



# Nepal Trekking Fitness Checklist

Track your 12-week training, gear, nutrition, and more for Nepal's Himalayan treks!

By David Ways | The Longest Way Home

Website: <https://www.thelongestwayhome.com/nepal-trekking-fitness-guide/>

## Weeks 1–4: Foundation Building

- ☐ Walk 30–60 minutes, 3–4 times/week with 5kg backpack (trekking boots, moisture-wicking socks).
- ☐ Complete 2 strength sessions/week: 3 sets of 12 squats, lunges, 30-second planks (beginners: 10 reps; advanced: add 2–5kg weights).
- ☐ Hand-wash clothes post-walk to build routine (use travel soap).
- ☐ Schedule: Mon/Wed/Fri (walks), Tue/Thu (strength), Sat (rest), Sun (1-hour walk).
- ☐ Test trekking boots for comfort (no blisters) on 2–3 walks.

## Weeks 5–8: Intensity and Endurance

- ☐ Walk 1–2 hours, 4–5 times/week with 7kg backpack (include 1–2 stair/incline walks).
- ☐ Complete 3 strength sessions/week: add step-ups (3 sets of 10/leg) with backpack.
- ☐ Practice interval training: 10 min fast walking, 5 min slow, for 1 hour (1–2 times/week).
- ☐ Test trekking poles for balance on uneven terrain (2 walks).
- ☐ Schedule: Mon/Wed/Fri (walks), Tue/Thu/Sat (strength), Sun (2-hour walk).

## Weeks 9–12: Peak Preparation

- ☐ Complete 2 long walks/week (4–6 hours) with 7–10kg backpack.
- ☐ Incorporate HIIT: 10 min fast, 5 min slow, for 1–2 hours (1 time/week).
- ☐ Strength sessions: weighted squats (3 sets of 15), planks (60 seconds).
- ☐ Eat dal bhat-style meals 3 times/week (50% carbs, 30% protein, 20% fats).
- ☐ Train in varied weather (rain/heat) to test gear resilience (2 walks).
- ☐ Schedule: Mon/Fri (long walks), Tue/Thu/Sat (strength), Wed (interval walk), Sun (rest).

### Gear Testing

- ☐ Boots: Wear 4–6 weeks on walks (30 min–2 hours) to break in (no blisters).
  - ☐ Backpack: Test with 7–10kg, adjust straps for comfort (3–4 walks).
  - ☐ Clothes: Test moisture-wicking layers, fleece, waterproof jacket; hand-wash to check durability (2–3 washes).
  - ☐ Poles: Practice on uneven terrain, adjust length for comfort (2 walks).
  - ☐ Hydration system: Test bladder/bottle with 2–3L water (2 walks).
- ### Nutrition and Hydration
- ☐ Eat dal bhat-style meals 3–4 times/week (rice, lentils, vegetables) to adapt digestion.
  - ☐ Drink 2–3L water daily during training; test hydration system with backpack.
  - ☐ Test snacks (nuts, dried fruit, energy bars) to avoid stomach upset (3–4 walks).
  - ☐ Add electrolyte tablets to water for high-altitude prep (1–2 times/week, weeks 9–12).

## Mental Preparation

- ☐ Practice 10-min daily mindfulness/meditation for resilience (5–7 times/week).
- ☐ Train in tough conditions (rain, cold, early mornings) to build adaptability (2–3 walks).
- ☐ Learn 5–10 basic Nepali phrases (e.g., “Namaste,” “Dhanyabad”) via guide.
- ☐ Practice unpacking/repacking backpack post-walk for efficiency (3–4 times).

## Injury Prevention and Recovery

- ☐ Stretch post-walk: calf (30 sec, 3 sets), hamstring (20 sec/leg), quad stretches (4–5 times/week).
- ☐ Test knee braces/supports if needed (2 walks, weeks 5–12).
- ☐ Use trekking poles to reduce knee strain (20–30% impact reduction, 2–3 walks).
- ☐ Schedule health check 3–6 months before trek (discuss vaccinations, altitude meds).
- ☐ Post-trek: foam roll 10 min/day, schedule rest days (week 13).

- Doctor consultation: Discuss visit to Nepal. Altitude sickness. Medications. e.t.c., ☐

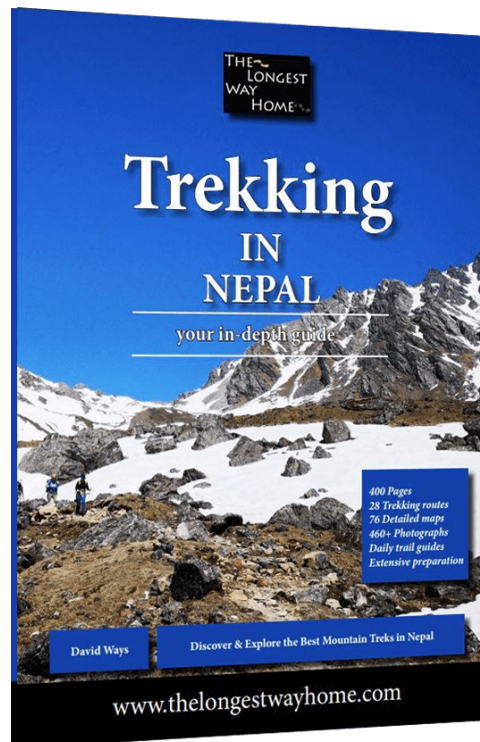
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