

Blistered feet

Sore muscles

Dehydration

Sunburn

Insect bites

Navigation challenges

Unexpected weather changes

Heavy backpack

Lack of proper gear

Getting lost

Overgrown trails

Steep inclines

Slippery terrain

Rough terrain

Limited access to restrooms

Limited access to clean water

Wildlife encounters

Poisonous plants

Allergies

Fear of heights

Fear of getting injured

Fear of getting lost

Fear of being alone

Fear of encountering dangerous animals

Fear of encountering other people

Lack of cell phone reception

Limited access to emergency services

Limited access to food

Limited access to shelter

Limited access to medical care

Limited access to transportation

Limited access to communication

Limited access to information

Limited access to navigation tools

Limited access to weather updates

Limited access to emergency contacts

Limited access to help

Limited access to supplies

Limited access to facilities

Limited access to amenities

Limited access to accommodations

Limited access to transportation options

Limited access to attractions

Limited access to activities

Limited access to services

Limited access to resources

Limited access to information sources

Limited access to communication tools

Limited access to maps

Limited access to guides