Jurassic Coast Trek
Information Pack

Trip Insurance:
All participants must have suitable travel and emergency medical insurance cover to embark on one of our events. This is a condition of participation mentioned in our T&C's.
A policy from any insurer with the correct level of cover will be acceptable. Please send us a copy of the policy wording showing specific cover for your trip, along with the policy number for our records.
If you do not have suitable insurance cover, we recommended clients take a policy from **World Nomads**. Their insurance policies have been designed by travellers for travellers, with coverage for more than 150 activities as well as emergency medical, lost luggage, trip cancellation and more. Please use the World Nomads link at Step 3 of the Sign Up page on our website to be taken to your personal policy quote. Make sure you select the Explorer Plan for your trip.
Please email us a copy of your policy certificate for our records.

Flights:
You are responsible for booking your flights at the correct time. We normally check the flight status and details of our participants to monitor whether they are arriving for the event on time. However, you remain fully responsible for monitoring your flight status. PJS takes no responsibility for any customer errors that occur regarding arrival or departure times, dates, or other issues in connection with flight travel.
Please make sure you email us a copy of your flight itinerary as soon as possible, no later the 60 days before departure.

Visa & Passport:
It is your responsibility to fulfil all passport, visa and other immigration requirements applicable to your itinerary. We can provide general information about the passport and visa requirements for your trip, but this is for guidance only.
Although we require your passport details for our Online Registration, your specific passport requirements are your responsibility. Please check your passport is valid for your dates of travel.
Most travelers do not require a visa to enter the UK for up to 6 months.
You can check your visa requirements on the following website:
https://www.gov.uk/check-uk-visa

Vaccinations:
The CDC and WHO recommend the following vaccinations for United Kingdom: hepatitis A, polio, rabies, hepatitis B, influenza, COVID 19, pneumonia, meningitis, chickenpox, shingles, Tdap (tetanus, diphtheria and pertussis) and measles, mumps and rubella (MMR).

Malaria Medication:
No malaria transmission occurs in the UK. However, bite avoidance is recommended.

Regular Medication:
Our team are not medical experts. We encourage you to visit your family doctor to discuss you medication requirements.

- Carry medicines (including those bought over the counter) in their correctly labelled original packaging, as issued by the pharmacist
- These should be carried in your hand luggage when travelling on flights
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- When taking out an appropriate level of travel health insurance including repatriation, specify cover for any pre-existing illnesses

Pre-Existing Medical Conditions
Please assess for yourself whether you are fit and able to take on this challenge. Please review this detailed Information Pack, our website and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the adventure more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request.
Whilst we will do our best to put in place appropriate measures, we cannot guarantee that this will be possible.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the trip to support with medical matters related to the trip environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive for pre-exiting medical conditions and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the trip leader.

Kit List:

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. The benefits of a comfortable day sack cannot be underestimated, so make sure that you get one fitted in-store and train with this. Other essentials are high quality waterproof and windproof jackets and trousers, technical/wicking t-shirts rather than cotton shirts, and a warm jacket for the evenings.

Everything listed on the Kit List is essential.

Please see a full copy of the Kit List at the end of this Information Pack.

What to Wear for Your Outbound Flights:

If your checked in luggage gets lost/delayed, it could take a couple of days to catch you up. You won't be able to start your trek without your boots and essential clothes, so wearing or carrying them for the flight is advisable.

- Walking boots
- Walking socks
- Trekking trousers/pants
- Base layer top

A Typical Day

During the hike you will be walking an average of 4 to 8 hours each day. Depending on the weather and the day, rest/water stops will be frequent along the way, where you can regroup, rest and relax while drinking water and eating your snacks. Lunch will usually be a packed lunch along the way.

Terrain

The route is generally hilly and includes many steep ascents and descents, particularly in the early stages of the path. The trail is known for long, slow climbs, which can be quite challenging.

Some sections, such as the stretch out of Lyme Regis, are on the beach with unstable, pebbly ground that can be slow and tiring. At certain times the path can become muddy, so care should be taken.

You'll encounter a mix of well-trodden coastal paths, gravel tracks, and occasional tarmac sections, the path also goes through low-level woodlands and along bustling promenades in seaside towns.

The path is very exposed to the elements, with little protection from the sun, rain, or wind, so be prepared for changing coastal weather.

Grading Level

T2 – MODERATE: These involve longer walking days and are not usually longer than 7 days in total. A reasonable level of fitness is required as there will be both ascents and descents.

Training

While strength is important, endurance training should be your primary focus. Walking up hills and climbing stairs are both ways to condition your lower body. Begin slowly, without the weight of a pack, eventually adding weight as you increase your training pace. Take long hikes (6-8 hours) with a weighted pack, up and down hills or mountains (weigh your pack with water containers and pour out the water before your descent to minimize knee stress).

Toilets

During the actual trekking day, it will often be possible to stop along the route for toilet breaks. In emergencies, you may have to make use of the bushes and rocks. Please ensure you have a few nappy bags to dispose of used toilet roll and hand sanitizer.

Communication:

Network coverage should remain good most of the time. Wi-Fi is available at the accommodations.

The PJS Leader will carry a Satellite Phone for emergency use. It is only switched on when it needs to be used so cannot be used for incoming calls. However, clients can use it to make outgoing international calls whenever they would like, at a cost of $5 per minute.

Emergency Contact:
In a serious emergency, if you are out of contact, a family member or friend can complete the form on the link below and we will begin the process of reaching you.
The link is also available at the bottom of each of our website pages.
https://www.pjs-adventures.com/emergency-contact-form

Local Staff Tips:
We have a standard recommendation for staff tips. This amount is based on the total number of crew members We will notify you of the recommended tip amount for your trip approx. two weeks before departure. You should bring this cash with you and it will be collected from everyone on the final night, and then present to the whole crew on the following morning.

Other Helpful Info:
• Please check off all your kit against the Kit List before packing, and make sure you have everything

• Running/workout clothes are NOT thermals. Proper thermal layers are essential. Please don't underestimate how cold a mountain can get. You will not regret investing in proper thermal layers

• Sports socks or regular everyday socks are not appropriate for hiking

• Make sure to 'test' your socks with your boots, to make sure your feet will still be comfortable

• Drinking water alone on the trail will not hydrate you enough, make sure you have some electrolyte tablet to use in your water, such as GU, NUUN, ZERO, SIS. The sodium and minerals contained in these electrolytes will help keep you hydrated when you drink

• Bring a variety of snacks. Trail mix, trail bars, chocolate & hard candy. A mixture of sweet and savoury is good.

KIT LIST

RUCKSACKS AND BAGS

- Day Pack 30lt – 40lt
- Kit Bag

FOOTWEAR

- Walking boots with ankle protection
- Hiking socks (at least 5 pairs)
- Comfortable shoe (for evenings)

EQUIPMENT

- LED Head Torch (plus spare batteries)
- 3lt Water Bladder
- 2 x 1lt Water Bottles (Nalgene)
- Sunglasses
- Daily Snacks (tracker bars, dried fruit, chocolate, nuts)
- Walking poles

CLOTHING

- Waterproof Jacket
- Waterproof Pants/Trousers
- Down Jacket
- Windproof softshell jacket
- Lightweight fleece tops
- Wicking long sleeve t-shirt
- Trekking Pants / Trousers (not jeans)
- Underwear (light and wicking)
- Neck Buff
- Sun Hat
- Thin Liner Gloves
- Casual clothes and personal items for evenings at the hotel and journey home

TOILETRIES

- Toothbrush & Toothpaste

- Baby wipes
- Antibacterial Wipes
- Lip Sun Protection Stick
- Deodorant
- Insect repellent containing DEET
- Aftersun/Moisturiser cream
- Sun Cream/ Protection (min SPF30)

PERSONAL ITEMS

- Camera
- Contact lenses (plus spare glasses)
- Small First Aid Kit
- Pain killers
- Band Aids
- Compeed blister pads
- Antiseptic wipes
- Diarrhoea tablets
- Electrolyte Tablets
- Your own medication
- Knee support (if you normally need and use)

DOCUMENTS

- Passport
  (Make sure you have at least 6 months left on your passport expiry date)
- Photocopy of passport
  (Keep a copy at home and a copy in your travel bag for emergencies)
- Travel insurance
  (Suitable insurance available from World Nomads, via the PJS Challenges website)
- Visa (please check in-country requirements)
- Flight Tickets (e-tickets)
- Cash
- Credit card