



ipse wilderness

Journey Inside, Outside

Therapeutic wilderness journeys

Information for Participants

Fitness. These are hearty, robust self-sufficient journeys in rural landscapes. We carry all our equipment throughout, in day sacks or small rucksacks. A good degree of fitness is necessary, and a good level of preparedness in terms of kit is recommended. You do not need to be super-fit, but you should be used to multi-hour walks and ready for consecutive days of walking. You should be prepared to manage your health needs (blisters, knees, backs) and maintain your energy levels.

Pace. We walk at a medium pace, set by the leader, considering the needs of the group. The pace is roughly 3mph, which means to participate you ought to be able to walk a mile comfortably in 20 minutes. We aim to walk always as a cohesive tribe, although small gaps between pairs will occur at times. The leader will always walk at the front and no-one will ever be left out of sight at the back. There are rest breaks scheduled into each day's walking, as well as allowances made for brief ad-hoc stops for water and clothing adjustments. There is always a longer stop for lunch. Each day is a full day of walking and engaging outdoor activities, including facilitated group time in the evenings.

PARQ. You will be sent a registration form to complete on booking, part of which is a PARQ – Physical Activity Readiness Questionnaire. It is essential that you answer all the questions fully and honestly. Answering in the affirmative does not mean you cannot participate; it means we will contact you to discuss your needs and help you decide whether this journey is right for you at this time. If you have health conditions and are not sure whether you should take part, please ask.

Kit. You will be sent the [kit list](#) on booking. It is hard to make recommendations about personal kit, so it is advised to research products yourself carefully and where possible to test out rucksacks and boots in person before buying. It is strongly suggested not to bring additional kit, to keep your pack weight to a minimum. Hiking boots, a rucksack, adequate clothing, water and a first aid kit are essential on all journeys. If you are really stuck, just ask and we will see what we can do to help.

ROCK. The more you put into an ipse journey, the more you get out. The route is set by the leader, but the quality of the sharing, the profundity of your self-reflection and the depth of connection forged is set by you. In listening to others, you are also co-creating the journey and have a powerful role to play. We thank you for showing up with courage and ask you to be a ROCK:

- Be Relaxed – give this gift generously to yourself. Treasure the time out from 'real life'.
- Be Organised – read the emails and information. Plan your travel. Pack wisely. Be on time.
- Be Creative – follow the invitations to reflect and enquire. Be coachable. Speak your truth.
- Be Kind – to yourself and to others. Listen respectfully. Share authentically. Connect deeply.

We will encounter wilderness on this journey. There may be weather, mud, wind, rain, cows, puddles, late buses, closed gates, shut pubs... We will survive. Bring yourself as you are.