- Head Torch (200-300 lumen) + extra batteries!
- Extra Clothes: socks, shirt, tuque, pack towel

# BASE ESSENTIALS – [4] Packs

- Large pack: 8L+
- Waste Belt

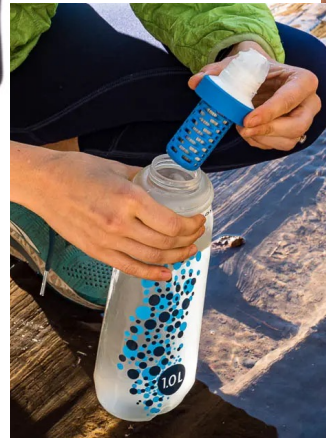




## 4 – Additional Equipment

# ADDITIONAL EQUIPMENT [5] – some suggestions

- Satellite Phone (InReach, Spot)
- Whistle
- Bear Spray
- Multi-tool
- Water purifier
- Poles



# ADDITIONAL EQUIPMENT [5] – some suggestions

- Chafing butter
- Reflective strips / bright clothing
- Headphones / music
- Tissues / TP / Personal Higiene



[Trail Runner Nation \(2021\)](#)

# SUMMARY

- **Long Run:** 1+ hrs or going into the unknown
- **Respect the outdoors:** Do not leave garbage or disturbed wildlife.  
Don't put yourself in danger.
- **Preparation Phases:** *Planning*, Physical & Mental Training,  
*Packing & Meal Prep*, Travel
- **Route Planning:** Navigation tools & Awareness
- **Packing Categories:** Nutrition/Hydration, Clothing, Safety Gear,  
Packs, Additional Equipment
- **Nothing New on Race Day:** Practice carrying what you are using for  
your race/event

# Questions / Discussion

## Questions / Discussion

- What are *you* packing?
- What pack(s) are you using?
- What items are you packing that make the most waste / environmental damage & how do we avoid this?



A person wearing a dark, hooded raincoat and boots is walking away from the camera on a dirt path in a forest. The scene is captured during a heavy rainstorm, with numerous white streaks representing rain falling all around. The trees are mostly bare, suggesting a late autumn or winter setting. The overall mood is somber and atmospheric.

“It wasn’t raining when  
Noah built his Ark” – H. Ruff