



## Ozark Hiking 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 recommend 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.

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 than 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 non-American passport holder will need either a Visa or ESTA to enter the USA.

You can check your personal requirements here:

<https://www.usimmigrationsupport.org/eligibility>



### **Vaccinations:**

Participants should all have up to date vaccinations for Tetanus, Diphtheria, Hepatitis A, Typhoid. It is optional to have vaccinations for TB, Meningococcal Meningitis, Hepatitis B, Rabies, Cholera. No Yellow Fever vaccination is needed

### **Malaria Medication:**

The risk of malaria is low in North America. Medications to prevent malaria are generally not recommended for travelers, but you should take care to avoid insect bites and see your doctor if you develop a flu-like illness after your trip.

### **Regular Medication:**

Our team are not medical experts. We encourage you to visit your family doctor to discuss your 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-existing 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. Everything listed on the Kit List is essential.

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

## Climate

The best months to travel are Spring from April to June and Autumn from September to November. These times the temperatures are more comfortable and there is less chance of rain. These months are also less humid.

## Terrain

The terrain will be a combination of rocky paths and loose surface. There will be several uphill sections, some days you will have to climb many steep inclines. There will also be many downhill sections. Walking poles are strongly advised.

## Training

This challenge is graded a combination of levels depending on which trails are used and the experience of the clients.

The grade is between **T1 – EASY:** These are manageable by anyone in good health. They are usually day trips leaving from comfortable accommodation and are ideal for those looking for short walking days on flat terrain, and **T3 - DIFFICULT:** These treks involve

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climbing on higher, rockier terrain and are more physically demanding. They are appropriate for those wanting a physical challenge.

Which means that a good level of fitness is required. Anyone who leads an active and moderately healthy lifestyle should be able to complete the trek, as long as they train regularly over a period of at least two - three months leading up to the trip.

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 minimise knee stress).

#### **Luggage:**

Only soft sided duffle bags, holdalls and rucksack are allowed. Hard suitcases or soft bags with wheels will not be accepted.

Please bring a bag to store any items you don't need to take to the trail such as clean clothes for travel etc. This bag will be stored securely at the hotel the day we leave for the hike until we arrive back. Valuables can be stored securely. However please try to limit the valuable items you bring.

Please note that PJSC do not accept responsibility for any stored items.

#### **Electric Power:**

There are no electric power outlets on the trail. However, there are power outlets at all accommodations. Assuming you will be using your mobile phones to take photos, if you turn on Airplane Mode and turn off Bluetooth, your battery should last a couple of days from one full charge. A 20,000mah battery pack should be capable of charging your phone plenty of times.

#### **Communication:**

There will be limited phone reception on the trail, you should assume that there won't be connection. Even known areas of connection are subject to weather and cloud cover.

The PJS Leader may be carrying 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 and their job titles. We will notify you of the recommended tip amount for your trip approx. two weeks before departure.

### **Other Helpful Info**

- Please check all your Kit List before packing, and make sure you have everything
- Make sure to 'test' your socks with your boots.
- Drinking water alone on the trail will not hydrate you enough, use electrolyte tablet 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

### FOOTWEAR

- Walking boots with ankle protection
- Hiking socks
- Sturdy comfortable shoe

### 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

- Warm Jacket
- Waterproof Jacket
- Waterproof Pants/Trousers
- **Wicking long and short sleeve t-shirt**
- Lightweight fleece tops
- Trekking Pants / Trousers
- Trekking shorts
- Underwear (light and wicking)
- Sun Hat
- Thin Liner Gloves
- Neck Buff
- **Warm Hat**
- Swim wear
- Casual clothes and personal items for evenings

### TOILETRIES

- Toothbrush & Toothpaste
- Baby wipes
- Lip Sun Protection Stick



- Deodorant
- Shampoo
- Shower Gel
- Aftersun/Moisturiser cream
- Sun Cream/ Protection (min SPF30)

### **PERSONAL ITEMS**

- Camera
- Waterproof bag (for phone etc)
- Contact lenses (plus spare glasses)
- Small First Aid Kit
- Pain killers
- Band Aids
- Compeed blister pads
- 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