

ISSUE 128 | OCTOBER 16-31 2010

FREE  
EVERY  
TWO  
WEEKS

# The List

The Magazine That Knows

## HEAD OUT HIKING

HIKING GEAR

KIT YOURSELF OUT

FAMILY WALKS

KEEP IT TOGETHER

HISTORIC HIKES

WALK AND LEARN

OVER 380  
RECOMMENDATIONS

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## Hiking Gear

### Kit yourself out



#### ← ESCAPADE SPORTS

G/F, Yee Hing Building,  
19 Leighton Rd.,  
Causeway Bay  
2891-1855

[www.escapade.com.hk](http://www.escapade.com.hk)

From footwear to hydration, Escapade Sports has it covered. You'll find hiking boots and shoes along with all the accoutrements to keep your feet comfy such as anti-chaf or anti-blister rub from Bodyglide and the double-layered Twin Skin socks. The store also stocks two of the leading fitness clothing brands, 2XU and ORCA, which are both designed for the athlete using up-to-the-minute breathable fabrics. Other useful equipment available includes the Hydrapak, a backpack containing a bladder of water, the Fuel Belt, which wraps around your waist and houses half a dozen small water bottles, as well as a range of electrolyte drinks and Cancer Council Sunscreen to keep you safe in the heat.

#### CHAMONIX

G-1/F, 6 Nelson St.,  
Mong Kok  
2388-3626

One of three stores opened by local climber Chung Kin-man, the only Hong Kong person to have climbed the highest mountain in each of the seven

continents, this store stocks the ultimate in hiking and climbing gear. Chamonix carries reputable brands of shoes and clothing as well as tents, sleeping bags and pretty much anything else you could possibly need on an excursion into the wilderness.

#### LAFUMA

Shop 709-710, 7/F,  
Times Square,  
Causeway Bay  
2808-1862

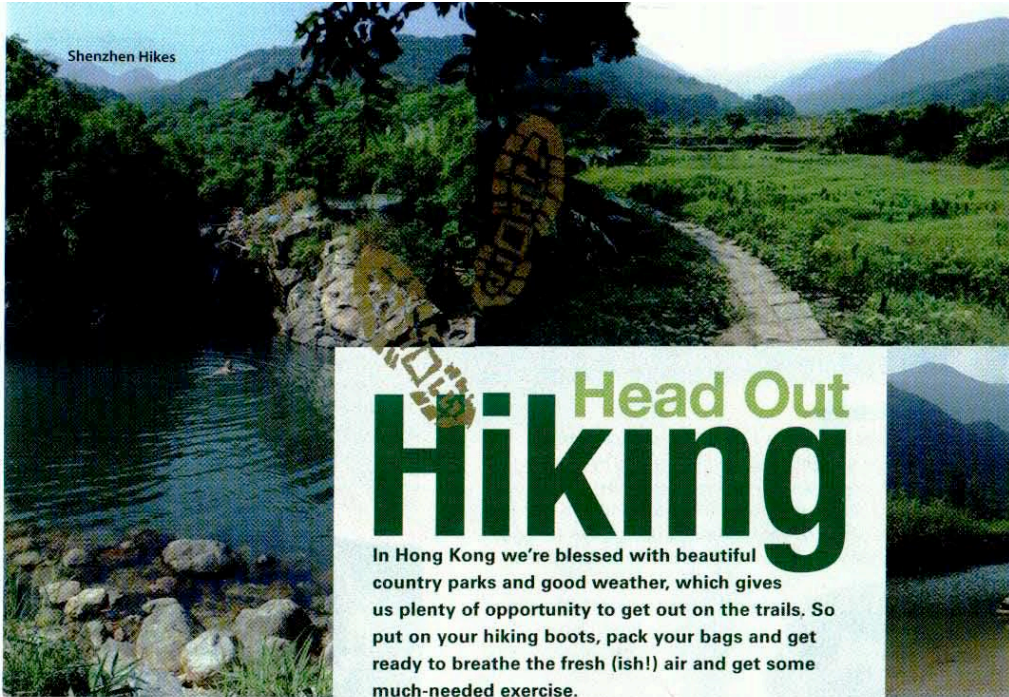
[www.lafuma.com](http://www.lafuma.com)

This shop sells a wide range of own-brand hiking and run-

#### FYI

Choose your footgear carefully. Boots have better ankle support so are more suitable for longer hikes or rocky mountains; shoes or trainers are more comfortable for shorter hikes and paved trails.

Shenzhen Hikes



# Head Out Hiking

In Hong Kong we're blessed with beautiful country parks and good weather, which gives us plenty of opportunity to get out on the trails. So put on your hiking boots, pack your bags and get ready to breathe the fresh (ish!) air and get some much-needed exercise.

## Planning Ahead

When hitting the trails it's important to make sure you've got the right gear both on your body and in your backpack.

**Stefanie Hemshall**, founder of Escapade Sports, gives us some advice on how to be prepared.

In humid Hong Kong, light-colored materials that wick away sweat work well, as they allow the body to cool by removing perspiration. They are also less likely to attract mosquitoes than darker colors. Light shorts that do not chafe and "twin skin" socks that prevent blisters are recommended. For longer hikes of more than two hours compression garments may also be worn, particularly on the calves as this helps prevent cramp and sore shins by increasing blood circulation and keeping the muscles compact. For shoes, cross trainers that provide the grip of a hiking boot, but the cushioning of a running

shoe are good for Hong Kong's trails.

Other equipment to make sure you take is, of course, plenty of water (more than you think you'll need), and some form of electrolytes, as well as sun cream, anti-mosquito spray and a cap. Finally, remember to make sure your mobile phone is charged and always take a map and inform someone where you are going before you start.

**Get all you need at Escapade Sports—for more information, see p.26.**

## Sunstroke

**Denvy Lo** has plenty of hiking experience all around the world, including competing in Racing The Planet's "Gobi Race" this year. She gives us some advice on how to avoid this most common of dangers.

Sunstroke (also called heatstroke) usually occurs when the body is unable to cope with the excessive heat and it's more common than you may think. Of course prevention is better than cure, so make sure you hydrate constantly—in hot and humid conditions, you need to drink about 750ml-1 liter of water every hour—try to avoid feeling thirsty, as this means you could already be starting to get dehydrated. Electrolytes such as Pocari Sweat or Hammer Endurolytes should also be consumed to replace minerals and other salts lost when we sweat. Loose clothing and wearing a hat to keep cool is important, and it is recommended to avoid exercising in the middle of the day when it is hottest. Finally, watch out for classic symptoms including muscle cramps, headaches, general confusion and vomiting—sunstroke is very

