



## SAME ADVENTURE, NEW PLACES ARGENTINA - CHILE

# Advice on preparation

### PHYSICAL AND PSYCHOLOGICAL HEALTH

Do not forget that one does not recover physically during a rally, quite the opposite!!! Endurance must be acquired by taking physical exercise at least two or three times a week for two to three months before the start. A sport practiced regularly and for as long as possible develops endurance (jogging, cycling...).

### ESSENTIAL BEFORE THE START

- ☛ Dental check-up one month before the start.
- ☛ Medical check-up (sight, nails, varicose veins, ENT or skin problems, prescription renewals...).

#### Vaccinations:

- ☛ Update basic vaccinations: tetanus, polio, diphtheria.

Have your vaccination card with you.

**Do not forget an adequate supply of your regular medication and if you wear spectacles, bring a spare pair.**

### FATIGUE BEFORE THE START

Proper psychological and physical preparation is absolutely essential for most people and cannot be improvised. Many arrive on the start date in a truly disastrous state of health. They have taken on too much work before their period of absence, they have burnt the midnight oil in preparing their vehicles and spent their weekends looking for sponsors, they didn't have the time to do any sport and, to crown it all, their nerves are on edge because of all the last minute unexpected events. You absolutely must not set off short on sleep!

### FATIGUE AFTER THE START

It is this accumulated fatigue before the start that is the explanation for subsequent mishaps. Driving requires constant attention, intuition, anticipation and fast reflexes. When you are tired, driving becomes clumsy, imprecise and dangerous... Right from the initial stages, there are many dropouts, mainly due to not being clear headed.

### PSYCHOLOGICAL PREPARATION

#### Manage your stress.

Most of the time, rallies take place in groups. Fatigue combined with stress adversely affects relations between participants and can give rise to paranoid tendencies. Once home, these problems are soon forgotten but they can spoil things during the race. This is why it is wise to be aware of them and to be well prepared before the start.

#### Pushing yourself and panic.

It will frequently be necessary to plumb the depths of your soul to find the will to continue and excel. Anxiety can raise its head at any time. Fear of open spaces exists just like fear of enclosed spaces, crowds... It can become uncontrollable, a true panic attack.

You need to know your own limits before the start. Do not forget that you take your psychological problems with you and facing up to things in the desert can be dramatic.

### BEWARE OF DEHYDRATION!

Dehydration can be very dangerous in the middle of the desert. It can be avoided by preventing diarrhoea, drinking regularly and eating salty food. You should therefore fill your water tank as early as possible and drink regularly throughout the day.

### PREPARE A TRAVEL FIRST-AID KIT

- ☛ Plasters and individual hypo-allergenic sterile dressings.
- ☛ Elastoplast.
- ☛ Sterile compresses.
- ☛ Antiseptic (Chlorhexidine).
- ☛ Analgesic, antipyretic ( Paracetamol).
- ☛ Anti-diarrhoea (Imodium).
- ☛ Intestinal antiseptic (Ercefuryl).
- ☛ Eyewash (Dacryoserum).