



Fuel Your Adventure

Michelle Tsimtsos Rosenblatt

Hiking Buddies 501c3

Healthy Hiking Plan

1. Introduction
2. All season safety hypothermia versus heat stroke
3. Macros – what are they?
4. Fireplace - keep the fire burning
5. Calories - how much do we need?
6. Prepare your food like you prepare your trail and your pack - plan for emergencies and setbacks water bladder malfunction
7. The night before - pre-hydrate and don't overeat late at night, choose your Dinner wisely
8. The day of - breakfast- choose high protein, ideally at least one hour before beginning your hike. Electrolytes - be mindful of high caffeine intake. If you have a challenging digestive system, give yourself extra time in the morning to eat and drink your coffee.
9. Reasons we don't eat or drink enough - reference Ty Gagne - don't end up becoming the problem because you didn't eat because you thought you'd be a problem

10. Make it convenient - placement of your snacks/meals - ease of eating chewing - think of freezing versus melting, keeping things cold or hot
11. Recognize when you eat, the blood will go to your belly, making your extremities cold, eating more frequently with smaller amounts will lessen this challenge. Even in the summer heavy eating will just leave you feeling weighed down (fireplace analogy)
12. Hydration, over hydrating, under hydrating, the power of electrolytes
13. Recognize each hike is uniquely different – steeper, muddier, hot, cold, windy, humid, dry, raining, arid - often we don't know these conditions until we get there or even worse, we think we know them and they are not what we thought
14. Above all, have a timing plan for your food - have an average timing of what and how often you're going to eat and communicate this with your group. Coordinate stops with meals - i.e. change of clothes bathroom breaks with your eating
15. Get the peeing and pooping issue right out in the open so nobody has to worry about not drinking for fear of making somebody uncomfortable
16. Suggestions on what to pack, sustainable protein, quality carbohydrates, and unsaturated fats.

Tuna Packets, no nitrates Jerky, Cheese Sticks, Protein Powder, Gogurt ,
no dyes Fruit Snacks, Dried Fruit, Peanut Butter, whole grain Bread, Body
Armors, Gorp, Roasted Chickpeas, Baby Bell Cheese
Alfredo Chicken Sausage, Hard Boiled Eggs, Quinoa, Tofu, Edamame
Bars , Gels, Cliff block, etc....

Thank you!

Michelle Tsimtsos Rosenblatt

Owner of Nutrastep

Michelle@nutrastep.com

www.nutrastep.com

781 | 258-0997