

## UKhammocks Acclimatisation Information

The following information is set out to give you some handy tips regarding preparing your body for an expedition into the jungle,

Firstly and most obviously the more time you have in a select climate before you head out on expedition the better, to that end we fully recommend you arrive as early as possible into Brunei prior to the expedition meet day, even if only 24hrs its better than nothing, your body has a lot to deal with upon arrival, there is the 18hr flight, the time difference and then the heat/humidity... giving your body time to acclimatise will greatly improve your expedition as those first few days will be a shock to the system for all, however if you are poorly rested and struggling with the heat/humidity you're going to be feeling it a lot more!!!

Upon arrival we advise you to dress as you will in the jungle, L/S Shirts, trousers etc., this will protect you from the sun and also increase your body's speed in which it becomes at home in your new surroundings, in your hotel room avoid turning the air-conditioning to max! The first night will be a sweaty one but you will sleep, if you spend half your day with it set to 18 you're not going to acclimatise at all, in fact you will just feel worse every time you head out the hotel and find yourself hopping from air-conditioned shop to air-conditioned café! Remember the jungle has no air-conditioning, you will need to adapt to sleeping in a hot climate so the quicker you get used to it the better.

Avoid Alcohol it's banned in Brunei for locals anyway so it's unlikely you will find many places selling it and it's also banned upon the Expedition so I don't see any reason for you to fly in with any, again it will be detrimental to your body's acclimatisation.

Get up early, I know the first morning will be hard but it's a sure fire way to kick your body into line by forcing it into its new time zone.

Nights in the jungle will be long, usually heading to your hammock just after dark around 6/7pm and not getting up until 7/8am so lack of sleep is not going to be a problem!

Go for a walk, if you heed the above advise and arrive in country a few days prior to our meet day why not explore the wonders of Brunei....it's a wonderful place and the people are extremely friendly and hospitable, taking a walk from your hotel will give you chance to take in the sites but also help with acclimatisation, increasing your heart rate gently and making your body work in the heat is all a good thing, now I'm not saying pop your trainers on and go for a jog on day 1 as well that may not end well but a few brisk walks whilst calling into shops and other local attractions is a very good way to acclimatise, also taking a swim in the hotels pool it's another great way to gently raise your cardiovascular rate.

Your gut... It's a funny old thing and some don't take too well to changes in water/food and time differences so sample the local cuisine and drink lots of bottled water, food here is wonderful, local food is however hot... and if buying a meal from a supermarket for the trip like their version of Supernoodles be very aware that Bruneian mild is absolutely fierce!!!(we have made this mistake before ourselves and although is cause of great amusement when it's your only meal in the jungle was not our finest hour!) There are restaurants of all variety's from local satay to Italian, you will be very impressed with the food and even more so with the final bill!

Hotel breakfasts are usually included with your stay and is very good, remember you are in a Muslim state so if you're a bacon butty kind of person your bang out of luck!

Finally a good level of fitness is a great help, the better your cardiovascular system the quicker your body will adjust, so make use of the time breaking in your new boots and preparing for the trip and get yourself fit.