



FPHP HOT & TOUR BULLETIN



HIDDEN GEMS; MY HOMETOWN

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HIKING EXPERIENCE: DON'T AVOID EATING RICE! PG 13

by

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The 15kg bag I was carrying became an unbearable burden. My body signaled that it could no longer sustain the effort, and fatigue gripped me.

I decided to take a break and lay down on the narrow forest path, supported only by an aluminum pad. I hoped that the group behind would catch up and find me. I fell asleep for nearly an hour, only to be awakened by raindrops and the itchy bite of a leech feeding on my blood. Despite my weakened state, I knew I had to keep moving. Eventually, I reached the endpoint, exhausted but relieved.

This experience taught me the invaluable lesson of the importance of proper nutrition, especially the role of rice as the primary source of carbohydrates.

Mountain hiking in Malaysia has become a popular physical activity that attracts people from various groups, genders, and races. In this piece, I want to share the significance of eating rice during hiking, especially when the trek is challenging.

Hiking for three days and two nights in the forest requires meticulous planning, particularly in terms of nutrition. Ensuring an adequate supply of food, especially rice, is crucial. Rice is a primary source of carbohydrates essential for sustaining intense physical activity like hiking.

During the hike, I learned firsthand how crucial it is to maintain a proper diet, especially when undertaking such demanding physical activities. One evening, after a long day of hiking, me and my group prepared a meal that included a travel pack (Rice), instant noodle, meatball, energy drink, energy bar, Milo 3 + 1, coffee, and tea. This meal was essential in restoring our depleted energy levels. However, I made the mistake of not eating rice the next morning. Instead, I opted for bread, tuna spread, and oat biscuits, thinking they would suffice. This decision proved to be a grave error.

As we descended the mountain, my energy levels plummeted. My body began to tremble, my face turned pale, and my mind became confused. The inadequate intake of carbohydrates took its toll, and I found myself struggling to keep up with the rest of the group.

Without adequate carbohydrate intake, the body struggles to perform, leading to fatigue and other health issues. It is essential to plan meals carefully, ensuring an adequate supply of rice and other energy-providing foods.

Additionally, managing water consumption is crucial during such hikes. Cooking rice in the forest can be challenging without a reliable water source. Carrying enough water and rationing its use wisely becomes imperative. Each drop of water is precious and must be used judiciously to ensure that you stay hydrated and have enough for cooking.

In conclusion, my hiking experience underscored the importance of rice as a vital source of energy. Avoiding rice can lead to severe consequences, including physical exhaustion and mental confusion. Proper planning, adequate food supplies, and careful water management are essential for a safe and successful hiking trip. Ensure you prioritize your nutritional needs to maintain your energy levels and enjoy a resilient and fulfilling hiking experience.

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