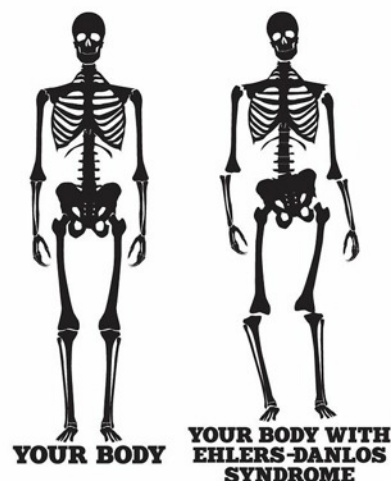


- **Look at Your Feet and Ask Your Team for Help!**



As weird as it sounds, it's important to look where your feet are going as you walk, especially if you have poor proprioception and are on rocky terrain! It can be a literal lifesaver and helped me avoid many a twisted ankle. Ask your team to tell you when they notice you're walking funny, often we don't realise we're damaging ourselves until it's already happened; especially when the pain-brain fog is already down.

I knew that if my team seemed concerned then it was probably time to whip out the knee braces and have a short unscheduled break.



- **Set Aside Recovery Time**

You will need a few days after both expeditions to let your body recover, perhaps make a physio appointment for the week after each (if you have a decent physio) or at least make some time to do what you need to let your body recover. Hot baths, raised legs and a decent amount of slobbering on the sofa moaning should do the trick.

I stayed in our AirBnB cottage for 2 days before travelling back home (a 5 hour journey) to avoid being stuck in a car in pain and booked off work for the following 5 days to give myself time to heal.



- **It Will Hurt, but You Can Do It!**

Be prepared for it to hurt. It's a challenge and it will be painful but that doesn't mean that you are unable to do it. With a supportive team, an understanding supervisor and a good sense of your own limitations there will always be a way.

I'm still in shock that I was able to complete my qualifier, it was a real challenge but the satisfaction overrides all of that. Knowing I can push through pain and discomfort and walk 3x the amount I usually do for 4 days running is a really empowering feeling.

