

# Get in Shape

Your African Safari will require you to be able to walk sometimes **5-6 hours**, for up to **8-10 miles** if hunting Cape buffalo and they are motivated. Temperatures will be in the mid **70s to mid 80s**. The terrain in the Omay varies from flat ground to rolling hills with an occasional mountain to climb. A typical hunting day can be quite long, as you leave camp before the sun is up and return after it has set. Most Safaris are from **10-21 days** in length.

Are you in the proper physical condition for this trip? The answer is most likely 'no', if you are like most of us! This should not concern the average client as most hunters who enjoy the outdoors maintain a reasonable level of fitness throughout the season.

This said, you will require some conditioning before departure on your Safari.

The main exercise that you should be focusing on is **walking**. Start off by buying a **good quality** pair of hunting/walking shoes, the ones you plan on wearing during the Safari. **Buy your shoes now, not the week before your safari**. Any of the hiking type, over the ankle is fine. The important thing is to buy a pair that is **lightweight, quiet, and comfortable**, with soft rubber soles.

This done, set aside a schedule that allows you to walk for at least **an hour every day**, for a **minimum of 5 days per week**. Walk as rapidly as you are able, but at a comfortable pace. By the time you leave for your Safari, you should be able to walk for a **minimum of 5 miles**. At the end of your walk, you should be able to be in good enough condition to make a shot, if need be. Now, to simulate the Safari, mix in some **slow jogging** with your walk.

Each Safari is a once in a lifetime experience that will be greatly enhanced if you are in reasonably good physical condition. Also, your chances of collecting top quality trophies if you are in good physical shape are much higher.

♦ SAFARIS ♦

**Take the time now to get into the best physical condition for your safari!**

*One Life... Live It!*