

# Advanced JUNGLE TREKKING



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# Advanced Jungle Trekking

# Foreword

One thing I never get tired of when trekking in the jungle, is when you enter areas of virgin rainforest. It is something sacred about it. To reach these areas today you will have to trek for at least two days through secondary jungle, because of the extensive logging and illegal logging. But it's worth it.

All the easy accessible virgin rainforest are today already logged out. So what's left is the areas with rough terrain, where it is hard for the loggers to work.

So why are we calling it Advanced Jungle Trekking? Because most of what is offered in the line of jungle trekking and jungle expeditions to the public, is one up to five days, and sleeping in huts. That means you are moving in and out of areas where people are living, and that means it is already logged out.

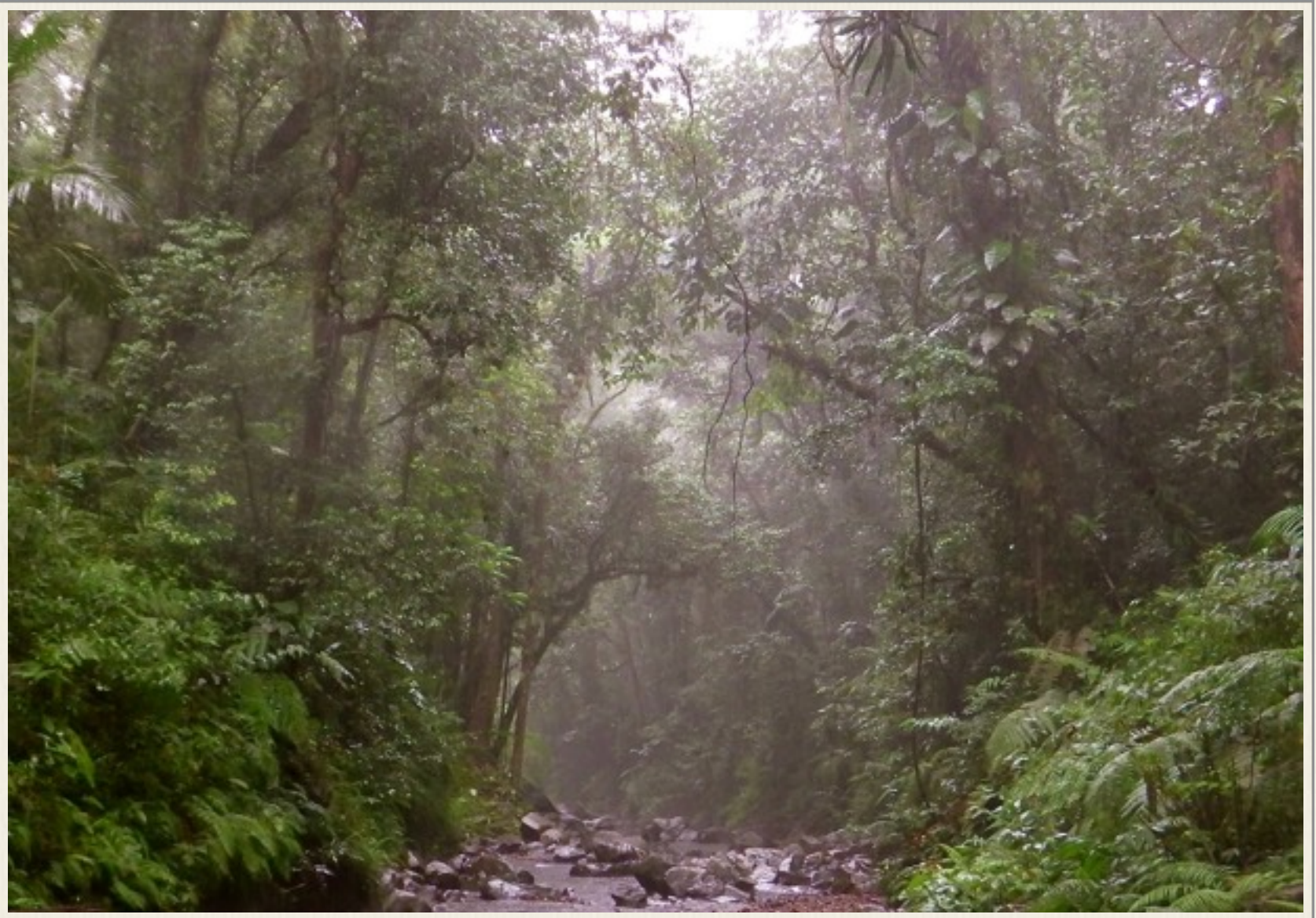
Advanced Jungle Trekking according to The Path is at least five days of trekking in areas where no one lives, and you sleep in your hammock during night.

This e-book is an appetizer for you who are interested in extensive jungle trekking. For you who want to start to prepare your own trek somewhere in the tropics. And perhaps you who never actually thought about it until now.

Johan Bergman



# Preparation



Preparation means things you have to consider, if you have enough of knowledge about or e.g. are you fit enough.

I will give some examples of things to consider;

**Where to go and what to do.** You will have to be clear of where to go. visit [www.travel.state.gov](http://www.travel.state.gov), or your own governments travel warnings, to see if it's advisable to go there. Then you have to know what you want to do, so you can start to prepare. I know one guy who wanted to go into the jungle but ended up partying three whole weeks, he never prepared anything, he hoped to do that when he arrived.

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**What season to go.** Just because you you can get a vacation doesn't mean that it is advisable to do the trek. In the areas we operate in the Philippines, it is not penetrable during rainy season, not even the indigenous people do that. But mostly it is periods where it's raining more or less and the dreadful typhoon season.

**Navigational Skills.** If you are not really familiar with this particular jungle, it is crucial that you know how to use a compass, how to read a map. If you bring, and we suggest you do that, a gps you have to know how to use it e.g. the map datum has to be the same in the gps and on the map.



**Physically fit.** You don't have to be fit like a Navy SEAL, but it will help. Just kidding. The better in shape you are, the easier the trek will be. That said, there are some things you need to have done before you do an extensive jungle trek. If you haven't done any kind of extended hikes before, then you really need to do that before, so you know what you are getting yourself into. A lot of walking, especially with the boots you will use in the jungle. Walking with your backpack is also crucial, so you will know if it's comfortable or not.

**Acclimatization.** If you are not going down two to three weeks before your actual trek for acclimatization, we suggest you start with heat training about two weeks before your departure. Because if you are not teaching your body to sweat accordingly you will be more prone to heat stroke and heat rash.

**Supplements.** If you are not eating high quality multivitamins, such as Metagenics Multigenics, we advise you to start doing that about two weeks before departure. We will also advise you to start boost your immune system with high quality C-vitamins. Eat the multivitamins and the C-vitamins all the way through the trek. We also suggest you to eat high quality probiotics two weeks before your departure and when you come back to your country.

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# What Gear to Bring





# What I carry on me when trekking

People will always argue about what to bring into extreme environments and what not. People will say you are stupid for not bringing this and that. But this is our list of what works for us and our clients. When you have done your advanced jungle trek, you will perhaps add or withdraw things.

- Trekking Clothes, the clothes I use during day time when we trek. Preferably lightweight, breathable and rip-stop.
- Waist pack. Here I like to have easy accessible things like navigational stuff. I don't want to have them in my pockets and not in my backpack.
- Machete. I always have my machete in a belt around my waist. Make sure to get one with a through tang
- Multitool/knife. You will do fine with only a machete, but sometimes it's nice with a good knife or a multitool.
- Sharpener is a must. You need to have a sharpener that is easy to use, and you know how to use it. It's crucial to have a sharp machete, when you have to use it.
- Compass. Buy only a high quality compass, such as Silva of Sweden, and learn how to use it
- GPS. you need a gps that works in the jungle, not every gps is working good deep into the jungle.
- Butane lighter. If you can keep it dry it's very simple to light a fire.
- Note pad/pen. I always write down things in my note pad, especially coordinates from the gps. I always use note pads from Rite in the rain and pens with ink you can write under water with.



- Water Purification tablets is necessary. Always use them. Even if you want to try a filtering system, you'll have to bring them. Because the filter might break down, and then you are back to tablets. This is the reason I only use tablets.
- Survival gear. No matter what, I always wear my survival gear in my clothes.

## **Survival Gear**

The most important survival gear to bring is your knowledge what to do in certain situation. You can bring one full backpack with survival gear if you want. If everything turns against you and you have lost your backpack and your guide, what good is the gear if it's left in your backpack. Always have your survival gear in your pockets. These are the four things we suggest you bring.

- PLB, Personal Locator Beacon. An SOS signaling device. You push a button and an SOS signal will be sent and a gps will pinpoint your position, so the rescue team will know where to go.
- Signaling mirror
- Whistle. We prefer the jetScream due to it's signal.
- Fire steel. If you end up in a survival situation, you will probably have all the time in the world to start practice, but you will hate yourself for not doing it in beforehand.

## **What I carry in my Backpack**

First of all we never use a larger backpack than 35-40liter/2100-2500in3. I know that some people like it but I just can't stand the hip-belt. I have a lot of criterias on a backpack for advanced jungle trek, and here are some of them:

Lightweight, but yet sturdy material.

Detachable hip-belt

All stripped, no mesh and other stuff, because of thorns and tangling vines, and everything else that seems to find it's way to your backpack.

Draining holes in the bottom

Here are some basic gear I have in my backpack:

- Camp clothes. When the camp is set for the night, I always wash myself and change to my camp clothes.
- Biodegradable all-purpose soap. This soap doesn't destroy any organisms in lakes and rivers, and you can wash yourself and your clothes in it.
- Toothbrush/ paste
- 20m/65ft rope, this is for "adventurous" river-crossings, your tarp and your washed trekking clothes.
- Rain poncho, is nice to use if it's raining when you take a break or in the evening. But don't even think about using it during the trek, it will get ripped.
- Small roll of duct-tape
- Sewing kit
- 2 water bottles each containing 1quart/ 1liter
- Maps of the area where I'm trekking
- All kinds of waterproof bags
- Sleeping bag/blanket. Everyone who have spent a night in the jungle knows what I'm talking about. It will get cold during night.
- Headlamp. I don't know who but someone turns off the light at 6pm and turns it on at 6am. If I have to leave my hammock during night, I like to take a quick look in my boots.
- Multivitamins
- Tarp, hammock and mosquito net. Try everything out well in advance.
- Basic medical kit



# Basic Medical Kit



## The 10 List

In the 10 list you will have all the basic needs you will need. You will of course have to add your own medication into the basic medical kit.

1. Hand sanitizer. I really hope I don't need to explain this.
2. Mosquito repellent. Make sure it contains DEET, and no less than 30%
3. ORS, Oral Rehydration Salts. Everyday on the trek you will need to replace lost electrolytes, due to sweating
4. Painkillers, oral and suppositories. Suppositories is arguable, since they melt in 33°C/91°F
5. Antihistamine
6. Hydrocortisone salve, for itchy bites, sun eczema etc.
7. Disinfectant for wounds
8. Tablet for diarrhea
9. Tablet for constipation
10. Betamethasone soluble tablets

***If you don't know how, why and when you should administer a drug, don't bring it!***



## The Additional

The additional part is where you can easily add and subtract according to your destination, and what to do.

- Trauma bandage. It's better to be prepared.
- Waterproof plasters. In the tropics it doesn't take long before wounds get infected.
- Abrasion plasters. As soon as you feel anything wear and tear, please put on an abrasion plaster.
- Lamisil. We never talk about it, we're talking about when you will get athlete's foot.
- Tweezer or nail scissors
- Adrenaline Auto-injector. Discuss with your doctor if you will be needing it.

***If you don't know how, why and when you should administer a drug, don't bring it!***

# Malaria Prophylaxis

There are five main things we want to emphasize when it comes to malaria prophylaxis.

- Dress right at the right time of the day. The malaria mosquito is active during sun rise and sun set. During these times wear long sleeved shirts and long pants.
- Use mosquito repellent with a minimum of 30% DEET
- Eat anti malaria medication. What type of anti malaria medication depends on where you are going. It all depends on what type of Malaria they have.
- Impregnate with Permethrine. Before your departure you will have to impregnate your mosquito net and all the clothes you will be wearing. Better to be safe than sorry.
- Be sober. When I say this people always think there is something in the alcohol that makes you more prone to get malaria. I would say both yes and no to this, it's the mind altering alcohol that is dangerous. I have seen guys being drunk in malaria infested areas in linen and shorts without using mosquito repellent, in a sober state they would never have done that.





# Last Words



Never ever get into the jungle without a guide! I could add a good guide, but that is unnecessary. If you are getting far out into the country, and near the wilderness where you want to trek, you will be so far away from all kinds of tourism information centre, and you will be extremely lucky if you get a really good guide your first time.

To actually get what you want you have to know what you want, i.e. if you want to see virgin rainforest you will have to know where it is and how it looks like. Then you need a guide who actually have been there, and in the Philippines I always use indigenous people as guides.

You will also have to know the word they are using, not the word you think they are using.

It took me quite a few treks before I realized all of the above, and got to see what I wanted. Nowadays we have a huge know-how about jungle trekking.

My suggestion is if you have a limited time, try to find a jungle adventure company in the country/area where you are going, and let them design a jungle adventure for you.

If you have all the time in the world, go to the country of your choice and learn by mistakes.

When it comes to buying gear, I use to say that there are only three things you really need top quality in, and that is:

The boots you are going to wear. You really have to spend money on quality boots here, they have to be up to the extreme wear and tear, from this environment.

The backpack you are going to use.



The machete. It doesn't have to be an expensive one, but I recommend it is made out of carbon-steel and have a through-tang.

Before you buy anything in olive-drab or camouflage you will have to check the political climate of the forest. If you would go with us on our advanced jungle treks you are not allowed to bring anything that even smell military. This is because of the NPA(New People's Army). The NPA's is of no danger for us, but if they by mistake think that we are the military, we could get in trouble.

More or less everything you bring in have to be waterproof, and just because it's waterproof doesn't mean it's jungle proof. One time I brought in a video camera and a GPS that was waterproof, they were not waterproof after five days of heavy rain.

You can always shoot us an email if you have any questions about Advanced Jungle Trekking.

One last piece of advice;

**Never forget to enjoy the jungle, this is one of the most amazing places on earth.**

**[www.ThePathAdventures.com](http://www.ThePathAdventures.com)**



# The Path



These travels are not for everyone!

The Path design's extreme jungle adventures into the rainforests of the Philippines.

We will bring you on one of the last few non staged once in a lifetime jungle expeditions, through virgin rainforest.

The Path is the only adventure company in the Philippines that will bring you this much adventure in a hidden and forgotten part of the Philippines.

Because of the fragile nature, we will never have large groups nor will we have many expeditions through out the year. So you who have made the expeditions with us and you who will, are all unique and exclusive.

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