



TREK PREP EQUIPMENT LIST

10 REQUIRED ITEMS	8 OPTIONAL ADDITIONS	0 GYM MEMBERSHIP REQUIRED	28 WEEK PROGRAM
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THE ESSENTIALS

Everything below is used regularly across the 28 weeks. The strength work happens in a garage or a spare room with no gym membership needed. The hiking happens on whatever trail, hill or stairwell you can get to.

01 WEIGHTS YOU CAN PROGRESS WITH

The tendon adaptation phase loads heavy and slow at a 3/0/3 tempo, so a single light pair will not get you through the entirety of the program. Adjustable dumbbells or several fixed pairs give you the room to keep progressing.

- Kettlebells, weight plates, medicine balls and barbells all work. Use what you have.

02 TWO STEP-UP SURFACES

Step-ups, split squats and lunges run through every phase, and having two heights lets you progress without new equipment.

- 6-12" (15-30 cm): beginner step-ups, split squats and lunges.
- 12-18" (30-45 cm): full step-ups and strength progression.
- Get creative: sturdy stools, a coffee table, stairs or bumper plates all work. Just make sure it is stable and safe.

03 MINI LOOP RESISTANCE BANDS

Glute activation, knee alignment and ankle stability. Used in the warm-up of nearly every lower body session.

04 LARGE LOOP RESISTANCE BANDS

Assisted stretching, mobility work, and resistance in pulling movements.

05 YOGA MAT

Mobility, core and recovery routines. Any standard mat will do.

06 FOAM ROLLER

Any density works. Softer rollers are more forgiving for beginners; denser rollers offer deeper tissue release as you progress.

07 MASSAGE BALL

A lacrosse ball or similar. Trigger point release for feet, hips, glutes and back.

08 **TRAINING SHOES**

A flat, stable shoe for lifting. Minimal or barefoot-style shoes let you feel the floor, which matters for the single-leg and balance work throughout the program.

09 **TRAIL SHOES**

Ideally the pair you plan to wear on your trek. Loaded hikes, rucks and trek simulations are where you break them in and find out what rubs, not day one of the trail.

- Footbeds help if your feet fatigue on long days.
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10 **A PACK YOU CAN LOAD**

A 30 to 60L pack with a hip belt that actually transfers weight. Pack tolerance is trained across the program, so train in the pack you plan to trek in.

- Load it with water jugs, rice, sandbags or weight plates.
 - Pack weight climbs across the program as a percentage of your bodyweight. You will not carry your trek load in week one.
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NICE TO HAVE

None of these are necessary to complete the program. Each one adds variety or makes a specific block easier.

TREKKING POLES

If you plan to use poles on your trek, train with them. Descents are where they earn their keep, and using poles is a technical skill.

STABILITY BALL

Core and stability work. Get the size appropriate for your height.

TRX SUSPENSION TRAINER

A wide range of bodyweight stability and endurance movements.

TRAVEL FOAM ROLLER

A smaller size for travel and for the trek itself.

HEART RATE MONITOR

The cardio in this program is zone-based. A chest strap makes it easier to get your numbers dialed in, though breathing cues work too.

BOSU BALL

Balance and ankle stability. A foam pad, pillow or folded blanket does much the same job.

RESISTANCE BANDS WITH HANDLES

Adds upper body variety if your dumbbells are limited.

CORK MASSAGE BALL

A very light option for staying mobile on the road.
