



# Couch *to* Virginia's Triple Crown

A progressive guide to go from your couch to conquering **Virginia's Triple Crown**, while exploring the state's natural wonders along the way.

YOUR HIKING COMPANY

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# Welcome

Welcome to **Couch to Virginia Triple Crown**—a progressive, beginner-friendly training program designed to take you from your couch to conquering McAfee Knob, Tinker Cliffs, and Dragon’s Tooth, while exploring Virginia’s Natural Wonders, lookout towers, caves, and state parks along the way. You’ll build fitness safely, learn essential trail skills, and discover the best of the Commonwealth—step by step.

## *How to Use This Manual*

- **Learn the skills** (safety, navigation, gear, fueling).
- **Train** through the phases that progress mileage, elevation, and pack weight.
- **Evaluate readiness** with clear “Move On vs. Hold Steady” checkpoints.
- **Explore side quests** (Natural Wonders, towers, caves, and nearby state parks) as you go.



## *Before You Begin Read This First*

This program is for educational purposes only. **You assume all risks** in participating. **I strongly recommend a full physical exam and your doctor’s approval** before starting any new exercise or hiking program—especially if you have any medical conditions, injuries, or are new to endurance activity.

Hi, I'm TeddiJo—a mom, an Army veteran, outdoor recreation educator, yoga teacher, and lifelong adventurer who believes **the outdoors is for everyone**. My path has taken me from leading soldiers to leading hikers, but the mission has always been the same: build strength, confidence, and connection—both on the trail and within ourselves.

My passion for helping people get on trail — and stay on trail with **competence and confidence** — deepened after I was diagnosed with incurable cancer. Living with a progressive disease means I often find myself starting over, rebuilding strength, endurance, and trust in my body again and again. The trail has become both my therapy and my teacher, reminding me that **beginning again is still progress**, and that **resilience is built one step at a time**.

Before moving to Virginia in 2024, I led a women's hiking community, where I designed training plans and group adventures that encouraged confidence and connection on the trail. I've also guided youth programs, volunteered on countless conservation projects, and completed many marathons and ultramarathons — each one deepening my respect for endurance, nature, and community.

Today, through my work with Northern Virginia Community College, Wilderness Kids of Alexandria, and my company, *your hiking company*, I continue to guide others to find belonging, capability, and peace in wild places. This Couch to Virginia Triple Crown program is more than a fitness plan — it's a framework for rediscovering what's possible, **no matter how many times life asks you to begin again**.

# Who I Am



*The only person you are destined to become is the person you decide to be.*



# *What is your hiking company?*

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*your hiking company* was born from a simple idea:  
**everyone deserves to feel strong, capable,  
and welcome in the outdoors.**

This is more than an adventure company —we are a community built on education, empowerment, and exploration. Whether it's a guided hike, a yoga class, a custom training plan, or a destination adventure, every experience is designed to help people connect more deeply with nature and with themselves.

My programs emphasize skill-building and confidence — from learning trail basics to preparing for multi-day backpacking trips.

I believe that **knowledge creates freedom**: the more you understand your body, your gear, and the land you move through, the more at home you become in wild spaces.

As part of that mission, I partner with organizations and initiatives that promote access, conservation, and stewardship.

We hike, we train, we teach—and we give back.

At *your hiking company*, you'll find people who cheer for your first mile as loudly as your fiftieth. Because no matter where you are,  
**you belong on the trail.**



# Trail Skills & Safety

## CORE KNOWLEDGE FOR CONFIDENT HIKING

### *Leave No Trace (LNT)*

**Hiking isn't only about where your feet go—it's about the footprint you don't leave.**

- Plan ahead & prepare
- Travel & camp on durable surfaces
- Dispose of waste properly (pack it in, pack it out)
- Leave what you find (unless it is trash)
- Minimize campfire impacts
- Respect wildlife
- Be considerate of others

***More about LNT later***

### *Navigation Basics*

1. **Know your route:** read trail descriptions and elevation profiles
2. **Check recent reviews** of the trail system (official website, hiking apps, social media)
3. **Carry backups:** download offline maps **and** carry a paper map + compass
  - a. Virginia State Parks has the FREE Avenza App (with a paid PRO version, too)
  - b. US National Parks has the FREE NPS App
4. **Follow blazes:** learn the blaze colors for your trail; double-blazes often indicate turns or changes

### *Weather Awareness*

The weather can swing from sunny to stormy fast!

1. Check the forecast for your entire route and elevation range
2. Pack layers and rain protection even on "nice" days
3. Know when to turn back: lightning, high winds, flash flood risk, or dropping temps

### *Quick Safety Checks (pre hike)*

- Confirm fees and status of any closures of the wilderness area
- Tell a trusted person your route + expected return
- Carry the 10 Essentials (see Gear section)
- Confirm water sources and bring treatment
- Review bail-out points and trail intersections
- Check sunrise and sunset times, just in case



# Group Hiking

Hiking with others builds camaraderie, boosts motivation, and provides safety in numbers—especially in remote or challenging terrain.

- **Stay Together:** Especially at intersections; don't split up without clear plans.
- **Pace Smart:** Hike at the pace of the slowest member.
- **Shared Gear:** Divide tents, stoves, and water filters to balance pack weight.

Communication: Establish check-ins and key words and/or hand signals for spacing on trail.



# Solo Hiking

Hiking alone allows for deeper reflection, flexible pacing, and a stronger connection with nature, helping you build confidence and self-reliance on the trail.

- **Safety First:** Tell someone your exact route and return time.
- **Navigation:** Carry redundant navigation (map/compass + phone app).
- **Emergency Gear:** A personal locator beacon (like Garmin inReach or SPOT) provides extra security.
- **Trust Your Gut:** If conditions or instincts say turn around—turn around.





# *Injury Prevention & Recovery*

PRACTICAL GUIDANCE TO KEEP YOU STRONG ON AND OFF THE TRAIL

Even the most prepared hikers run into challenges from time to time—but most trail troubles are preventable with a little know-how and self-awareness. From blisters to dehydration, small issues can escalate quickly if ignored, so learn to recognize early warning signs and take action fast. Recovery is just as important as the hike itself—your muscles, joints, and mind need time to rebuild so you can hit the trail again stronger and more confident.

## ***Common Hiking Issues & Fixes***

- **Blisters** → Prevented with quality socks (wool/synthetic), using foot powder, and taping hot spots early. Always carry blister pads (like moleskin or Compeed).
- **Knee Pain** → Use trekking poles on descents, strengthen quads/glutes, and avoid overstriding downhill.
- **Chafing** → Apply Body Glide, petroleum jelly, or other anti-chafe products. Choose moisture-wicking clothing and reapply mid-hike if needed.
- **Dehydration / Heat Stress** → Sip water consistently, replace electrolytes, and wear breathable, light-colored clothing.

## ***Recovery Tips***

- **Stretch & Hydrate** immediately post-hike (hamstrings, calves, hips, and shoulders).
- **Foam Roll / Yoga** to release tight muscles.
- **Active Recovery:** Gentle walking, biking, or mobility work the next day.
- **Sleep & Nutrition:** Prioritize rest and a balanced recovery meal (protein + carbs).
- **Listen to Your Body:** Distinguish normal soreness (24–48 hours) from pain signaling injury. Persistent joint pain = pause training.

# Virginia Wildlife Safety

## Black Bears

### *Did You Know?*

Black bears can be found in every county in Virginia.

Black bears can be blonde, cinnamon, and brown colored.

**Where you might see them:** Blue Ridge Mountains, Shenandoah National Park, Jefferson National Forest.

**Behavior:** Shy, avoidant, but opportunistic about food.

### **If you see one:**

- Stay calm. Speak in a low, firm voice.
- Make yourself look big.
- Slowly back away—don't run.
- If the bear doesn't leave, make noise and stand your ground.

### *Camping & Hiking Tips*

- Store food in bear-resistant containers or hang it properly.
- Cook and store food 100+ feet from your sleeping area.
- Never leave packs unattended.

### *Did You Know?*

Virginia has 32 snake species, with three being venomous: the copperhead, timber rattlesnake, and cottonmouth.

The Eastern Gartersnake is the official state snake.

**Common species:** Eastern Ratsnake, Eastern Gartersnake, Eastern Kingsnake, Timber Rattlesnake (found mostly in the mountains), Cottonmouth (southeastern coastal plain in swamps & marshes), and Copperhead (statewide & is the most venomous species in VA).

### **Behavior:**

- Snakes prefer to avoid humans; most bites occur when stepped on or provoked.
- On warm days, watch for snakes sunning themselves on warm rocks or trails.

### **If you see one:**

- Stop and give it space.
- Step around slowly—do not attempt to move it.

### **If bitten:**

- **Stay calm**, call 911 or seek help immediately.
- Keep the bite below heart level if possible.
- Do not try to suck out venom or apply a tourniquet.

## Snakes





## Deer & Elk

### *Did You Know?*

Elk were successfully reintroduced to Virginia in 2012 after being hunted to extinction in the 1800s, and now there is a thriving herd of over 250 elk, mostly in the southwestern part of the state.

**Common encounters:** White-tailed deer throughout most regions and elk in higher elevations or open meadows.

**Behavior:** Usually calm but can become unpredictable—especially during rutting season (fall) or when protecting calves in spring.

### **Safety tips:**

- Keep distance: Never approach or feed wildlife.
  - Rutting season: Males may charge—watch for pawing, bugling, or lowered heads.
  - If charged: Yell and move behind a tree or boulder—don't run downhill.
  - With dogs: Keep leashed and close; wildlife may view them as predators.
  - Hunting season: Wear blaze orange, add reflective gear to dogs, make noise, and stay on marked trails.
- 

### *Did You Know?*

Coyotes are not native to Virginia, but have become established statewide.

Bobcat is the most common wildcat in North America and the only wildcat found in Virginia.

## Coyotes & Bobcats

**Common encounters:** Found throughout Virginia's forests, fields, and suburban edges—mostly active at dawn and dusk.

**Behavior:** Generally avoid humans but may approach if habituated or protecting young.

### **Safety tips:**

- Keep distance: Feeding causes bold behavior.
- If approached: Stand tall, wave arms, make loud noises, and maintain eye contact until the animal retreats.
- Keep pets leashed and supervised—small dogs can trigger predatory instincts.
- At camp: Store food and trash securely; coyotes are opportunistic scavengers.
- Sightings: Seeing one is not an emergency—just give space and report aggressive behavior to local wildlife authorities.

# TRAIL ETIQUETTE

# Trek-tiquette

## LEAVE NO TRACE

### 01 Plan Ahead and Prepare

- Know before you go: research routes, weather, and regulations.
- Pack smart and travel prepared so your adventure leaves only footprints.

### 02 Travel and Camp on Durable Surfaces

- Stick to established trails and campsites to protect wild spaces.
- Camp at least 200 feet from water to keep habitats healthy.

### 03 Dispose of Waste Properly

- Pack it in, pack it out — *even the tiny stuff!*
- Use restrooms when you can or dig a small “**cat hole**” away from water.

### 04 Leave What You Find

- Take only memories, photos, and maybe a few mosquito bites.
- Leave rocks, plants, and history **just as you found them.**

### 05 Minimize Campfire Impact

- Use a stove or keep fires small and in existing rings.
- Burn wood completely to ash and scatter when cool.

### 06 Respect Wildlife

- Watch animals from a distance and never feed them (even snacks of love).
- Keep food secured and pets close — for everyone’s safety.

### 07 Be Considerate of Others

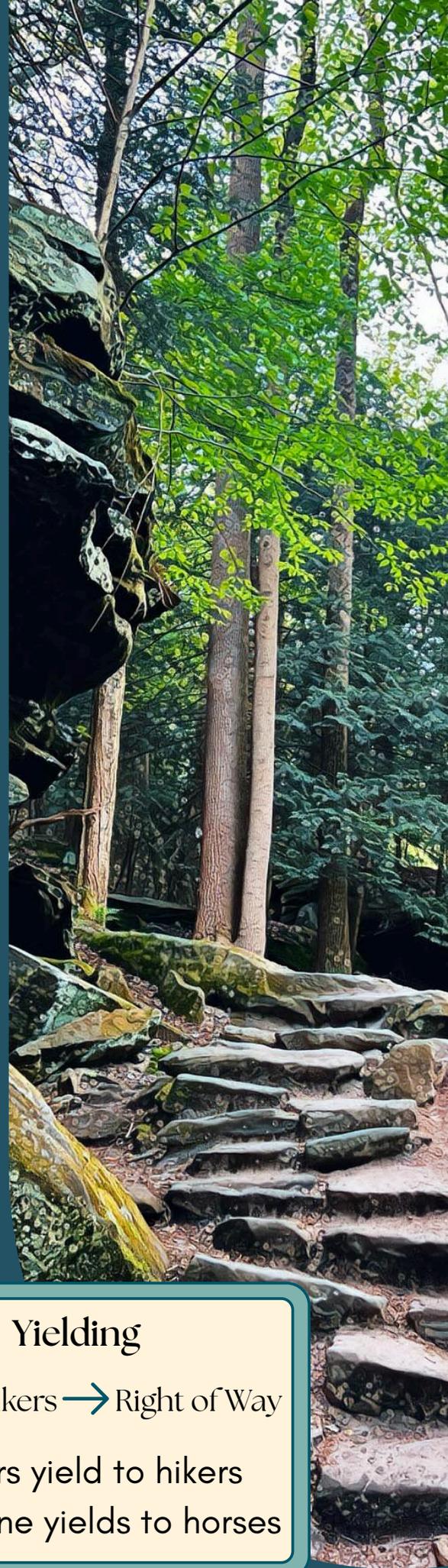
- Keep noise low and kindness high — the trail belongs to all of us.
- Yield when needed, share views, and cheer each other on out there.

### Yielding

Uphill Hikers → Right of Way

Bikers yield to hikers

Everyone yields to horses





# *Toileting on the Trail:*

## What to Expect & How to Prepare



### Practice Before Your Trip

**You do not want your first attempt at any of this to be on a steep slope during a rainstorm with three friends waiting.**

- Practice squatting in your yard or shower
- Try your FUD in the privacy of your bathroom
- Dig a sample cat hole to get used to using your trowel
- Open a wag bag kit to understand the set-up

Nature doesn't come with bathrooms (most of the time), so part of becoming a confident hiker or backpacker is knowing how to take care of your basic needs responsibly. The following is an overview of the types of situations you might encounter, plus what to do when there are none—because that's most of hiking.

**Pro Tip:** Always carry your own toilet paper, wipes (if you use them), and hand sanitizer. Trailhead bathrooms run out all the time.

## *Toilets...if they exist*

- **Flush Toilets:** Rare on trails but common at visitor centers and big campgrounds. Use them when you can.
- **Vault Toilets (Pit Toilets):** Simple outhouse-style structures without running water. They're functional, usually smell questionable, but are a gift—use them.
- **Composting Toilets:** Found at some shelters and high-use backcountry sites. They're more environmentally friendly and typically cleaner than vault toilets.
- **Privies** on Long Trails: Basic structures with a platform and toilet hole. Always follow posted instructions—many rely on mulch or sawdust.

## *Peeing (no toilets)*

- Move at least 200 feet (about 70 adult steps) from water sources, trails, and camps.
- Choose durable surfaces: rocks, dirt, pine needles—avoid fragile plants.
- If you squat, aim downhill so pee doesn't splash back on your shoes.
- Use a Kula Cloth or pee rag to stay clean and prevent irritation. Hang it on your pack to dry (they are antimicrobial).

Optional Tool: Female Urinating Devices (FUDs)

Examples: Shewee, GoGirl, Pibella, Freshette

## *Period Care*

Periods don't pause for hikes, so pack what works for you:

- Pads or tampons (pack out everything)
- Menstrual cup or disc (must be comfortable with cleaning and sanitizing between uses)
- Small wipes for cleanup
- Personal "dirty bag" for used products or wipes

**Don't bury period products—  
they attract animals and never decompose properly.**



# Pooping

## When There Are No Toilets

### *The Cat Hole Method*

When you're in an area where burying waste is allowed, you'll use the cat hole technique—the simplest, most Leave No Trace-friendly method.

Here's exactly how to do it:

1. Walk 200 feet from water, camps, and trails.
2. Use a trowel (I use the Tent Lab Deuce #2) to dig a hole 6-8 inches deep and 4-6 inches wide.
3. Aim into the hole.
4. Cover everything completely with the soil you removed.
5. Tamp it down with your boot and disguise the spot with natural materials.

**Toilet Paper:** Best practice is to **pack it out**, even if biodegradable. This keeps trails cleaner and reduces critter interference. Store used TP and wipes in a sealed "dirty bag."

### *Wag Bags:*

#### *When You Can't Dig A Cat Hole*

Certain places require you to pack out all solid waste, such as deserts, alpine zones, canyons, and fragile ecosystems.

Wag bags (W.A.G. = Waste Alleviation and Gelling) are sanitary, easy to use, and widely accepted.

#### **Pros:**

- Required in sensitive environments
- Leakproof, sanitary, and usually smell-controlled
- No digging required
- Simplifies planning in rocky or frozen ground

#### **Cons:**

- You must carry it out (yes, the poop comes with you)
- Slight learning curve
- Bulkier than TP + trowel set-up

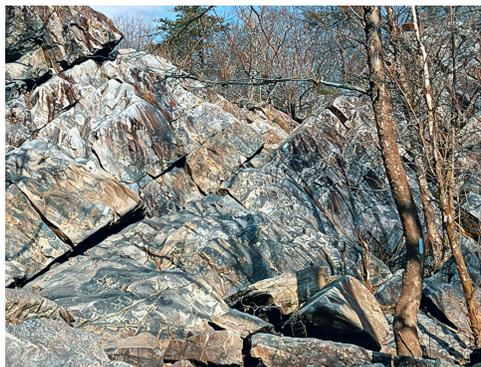


***Practice Practice Practice Before Your Trip!***

*Everything feels easier when you've tried it once in a low-pressure environment.*



# Tips for Different Terrain



EVERY  
LANDSCAPE  
HAS A  
RHYTHM.  
HERE'S HOW TO  
**MOVE WITH IT,**  
NOT AGAINST IT.



## UPHILL (ASCENTS)

- **Short Steps:** Take smaller, quicker steps to save energy instead of long lunges.
- **Steady Pace:** Aim for a rhythm you can sustain; if you're gasping, slow down.
- **Use Poles:** Shorten trekking poles slightly to help push upward and save your quads.
- **Posture:** Lean slightly forward from the hips (not hunched at the shoulders).

## DOWNHILL (DESCENTS)

- **Control the Speed:** Don't "run away" downhill; step with intention to protect knees.
- **Use Poles:** Lengthen trekking poles for balance and stability.
- **Heel vs. Midfoot:** Land midfoot, not hard on the heels—it reduces impact.
- **Zig-Zag:** If it's very steep, step slightly side-to-side instead of straight down.

## WATER CROSSINGS

- **Scout First:** Look for shallower, calmer sections; avoid fast-moving water above your knees.
- **Unbuckle Pack:** Keep hip and chest straps unclipped—if you fall, you can ditch the pack.
- **Use Poles:** Test depth and stability before stepping.
- **Footwear:** Cross in shoes or sandals with good traction (bare feet = slippery and dangerous).
- **Buddy System:** Cross with a partner for added stability when possible.

## BOULDERING AND ROCK SCRAMBLES

- **Three Points of Contact:** Always keep 3 points (2 hands + 1 foot or 2 feet + 1 hand) on the rock.
- **Test Holds:** Tap rocks before putting full weight—loose rocks are common.
- **Use Legs More Than Arms:** Push with your legs; don't try to pull yourself up with arm strength alone.
- **Pack Positioning:** Make sure your pack is snug so it doesn't throw off balance.



# Mindset & Motivation

THE TRAIL TESTS MORE THAN ENDURANCE —  
IT REVEALS WHO YOU ARE BECOMING

## *Tips for Mental Success*

- **Break Big Goals Into Small Ones:** Instead of thinking “10 miles to go,” focus on “just reach that ridge” or “finish this next mile.”
- **Keep a Trail Journal:** Record mileage, conditions, and how you felt. Looking back on progress is incredibly motivating.
- **Celebrate Wins:** First 10 miles, first overnight, each new park, each Natural Wonder.
- **Find Your “Why”:** Whether it’s fitness, adventure, connection with nature, or building community, revisit it when you’re tired.
- **Mantras Work:** Simple affirmations like “Strong legs, strong mind” or “One step at a time” can refocus your energy.

## *Mental Toolkit (Quick Checklist)*

Before or during a hike, run through these simple tools:

- **Breathe:** Reset your rhythm—inhale 3 steps, exhale 3 steps.
- **Smile:** It actually relaxes your body and lifts your mood.
- **Snack & Sip:** Fatigue often comes from under-fueling or dehydration.
- **Change the Scenery:** Pause at a viewpoint, take a photo, notice details in nature.
- **Mantra or Music:** Repeat a phrase or play a motivating playlist.
- **Break the Goal:** Focus on the next tree, bend, or switchback.
- **Remember the Why:** Reconnect to your personal motivation for being out there.



*Long hikes are as much about mental endurance as physical strength. The Virginia Triple Crown involves steep climbs, rocky terrain, and long miles—so expect some tough moments. **Preparing mentally can make the difference between quitting early and summiting with confidence.***

# Fueling & Hydration



## PART *A*

### Training Fuel (Day Hike & Workouts)

#### General Guidelines

- **Balanced Diet:** Eat complex carbs, lean proteins, and healthy fats daily to support endurance and recovery.
- **Pre-Hike Fuel:** Eat 1-2 hours before training (oatmeal, fruit, eggs, or toast with nut butter).
- **On-Trail Fuel:** For hikes longer than 90 minutes, eat 100-200 calories every hour. Trail mix, fruit, nut butter, and bars work well.
- **Hydration:** Sip water consistently. Rule of thumb = ½-1 liter per hour. Add electrolytes in heat or on steep climbs.
- **Post-Hike Recovery:** Within 30-60 minutes, eat carbs + protein (like chocolate milk, protein shake, or a sandwich). Follow with a balanced meal within 2 hours.

#### Training Fuel Checklist

- Water bottles or hydration bladder (2-3 liters)
- Electrolyte tablets/powders
- Quick carbs: chews, dried fruit, pretzels, fig bars
- Protein/healthy fats: nut butter packets, jerky, trail mix
- Emergency snack stash
- Recovery fuel: protein shake, chocolate milk, or balanced meal

#### Sample Day (6-8 Mile Hike)

- **Before:** Oatmeal with fruit + nut butter, 16-20 oz water
- **During:** Trail mix, fig bar, electrolytes every 1-2 hours
- **After:** Chocolate milk + rice bowl with chicken and veggies

Building strength and endurance won't matter if your body isn't supplied with the energy and recovery tools it needs.



# Fueling & Hydration

PART

## B

### Backpacking Fuel (Triple Crown Circuit)

#### General Guidelines

- **Calories:** Plan for 2,500–4,000 per day depending on pace and body size.
- **Macronutrients:** 50–60% carbs, 15–20% protein, 20–30% fats.
- **Food Calorie Density:** Aim for ~100–120 calories per ounce.
- **Frequency:** Eat small, steady portions every 60–90 minutes to avoid crashes.
- **Hydration:** 2–3 liters/day + electrolytes; always treat water.

#### Backpacking Fuel Checklist

- Repackaged oatmeal / instant breakfasts
- Energy bars & trail mix
- Nut butter, jerky, tortillas + tuna/chicken packets
- Dehydrated backpacking meals (dinners)
- Electrolyte mixes & flavor packets
- “Morale foods” (candy, cocoa, chips)
- Extra day’s worth of food (for safety)

#### Sample Backpacking Day

- **Breakfast:** Instant oats with dried fruit + nuts
- **Morning Snacks:** Trail mix, energy chews
- **Lunch:** Tortilla with tuna packet + cheese
- **Afternoon Snacks:** Jerky, nut butter packet
- **Dinner:** Dehydrated meal + olive oil packet, cocoa



**Pro Tip: Pre-portion daily food bags (breakfast + snacks + lunch + dinner). It saves time, simplifies packing, and ensures you don’t eat tomorrow’s food today.**



# Gear Guide

Try shoes in the afternoon (feet swell during the day). Wear the same socks you'll hike in. Shops like REI, local outfitters, and specialty outdoors stores will measure your feet and check fit. If you like trail runners, many specialty running stores (like Fleet Feet) have great selections and will also provide a free fitting.

**RULE OF THUMB:-** there should be a thumb's width between the end of your longest toe and the end of your shoe.

## Footwear: Trail Shoes vs Hiking Boots

- **Trail Shoes:** Lightweight, flexible, breathable, and quick-drying. They feel like running shoes but with grippier tread. Best for fast-moving hikers or those who prefer less bulk.
- **Hiking Boots:** Provide ankle support and protection on rocky terrain. Heavier and slower to dry, but useful for heavy pack loads or unstable ankles.

## Waterproof vs Non-Waterproof

- **Waterproof Boots/Shoes:** Great for shallow streams or wet grass, but once soaked, they stay wet. They can also trap heat.
- **Non-Waterproof (Mesh) Shoes:** Breathe better, dry faster, and are cooler in summer—preferred by many long-distance hikers.

## When to Replace

Most hiking footwear lasts 400–600 miles. If the tread is worn flat, the cushion feels dead, or your knees ache more than usual—it's time for a new pair. Many fitness trackers have the ability to log the miles on your shoes – I use Strava!



# Backpacks:

## FIT & FUNCTION

### Capacity Guide:

- Day hikes → 15-30 liters
- Overnights → 40-55 liters
- Multi-day (Triple Crown) → 55-65 liters

### Balancing Tips

- Adjust shoulder, sternum, and hip straps so 60-70% of the pack's weight sits on your hips.
- Check for side-to-side wobble— if your pack leans, redistribute.
- For steep ascents: tighten shoulder straps slightly.
- For descents: loosen shoulder straps a bit to lower your center of gravity.

## How To Distribute Weight in Your Pack

Proper weight distribution makes the difference between a comfortable hike and a miserable one. A well-packed bag protects your posture, reduces fatigue, and helps you move efficiently over varied terrain.

 **General Rule:** Keep the heaviest items centered and close to your spine, mid-back level. This balances your pack's gravity and prevents it from pulling you backward or throwing you off balance.

### 1. Bottom Layer – Soft & Bulky Items

- Sleeping bag, camp clothes, or anything soft.
- Acts as a cushion for your lower back and helps shape the pack's base.

### 2. Middle Layer – Heavy Items (Core Weight Zone)

- Food bag, water reservoir, stove, bear canister, or dense gear.
- Keep these close to your spine and centered vertically.
- Avoid packing heavy gear low—it strains your shoulders and hips.

### 3. Top Layer – Lighter, Frequent-Access Gear

- Rain jacket, first aid kit, snacks, water filter, or map.
- Things you'll grab during the day without unpacking everything.

### 4. Exterior Pockets & Straps

- Use for quick-grab items: sunscreen, sunglasses, or water bottle.
- Keep weight even on both sides—uneven loads cause shoulder fatigue.

### 5. Hip Belt Pockets

- Store small essentials like lip balm, snacks, or your phone.
- These items should be light but accessible.

## Socks: Quality Over Everything

**Cotton Kills:** Cotton traps moisture, causing blisters and chills.

**Best Materials:** Merino wool or synthetic blends wick sweat, resist odor, and dry quickly.

### Cushioning:

- Light → hot weather / short hikes
- Medium → all-purpose
- Heavy → colder temps

Always pack one extra dry pair for camp or emergencies.

## Clothing: The Layering System

### 1. Base Layer (Moisture Management):

Merino or synthetic shirts/leggings.  
Never cotton.

### 2. Mid Layer (Insulation):

Fleece, wool, or puffy jacket to hold heat.

### 3. Outer Layer (Weather Protection):

Rain jacket/pants or wind shell.

**Layering Rule:** Adjust early—before you're drenched in sweat or chilled.

## Trekking Poles:

### The Hiker's Secret Weapon

- Reduce knee stress on downhill.
- Improve balance on rocks and creek crossings.
- Distribute effort on climbs.
- The general rule for height is that your arm should be at a 90 degrees angle.
- Adjust shorter for uphill, longer for downhill.



# The 10 Essentials

No matter how short or familiar a trail feels, the unexpected can happen—weather changes, injuries, wrong turns. The 10 Essentials are your foundation for preparedness, helping you stay safe, warm, hydrated, and oriented if plans go sideways.

## Navigation

- Map / Compass / GPS / Offline App (Essential)
- Power bank for phone (Optional)
- Trail journal / pen (Comfort)

## Lighting

- Headlamp + spare batteries (Essential)
- Backup mini light / glow stick (Optional)
- Lantern for camp (Comfort)

## Sun Protection

- Sunglasses, hat, sunscreen (Essential)
- Sun sleeves (Optional)
- Lip balm with SPF (Comfort)

## First Aid

- First aid kit + blister care, personal meds (Essential)
- Extra tape/bandages (Optional)
- Trekker blister kit (Comfort)

## Tools/Repair

- Knife or multitool (Essential)
- Gear repair tape (Optional)
- Sewing kit (Comfort)

## Fire

- Matches, lighter, or fire starter (Essential)
- Fire cube/tinder (Optional)
- Campfire gloves (Comfort)

## Shelter

- Emergency bivy or tarp (Essential)
- Ultralight tent (Optional)
- Camp pillow / inflatable seat (Comfort)

## Food

- Enough for hike + 1 extra day (Essential)
- Dehydrated backpacking meals (Optional)
- Candy or "morale treats" (Comfort)

## Water

- 2-3 liters + filter/purification method (Essential)
- Collapsible bottle for camp (Optional)
- Flavor packets/electrolyte drink mix (Comfort)

## Clothing

- Base/mid/outer layers (no cotton!) (Essential)
- Extra socks, gloves, hat (Optional)
- Camp sandals or down booties (Comfort)



# Shared Gear & Trail Teamwork

One of the easiest ways to lighten your load on longer hikes or backpacking trips is to share gear with your group. This is common practice among experienced hikers and a great way to save weight while building team cohesion. But with shared gear comes shared responsibility.



## Common Shared Gear Items

- **Shelter:** tents, tarps, stakes, poles.
- **Cooking gear:** stoves, fuel canisters, pots, utensils, bear hang kits.
- **Water treatment:** filters, gravity systems, purification tablets.
- **Navigation tools:** physical maps, compasses, GPS units.
- **First aid kits:** instead of multiple small kits, one well-stocked group kit.



## Divide Weight Fairly

- Distribute gear so no one person is overloaded—especially with heavier items like the tent or stove.
- Consider rotating shared items between team members each day to keep loads balanced.
- Use lightweight stuff sacks to make items easy to hand off and organize in packs.



## Shared Responsibility

- Not carrying a piece of gear DOES NOT mean you do not need to know how to use it.
- Discuss **who packs what** before you hit the trail to avoid duplicates—or worse, missing essentials.
- Keep shared items clean and dry, and store them carefully overnight.



# My Gear Lists

## Backpacking

All Items from Day Hikes List Plus:

### Larger PACK

- Hyperlite Southwest 4400

### More Clothes

### TENT

- Durston X-Mid 2p

### SLEEP SYSTEM

- Sleep Pad: Z Lite Sol + NeoAir XTherm NXT
- Sleep Liner: Sea to Summit Reactor Extreme
- UGO Bandit Top Quilt
- Pillow: I usually use my clothes bag

### TREKKING POLES

- Go2Gether Aluminum Trekking Poles

### COOKING

- Jet Boil
- Fuel Canister
- Sea to Summit Alpha Light Spork
- Outdoors Infinity Backpacker Mug

*These items are kept together in a mesh, drawstring bag.*

### HYGIENE

- TOOB Brush
- Floss - I just bring one section for each day.
- Comb or brush, hair ties, etc.
- Deodorant - in GoTubb Small Container
- Aquaphor - in GoTubb Small Container
- Glasses/contacts

*These are kept together in a (M) Hilltop Packs Dry Bag.*

💡 Coach's Tip: Gear is personal. I make many choices for my gear to suit my own needs that another backpacker may not. Learn what you need and find gear to fulfill those needs. If you can get your fully loaded pack to not weigh more than 20% of your body weight, you are in the widely recommended range. If you cannot, and you are strong enough to pursue your goals with the heavier weight, great!

💡 Coach's Tip: Use the app called PackLight to track your gear (including weight).

## Day Hikes

- ### NAVIGATION
- iPhone
  - Anker PowerCore 1300
  - iPhone charging cord

- ### LIGHTING
- Nitecore NU25

- ### SUN PROTECTION
- no preferences/varies

- ### FIRST AID
- Adventure Medical Kit .5

- ### TOOLS/REPAIR
- CRKT Minimalist Bowie Neck Knife
  - Gear Aid 550 Paracord
  - Duct tape wrapped around trekking pole

- ### FIRE
- Zippo Emergency Fire Kit

- ### SHELTER
- Laberna E Bag

- ### FOOD
- Depends upon a lot

- ### WATER
- 2-3 liters
  - Sawyer Water Filter w/Cnoc 2L Bladder
  - Nalgene
  - Hydration Tube Adapter for Nalgene

- ### CLOTHING
- Extra socks
  - Hat
  - Gloves
  - Puffy

- ### PEE-POOP-PERIOD
- Kula Cloth (hangs on pack)
  - Tent Lab Duece Trowel #2
  - Toilet tissue
  - Wipes, if you use them
  - Pads/tampons, as needed
  - Dirty Bag (food storage bag for dirty tissues and wipes)
  - Hand sanitizer - a small bottle or pack of sanitizing wipes.

*P-P-P items kept in a (L) Hilltop Packs Zipper Pouch. Electronics are kept in (M) Hilltop Packs Dry Bag. Water filter system is kept in mesh, drawstring bag. Food is kept in (M) or (L) Hilltop Packs Bear Bag. Everything else is kept in (L) Hilltop Packs Dry Bag.*



# Training Overview

THIS TRAINING PLAN IS STRUCTURED TO HELP YOU GET THERE SAFELY

The **Virginia Triple Crown**—McAfee Knob, Tinker Cliffs, and Dragon's Tooth—is considered the *ultimate hiking achievement* in Virginia. The full loop is ~34 miles with 8,000+ feet of elevation gain, often, but not always, done as a 2-3 day backpacking trip. Phase 3 of this plan accomplishes the Triple Crown in day hikes. Phase 4 conquers the backpacking challenge.



## *Phase 1: Foundation*

- Build stamina on easy trails or stair workouts.
- Establish basic strength training habits.



## *Phase 2: Elevation Prep*

- Add steeper trails, off-trail cardio, and pack weight.
- Introduce stair intervals for simulated climbing.



## *Phase 3: Peak Conditioning*

- Train on mountain terrain, with long miles and back-to-back hike days.
- Include Triple Crown peaks as day hikes.



## *Phase 4: Triple Crown Readiness*

- Combine mileage, elevation, and full pack weight.
- End with the Triple Crown Backpacking Circuit itself.

# What “Comfortably” Completing a Hike Really Means

*In this program, the marker for progressing to the next phase is simple: you can comfortably complete the prescribed hikes with your weighted pack. But comfortably is going to look a little different for every hiker—and that’s exactly the point.*

*For some people, “comfortable” means finishing a hike with enough energy left to enjoy the rest of their day. For others, it may mean steady breathing, knees that aren’t barking, or feeling like the pack is a manageable challenge rather than a constant battle. Someone else’s version might be maintaining good form (especially on descents), staying mentally present, or noticing that recovery time is getting shorter week by week.*

***Comfort is not the absence of effort—it’s the presence of capacity. You’re working, but you’re not suffering. You’re challenged, but you’re not breaking down. You’re building up, not burning out.***

## ***Why This Program Doesn’t Prescribe Time Benchmarks***

*You may notice that I don’t tell you, “You must complete X miles in X hours.” That’s intentional. Time-based requirements can add unnecessary pressure, create comparison traps, and force people into paces their bodies aren’t ready for—especially early in training. Hiking is not running; terrain, weather, elevation, and conditions impact pace dramatically. A time-based requirement that makes sense on one day might be completely unreasonable on another.*

*Instead, this program prioritizes consistency, capacity-building, and adaptability. When you can complete the mileage and elevation comfortably with your full pack, that’s your green light to move forward—no stopwatch required.*

## ***If Timing Is Important to You***

*That said, some hikers like time-based progression because it helps them track goals or prepare for specific endpoints (like backpacking pace, daylight management, personal safety windows, or athletic preferences). If that’s you, you can absolutely add a time component to your training.*

*Here are a few ways to do that without undermining the spirit of the program:*

- *Track your average pace once a week, not every hike. Look for gradual trends, not single-day perfection.*
- *Set a “comfortable pace range” for yourself—maybe something like 1.5-2.5 mph—and work within that window.*
- *Give yourself a time cap, but keep it generous (ex: “I’d like to finish this 6-mile hike in 3 hours including breaks”).*
- *Use effort-based pacing: can you hold a conversation? Are you overexerting early? Do you finish feeling steady instead of depleted?*
- *Note your recovery time—being able to hike again the next day with minimal soreness is a huge indicator of readiness.*

*If time matters to your personal goals, feel free to tailor your metrics. But in this program, comfort, capacity, and confidence—not speed—drive your progression.*



# Foundation

PHASE 1

01

## Goal

Get moving consistently, build aerobic base, and strengthen muscles for hiking.

02

## Pack Training (if training for backpacking)

Carry 5-lb pack on hikes

03

## Weekly Hike

- 2-4 miles
- 600' elevation gain

04

## Strength Training (2 - 3x per week)

- a. bodyweight squats (3 x 12)
- b. step-ups (3 x 10 per leg)
- c. glute bridges (3 x 12)
- d. push-ups (2 x 10)
- e. plank holds (3 x 30 secs)
- f. yoga or mobility stretching (at least 20-minutes)

05

## Off-Trail Cardio (30 minutes, 3x per week)

- a. brisk walk
- b. stationary bike or rowing
- c. optional: add light jogging intervals

06

## Progress Tracker

### Move on to Phase 2 when:

- You can comfortably hike 4 miles with up to 600' of elevation gain (while carrying 5-lb pack, if training for backpacking)
- Completed 2-3 weeks of consistent strength + cardio



# Elevation Prep

PHASE 2

01

## Goals

- Introduce hills
- Carry a little bit more
- Begin building endurance

02

## Pack Training (if training for backpacking)

Carry between 6-14 pounds on hikes

03

## Weekly Hike (1 - 2x per week)

- 3-5 miles
- Up to 1,000' elevation gain

04

## Strength Training (2 - 3x per week)

- a. lunges (3 x 10 per leg)
- b. Bulgarian split squats (3 x 8 per leg)
- c. dead bugs or bird dogs (3 x 10)
- d. push-ups (2 x 10)
- e. add resistance bands or light weights if you want
- f. yoga or mobility stretching (at least 20 minutes)

05

## Off-Trail Cardio (30 minutes, 1 - 2x per week)

- a. stair climbing or stadium steps
- b. treadmill incline walking (10-15%)
- c. stationary bike with hill intervals

06

## Progress Tracker

### Move on to Phase 3 when:

- You can comfortably hike 5 miles with an elevation of around 1,000' (while carrying a 6-14 pounds pack, if training for backpacking)
- Stair workouts felt manageable



# How to Find Public Stairs for Training

**Stair training is one of the most effective ways to build leg strength, cardiovascular endurance, and uphill/downhill confidence**—especially if you live somewhere flat or can't reach mountain trails regularly. Luckily, you can find great stair sets almost anywhere once you know where to look.

## Fit for Trips Stair Climbing Calculator

This is one of my favorite tools! When trails are not available, it will give you a rough equivalent for elevation gain—perfect for hikers training toward specific mileage/elevation goals!

### **Parks & Recreation Facilities**

Many city, county, and regional parks include staircases you can use for training. These might show up:

- Along short but steep trail segments
- Near amphitheatres or bandstands
- Beside picnic shelters, visitor centers, or pavilions
- On nature trails leading to overlooks or water access

These outdoor staircases often mimic trail conditions well—irregular steps, dirt or stone surfaces, and changing incline—making them excellent “mountain substitutes” for weekday workouts.

### **Sports Stadiums & Bleachers**

High schools, colleges, community centers, and recreation complexes usually have bleachers or stadium stairs that are open to the public when games aren't happening. These are great because:

- They're long, continuous, and consistent
- You can safely practice both up- and down-climbing
- You can structure interval workouts easily

Etiquette tip: Always follow posted rules, avoid school hours, and pause your workout if a team is practicing or spectators are present. You're a guest in their space.

### **Outdoor Malls, Office Parks & Parking Garages**

Surprisingly, some of the best stair sets live in places built for foot traffic and convenience:

- Multi-level outdoor shopping centers
- Large office complexes
- Public parking garages

These spaces often have wide staircases with strong handrails and are designed to handle constant use. They're ideal when you need:

- A dry alternative during bad weather
- A safe place for early-morning or after-work sessions
- Repeated climbs with predictable surfaces

Just stay aware of vehicles, avoid peak shopping/commuter times, and skip any area that feels isolated or unsafe.



# Peak Conditioning

PHASE 3: THE **TRIPLE CROWN DAY HIKES!**

01

## Goals

- If not already, start practicing using trekking poles

*Day hike each Triple Crown Summit!*

02

## Pack Training (if training for backpacking)

Carry between 15-20 pounds on hikes

03

## Weekly Hike (2x per week)

Continue to progress with distance and elevation gains, up to around 7.5/8 miles and 2,000' eg.

04

## Strength Training (2 - 3x per week)

- a. weighted step ups (use pack) (3 x 12 per leg)
- b. good morning hip hinges (20)
- c. side plank (3 x 30 secs per side)
- d. calf raises (3 x 20 each side)
- e. yoga or mobility stretching (at least 20 minutes)

05

## Off-Trail Cardio (40 minutes, 2x per week)

- a. stair climbing or hill repeats
- b. treadmill incline walking (10-15%)

06

## Progress Tracker

### Move on to Phase 4 when:

- You have comfortably hiked each Triple Crown trail
- Have dialed in your backpacking gear (tested it, carried it, etc)
- Can confidently and competently adhere to Leave No Trace principles, and can practice trail skills, safety, etiquette, and injury prevention and recovery



# Triple Crown Backpacking

PHASE 4

01

## Goal

Virginia's Triple Crown Loop

34.5 miles

8,015'

02

## Training

- Continue strength training 2-3 days each week
- Increase yoga and/or mobility stretching to most days
- Continue "off-trail" cardio 2-3 days each week
- Hike 2x per week, on back to back days
- Continue to increase distance
- Continue to increase elevation gain
- Carry your full backpacking pack or an equivalent weight while hiking
- If you cannot backpack for any of your hikes:

---- Do your best to simulate a backpacking experience in your own space (after a day of hiking while carrying your pack - so you are tired - set up your camp, make your backpacking dinner, perhaps even sleep in your tent)

03

## Phase 4 Hike Suggestions

- Sand Cave & White Rocks: 8.2 miles/2,270'
- Old Rag Mountain Loop: 9.4 miles/2,604'
- Humpback Mountain & Humpback Rocks: 12.6 miles/2,772'
- Little Schloss & Big Schloss Loop: 17.2 miles/3,133'
- Spy Rock via Crabtree Falls: 12.9 miles/3,290'
- Three Ridges Trail: 12.7 miles/3,851'
- Kerns, Duncan Knob, Middle, Strickler Knob & Waterfall Mt: 18.8 miles/ 3,894'
- Rockfish Gap to Dripping Rock via AT: 24 miles/5,200'
- Appalachian Trail Four State Challenge: 45.5 miles/6,958'

# Making Your Plan



One of my favorite parts of creating a training plan is weaving in other meaningful goals—like Virginia’s Trail Quest, the Paddle Quest, or simply exploring places I’ve never been. When I’m mapping out your weekly mileage and elevation targets, I also look for ways to make each hike do more for you.

## 1. Start With the Training Requirement

I choose a trail inside a Virginia State Park I haven’t visited yet that matches the week’s mileage and elevation goals. This lets you hit your training targets and check off another Trail Quest location at the same time.

## 2. Zoom Out to the Region

Once I know the general area, I explore what else is nearby. Are there other state parks close enough to add another Trail Quest stop? A lake or river that could count toward the Paddle Quest? Sometimes one trail opens the door to a whole cluster of adventures.

## 3. Add Curiosity Through Atlas Obscura

I use Atlas Obscura to look up the park, the surrounding wilderness, the nearest town, and even the county. This helps me find quirky landmarks, natural wonders, historical spots, and little hidden gems that make the day feel richer and more intentional.

*Virginia's  
Natural  
Wonders*



Sand Cave



Crabtree Falls



Natural Bridge



Breaks Gorge



Mountain Lake



The Great Channels



Natural Tunnel



Mount Rogers



Natural Chimneys



Great Dismal Swamp



Luray Caverns



Devil's Marblyard

## 4. Build a Realistic (or Ambitious) Adventure

Some areas have so many unique places that it’s impossible to fit everything into one day—or even one weekend. Other times, the universe hands you a perfect, neatly bundled day of exploration. Either way, the process helps me learn more about the region and ensure your training is full of discovery, not just miles.

By layering training with purpose, place, and curiosity, we turn each hike into something bigger than a workout. It becomes a chance to connect with Virginia, with your goals, and with your own sense of adventure.



## EXAMPLE

Date	Phase /Hike	Trail Name & Location	Dist.	EG
	1/1	Big Meadow Trail to Fossil Beach Westmoreland State Park	1.4 miles	144'

### Trail Quest

- Westmoreland SP
- Belle Isle SP (1hr away)
- Caledon SP (40 mins away)

### Paddle Quest

- Westmoreland SP
- Belle Isle SP (1hr away)
- Caledon SP (40 mins away)

### Also

- Find shark teeth at Westmoreland!
- Tom Rhodes Tree Carving Trail (25 mins away)
- Ruins of Belle Isle

## PRACTICE

Date	Phase / Hike	Trail Name & Location	Dist.	EG	Pack Weight

### Trail Quest

### Paddle Quest

### Also



## YOUR TRAINING LOG

Date	Phase / Hike	Trail Name & Location	Dist.	EG	Pack Weight

**Trail Quest**

**Paddle Quest**

**Also**

Date	Phase / Hike	Trail Name & Location	Dist.	EG	Pack Weight

**Trail Quest**

**Paddle Quest**

**Also**



# YOUR TRAINING LOG

Date	Phase / Hike	Trail Name & Location	Dist.	EG	Pack Weight

**Trail Quest**

**Paddle Quest**

**Also**

Date	Phase / Hike	Trail Name & Location	Dist.	EG	Pack Weight

**Trail Quest**

**Paddle Quest**

**Also**



## YOUR TRAINING LOG

Date	Phase / Hike	Trail Name & Location	Dist.	EG	Pack Weight

**Trail Quest**

**Paddle Quest**

**Also**

Date	Phase / Hike	Trail Name & Location	Dist.	EG	Pack Weight

**Trail Quest**

**Paddle Quest**

**Also**

# *Workout* PLANNER



MONTH OF: \_\_\_\_\_


# *Go Claim Your Triple Crown*

**You are more capable than you think,  
and you don't have to feel ready to be ready.**

If you've reached this last page, you've already proven something important: you show up, you commit, and you keep going. That alone puts you well on your way to the Virginia Triple Crown.

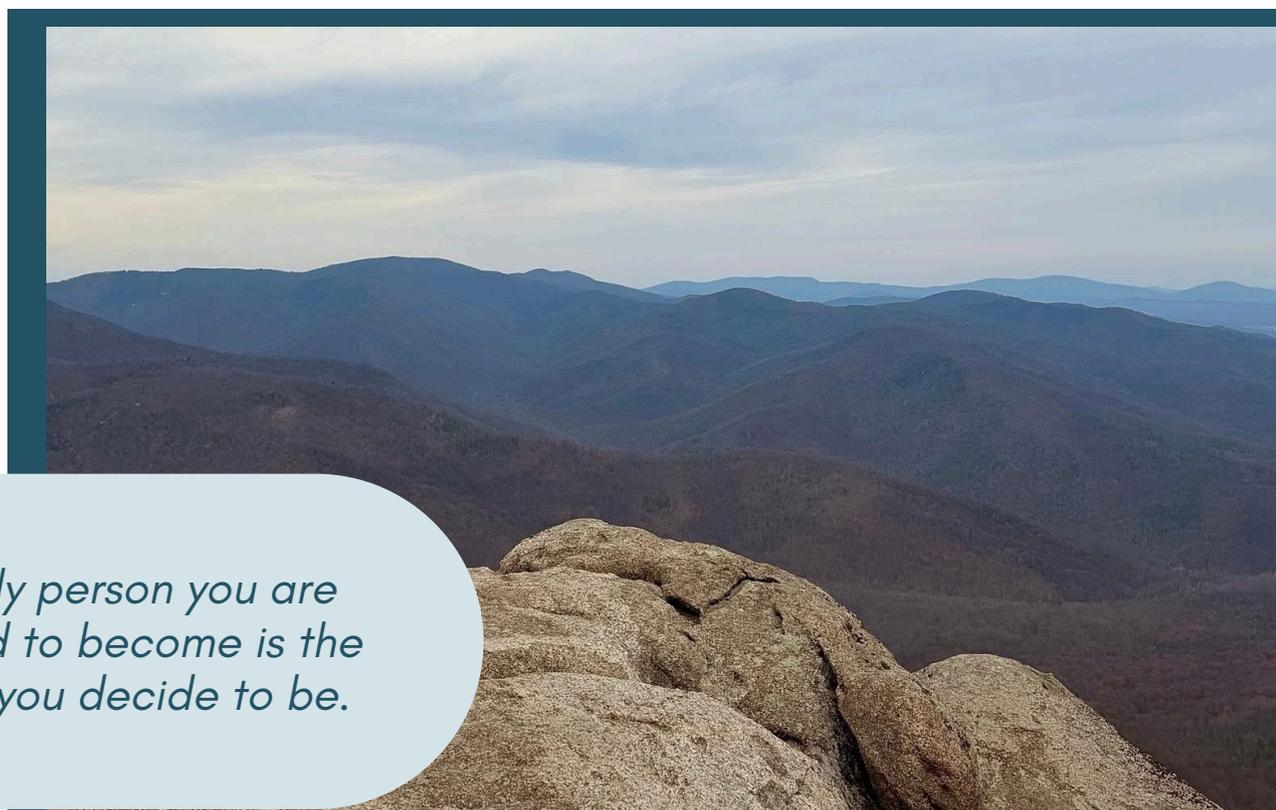
This manual gave you the plan, but **you brought the effort, the grit, and the heart.** Every step you've taken to prepare—every hike, every stair repeat, every day you chose to keep trying—has built the strength you'll carry onto those three summits.

When you stand on Dragon's Tooth, McAfee Knob, and Tinker Cliffs, I hope you recognize the person who got you there—determined, resilient, and worthy of the view.

I believe in you. I always have.

Now close this manual, pack your bag, and go finish what you started.

I'M CHEERING YOU ON—EVERY MILE, EVERY SUMMIT.



”

*The only person you are  
destined to become is the  
person you decide to be.*

# Ready to Adventure?

YOUR NEXT TRAIL IS WAITING. LET'S GET YOU THERE.

If this manual lit a spark, imagine what we can do when we work side by side. I offer personalized training for hikers of all levels, focused on building strength, confidence, resilience, and skill—not weight loss. My coaching is about helping you feel capable in your body, prepared on the trail, and excited for what's ahead.



[yourhikingcompany](#)



[yourhikingcompany.com](#)



[teddijo@yourhikingcompany.com](mailto:teddijo@yourhikingcompany.com)

And when you're ready to take your training somewhere unforgettable, join me on one of my curated destination adventures.

Whether it's a national park, a high-adventure weekend, or a bucket-list thru-hike, I'd love to help you turn "someday" into "let's go."

**Check out the current schedule at  
[yourhikingcompany.com](#)**



# FAQs

As you work through this program, questions will pop up—some tiny, some big, some that make you wonder if everyone else somehow got an instruction manual for hiking that you missed. (Spoiler: they didn't.)

This section is some of the most common things hikers ask me along the way.

## How do I know if my gear is “good enough”?

If it fits, functions, and doesn't distract you from the hike, it's good enough. You don't need the newest ultralight unicorn gear. You need items that are reliable, comfortable, and appropriate for the conditions. Borrow, thrift, trade, or start with budget-friendly options as you learn what you like. **Your gear should support your adventure**—not bankrupt you.

## What's the most important piece of gear to invest in first?

Footwear. Always footwear.

Getting a free fitting at a local outfitter is the smartest place to start. After that: a backpack that fits well and doesn't sabotage your shoulders.

## Will this program help me lose weight?

This program is not designed for weight loss, and I do not coach with that focus. **This is about strength, resilience, joy, and capability**—not shrinking yourself.

## What should I do if I hit an energy wall mid-hike?

Pause. Eat. Sip water. Breathe.

Slow your pace without stopping completely if you can. Your body is not failing—it's asking for fuel. **Respond with kindness (and snacks).**

## What does “pacing” actually mean?

Pacing = choosing a steady, sustainable effort you can maintain for many miles without frying your nervous system. If you can talk but not sing, you're in the sweet spot. If you are singing, don't worry—I love that for you, but take a look at your breathing before you try to tackle a climb.



# FAQs

Continued

## What if I'm mentally struggling on a hike?

Welcome to the club—every hiker hits a wall at some point. Use your toolkit: shorten your focus to the next tree, take a micro-break, reframe your inner voice, or remind yourself why you're out here. **Courage isn't the absence of fear; it's the decision to keep moving in its presence.**

## How do I know if I'm experiencing pain or just soreness?

**Soreness:** feels like "I worked hard" and usually resolves with rest, food, hydration, and mobility work.  
**Pain:** sharp, stabbing, or worsening; changes your gait; or makes you limp—this is your body asking you to stop, reassess, and modify.  
**If in doubt, err on the side of caution. You can't train if you're injured.**

## What if I'm embarrassed about being slow?

Let me be very clear: **slow is a pace.** A powerful one. The mountains don't hand out gold medals; they hand out perspective. What matters is consistency and willingness—not speed.

## What if I feel like everyone else is fitter, stronger, or "more outdoorsy" than me?

Comparison is a liar. Your training is about your body, your timeline, your goals. You are not behind. **You are on your path.** And everyone starts somewhere—even the people who look like they were born with trekking poles in their hands. And - in all of my years on trail, I have learned those people have the exact same insecurities!

## What if I still have questions?

You probably will—and you're always invited to reach out. I love helping hikers build confidence, skills, meaningful adventure stories, and connections with others. I can point you toward community resources and social groups that will help you on your journey!



# Testimonials

## A NOTE BEFORE YOU READ THESE REVIEWS

As a brand-new small business in a competitive outdoor industry, every single review I receive feels like finding a bright blaze marker. These three reviews have carried me through long nights of building this program and shaping something I hope truly supports you.

Creating this manual has been a labor of love, purpose, and stubborn belief in what hikers can accomplish when they have the right tools. If you've found encouragement, confidence, or even a spark of joy in these pages, I would be deeply grateful if you added your voice to those already guiding others toward this work. Your positive reviews on Google help keep this little trail-built business moving forward, one steady step at a time.

Thank you for being here. Thank you for hiking this path with me. And thank you for supporting a dream that's still in its early miles.

*Jessica*

Joined in on a trip at SNP! TeddiJo is amazing and very knowledgeable. She's super kind cannot wait for more trips!!

*Irene*

Amazing experience in Shenandoah for a weekend trip. TeddiJo was knowledgeable and flexible enough to accommodate everyone's differing abilities and interests creating a weekend camping trip everyone could enjoy!

*Alicia*

Spent an incredible weekend camping with TeddiJo at Shenandoah National Park! Everything was so well organized, and her energy is absolutely contagious. She's thoughtful, attentive, and always makes sure everyone feels comfortable—even on the tougher hikes. Couldn't recommend her more highly!