

Coaching Podcast

Thrilling Adventures: Sea Kayak Guiding, Coaching, and Expedition Paddling with Will Copestake

Georgina Maxwell:

Hello and welcome back to this episode of the coaching podcast. My name's Georgina Maxwell and today we have a wonderful guest, Will Copestake. He's a sea kayak guide and instructor and he's going to talk all things kayak guiding from beginners to overnight expeditions and...

Will Copestake:

Morning Georgina.

Georgina Maxwell:

We're just going to delve down the rabbit hole and really get involved in some of Will's knowledge here. So, hi Will, how are you?

Will Copestake: 0:39

Thank you so much for having me and good morning everyone. Thank you for listening.

Georgina Maxwell: 0:42

Thanks, Thanks for joining us today. can you give us a bit of an introduction for yourself, please?

Will Copestake: 0:49

Yes, so I'm based out of Alip which is a small town in the far northwest of Scotland and have been running my own business now for I think seven or eight years which is called Kayak Summer Isles. we do trips in the summer ales running everything

from day trips through to overnights and then more long expedition trips all over Scotland and overseas as well. I've been paddle guiding for about a decade. starting in Patagonia. learned to kayak guide in Patagonia and pursuing my own personal kayak adventures from Scotland to Patagonia, Norway, Scandinavia, for the duration of that time and having lots of fun learning, sharing and enjoying it with others.

Georgina Maxwell: 1:37

Amazing. Definitely Will's your man for expeditions overseas and some exciting things. I bet you've seen some amazing things in your life. That's for sure. Do you see much wildlife? what's the best bit of wildlife you've seen? wasn't scary.

Will Copestake: 1:51

Yeah, absolutely. I think the best one I've had recently was working in Antarctica and had a humpback whale probably about 8 inches under the kayak. we thought it was going to surface much further away and it came up with its eyeball kind of right under the boat. It went yeah, it's pretty intimidating, but that was pretty magic.

Georgina Maxwell: 2:15

I jump at a jellyfish. Yeah. Okay. So as we know, you might not know, but definitely living up here in the north of Scotland, it feels like we're getting windier and windier. definitely in the winter and now it's creeping into the summer months as well. So, I'm actually interested in when you're teaching beginners and the weather and how do you prep them for these environments if they're straight on the water and there's a little bit of chop. so yeah, how are you prepping your beginners?

Will Copestake: 2:46

Yeah, it totally is changing, isn't it? It's getting windier each year both in Scotland and overseas. and I think the basis of that is it starts with expectation management. And whenever you're offering or sharing an adventure, even going on your own adventure, it's having a plan A. And then I really like there was a chap called John Cluitt who was a mountaineering instructor taught me my summer ML back at university who had this concept of never having a plan B. It was always to have a

fourth plan which I really like for planning a trip because a second plan is going to be way better than a plan B. And so you're giving fingers of opportunity to follow down right from the outset. And then when you actually meet your guests and you're taking them out for the first time, it comes into the instruction side of things. and I got to backtrack a little bit into where I started learning guiding from sea kayaks, which was in Patagonia, which was back in 2014. And it's a really unique environment there. you meet your guests in a car and then you have a 2-hour drive with them to share a little bit of knowledge. And that can be through soft chat, where have you paddled before, what you're interested in. You gain a little bit of knowledge between you as a group. And then you drive down to a beach and you're stood on this beach normally with a 30 or 40 knot crosswind peppering the van with bits of gravel and sand. You're all tucked hidden in behind the van struggling to get kayaks off the trailer. And then you have about half an hour with your guest to teach them how to eddy out on a river in a tandem sea kayak, how to ferry glide down the river, all with again a 30 to 40 knot crosswind with spin drifts coming overhead. Once they get to the bottom of the river, they then have to fight up wind for 200 meters into this sheltered cliff where you then have the chance to let them discover how to t turn the boats and control their craft. And so on that half an hour on the beach, you are teaching everyone river theory, sea karking theory, how to stay upright, what to do if you do fall in. by the way, do you remember all of this?

Because you're staring at the spin drift that's behind the van thinking," now it sounds incredibly intimidating. The guests are in a really safe environment. the reason that they operate in such big winds it's a really enclosed environment and so if stuff does go wrong, they just end up on the beach and you can recover them and you can carry on. And if they're really struggling, you can always turn down river and you'll get into the shelter quite quickly. but would find it's kind of carried through with me on how I approach stuff in Scotland in that you had to be very specific on how you taught people to cope with the environment which they're going to be in quite quickly.

I'm lucky in Scotland where we put in on the water, we have a venue where we have a sheltered bay and you can get in and you can actually coach before putting people out into conditions that are going to go beyond their comfort zone. But the aim is to stay within that comfort zone and then push it productively, not out of the productive zone. Now that I've found over the years I used to teach kind of the standard sort of heavy paddling to get into the lean forward. You'd be very coach directive. You would say do this, this will work. Whereas I've slowly developed over the years now I try and introduce a concept of four points of resistance to the kayak to the guests.

From the get- go, you have the back of the boat, the left and the right hand side of the boat, and how that's going to interact with the elements depending on where you weight the boat, edge the boat, or apply drive. And I find even for beginners, it's a concept that they tend to pick up on quite quickly. If you put resistance on the front of the boat, how can I do that? I can trim forwards or I can apply power that's going to dig in and anchor itself into the element. Be that waves or wind or tide. If I want my boat to go away from the wind, how can I put the resistance into the back of the boat? Maybe trim backwards. There's a threshold that might stop working. Maybe I'll put some backward strokes in and use backward drive.

And the same with edging. If I lean to the right, that side of the kayak's deep in the water and the side that's uphill then has less resistance and the boat's going to draw into that side. Unless I've got an anchor like a paddle in the water. And it sounds quite technical, but if you can get that early on and then set them out on the water and say, "Right, go and play with that." you find people discover their own ways to create that outcome because they have the base theory to play with. And it's quite fun to sort of give that as sort of this is the concept. Go out into the bay and see if you can get your boat to turn in a circle using forward strokes or backward strokes, try your paddle steering strokes, and then come back with questions. And it's really interesting to see how people react with that.

Georgina Maxwell: 8:22

That's great stuff. Will, we've got a question later on which is I think we're going to go to it now. So it's how you've started to touch on it. That's why we go there now. How

have you changed as a guide and instructor over the years? presumably with that almost baptism of fire going into your first job there in Patagonia, it sounds like a tough environment to deal with and it sounds like you've got some really good learning and things that have followed through with your approach, but I guess can you pinpoint how I know I've certainly developed a different ways of holding myself in front of different people.

I work with the military sometimes or I work with paying clients, the very very different expectations that we've got there. So, I definitely know that I've had to develop my approach in terms of dealing holding myself. But I guess as well as content, but also how have you developed individually as a coach and instructor and guide?

Will Copestake: 09:29

Yeah, I think it is natural, isn't it, as you progress in life that you change as a person and change how you approach and see the world. I think when I was younger, particularly the Patagonian environment, it's very coach directive guiding. you're coming up to this bend, there's going to be a rapid, you need to lean this way, you need to be here. It's very poachelling guest and then instructing the guest how to do that as they do that. and I think particularly when you're younger and you're less confident and you're developing your own style, it's very easy to become that kind of very directive, very is how you do this. as I've got older, I'm pulling back a lot from that. Letting people go out and discover, maybe introducing a theory and then looking to get them to go out and play back with questions and then seeing if I can answer those questions. And it's that guided self-discovery that I'm finding much more rewarding as I'm getting older, seeing people figuring out things that they want answered and then having to try and work around that. and I think as well with both of those styles, everything in sea kayaking, there are thresholds and thresholds change depending on confidence and wind and environment and how we feel and approaching everything that we're doing. And with those different leadership roles change. sometimes it needs to be very directive and sometimes it can be very open and free to play.

and just like how we handle a kayak, how I handle my coaching now changes with those thresholds.

And the joy is in finding where those thresholds lie, which I hope to continue for years to come.

Georgina Maxwell: 11:24

Yeah, I love this topic actually about how we help people develop. Yeah. So, we're either really technical focused and I guess quite cold and informative or...

I don't know the other end of the spectrum where we're like a family member and we're helping somebody guide them on their way. what's with quite these clients for quite a short time, have you got enough time to build a bit of a rapport with them or a sort of a client style coach relationship?

Will Copestake: 11:58

Yeah, totally. So, I'm fortunate now that I get an awful lot of repeat business from people, which in my opinion, the greatest compliment you can have is when people want to come back and continue learning from you. and with those folk you start to lose that client guide relationship and it becomes more like being with a friend and you can still be instructing and learning, but their style, what's going to work for them, what's not going to work for them and you can bounce back and forth. the more you can make it very specific for how they learn. because we all learn differently.

Whereas with someone that I'm only going to meet for a day, you're trying to read how they're listening or what they're taking away with each instruction. does someone need to be visually seeing a demonstration? Do they want to go and just figure it out? Do they want to be told directly this is how it is? And it's very normal in a group that you're not going to have six all the same.

It's going to be different for different people. it can be quite fun kind of working around that. you're playing with one saying, "Okay, why don't you go and try this?" And the other person's going, "How do I try this?" Okay, try that. Yes.

Georgina Maxwell: 13:13

It's quite a juggling act, isn't it? Sometimes. And I don't know. I think because I don't work on the sea, but I can just imagine I'm just trying to keep everybody together instead of them starbur bursting out the way. that would probably be my focus. So, we're going to flip the topic a bit if you fancy. And unless you want to add any more to that, you can after I've just said this. But the big question I've got is to get people to be comfortable and perform in these more intimidating or harsher environments.

Surely there must be a level of resilience that people need to have and you're talking about going away on multi-day expeditions, remote places where in a way people are going to have to start working together and almost becoming institutionalized to the wild and the routine that happens on these things. So my big question for you is how are you building resilience a amongst the team but b individually when people are finding it a little bit tough on your expeditions

Will Copestake: 14:24

Good question. So yeah, I think you can break it into the psychological and the physical side for resistance and they build very much into each other. If you're psychologically in a good place, the physical side will often follow. And if the physical side starts to break, the psychological side might start to are very tied into each other. I find particularly for the longer the the psychological factor is almost more important than the physical side. I plan all of my trips on a pacing style. And I'll tailor that around the group. But let's say I know that I'm going to paddle an average of 30 kilometers a day, for example, which is a big distance. I'm going to plan every expedition day is 25k a day. And you very quickly start to build up a window. And I feel as a sea kayaker particularly, the greatest gift you can give yourself is time. And if you're either personal or with a group, if you build time, you have the time to then let the psychological and physical stuff recover. If you wake up in the morning and you think, "The wind and the weather is way more than I'm comfortable with."

Or you wake up and your back's sore or your wrist is sore because you've been gripping too hard or something's ailing you. If I've had a few good days and have

built up a rest period, then I can pause and I might rest for a day or we might change focus or change speed or distance. And psychologically, I find that's really important for f is giving the time to then adjust your course. and I've taken that to all of my expeditions. yeah. Yeah.

Georgina Maxwell: 16:15

That sounds really good stuff.

I was taught that very early as a mountaineer as well. I would call it buying your time. So then, when somebody's getting ready, you as an instructor or guide will be doing other things to help them get ready quicker, I guess, or try to minimize the faf when it's an easy time of day. or, stop the chat at certain places because actually that's going to buy us time later on and then we can be a bit more relaxed in our approach and have money in the bank, I guess. So, yeah, I'm with you on that one. Yeah. Yeah.

Will Copestake: 16:49

And it does definitely make a difference.

And all those little things in a day, if you can do them efficiently, it then adds up.

Georgina Maxwell:

It adds up, doesn't it?

Will Copestake:

It does.

Georgina Maxwell:

Yeah. Yeah.

Will Copestake: d

Doesn't it? Yeah. Yeah.

Georgina Maxwell: 27:08

Really? and yeah. I say somebody taught me that, but they highlighted that. And throughout the years, you learn that, don't you? And you can learn it by being back in the dark or you can learn it by somebody getting a bit overtired on the bit of water that you've bitten off a bit more than you can chew and then you're managing a situation. So there is definitely a process I think as a guide or instructor where you're going through these learning patterns and things.

Is there a big one that sticks out to you where you're like, "Oopsy, I've overcooked that one.

Will Copestake: 17:33

Somebody told me a couple of years ago that experience comes just after you needed it. And I always thought that was a perfect way of describing that.

Georgina Maxwell:

That's amazing.

Will Copestake: 17:44

Yeah, I've had had a few of those kind of psychological ones. I could talk about things on big expeditions and those sort of events that are kind of big and scary, but I think actually to put it into context, I had a day last Christmas where I was out with my partner and we wanted to go and do a river canoe. So not see it was a canoe trip and we thought we'll go and we'll paddle this really gentle grade two down through the forest. And it was a classic example of we had there was a kind of first plan A. We're going to go to B down the river. and when we got there, there was no parking where we thought there was going to be. So we spent an extra half an hour looking for parking. And then we'd forgotten something in the canoe. So it took an extra half an hour finding that. And then as we got down the river, there was a lot more fallen trees and the trees were much more overhung on the river than we were expecting. And

that slowed the day down. And it's the eve of Christmas, so it's short daylight hours. So then the psychological factor of we thought we were going for a gentle poodle, but actually now we're having a rally to get to the car at the other end and it's getting darker and then had an access dispute with someone where he shouted.

And it all ended up these little tiny things through the day all stacked and stacked and stacked and stacked until by the end of the river my other half was having a total psychological breakdown which was completely justifiable. I was in a pretty stressed position and it ended up just being a really awful day which was all these tiny little stacked factors and...

Georgina Maxwell:

Sounds like marriage.

Will Copestake:

I know yeah one of those things she did really well. we rallied. She was awesome about it. But what should have been a really pleasant journey turned into this total epic by factors of tiny little things all adding up by little by little.

Georgina Maxwell: 19:48

And I guess all of them factors adding into if we are going to be late now and we're going to be in the dark and...

Then the pressure comes on and then there's the decision making becomes harder So it's Good learning. Yeah.

Will Copestake: 20:05

Totally. and it could have just been that actually we're parked by a lock at the top of the river.

Why don't we just go for paddle around the lock and get the Kelly kettle out for the afternoon and change tack completely. but we went down the other path and it was a really good example of those little add-ups and it could be the same for a day trip as

a longer trip and an overnight trip and I think those little add-ups on a longer trip add up to a higher stack so to speak.

Georgina Maxwell: 20:35

And that's it, isn't it? if you're going to go on a trip, having somebody like yourself that has so much experience in being able to manage just the time, when somebody's at their home doing their own hoovering or whatever they're doing, you don't really think day about time management, but for somebody like yourself, the time management is so important.

And that's just coming from somebody who may be hungry or starting to fade a little bit and you have to preempt that. And it's amazing, when you look at the guides and what they do or the coaches and what they do. Yeah, it's definitely quite something. And yeah, I think it's great. I just want to go back to the sort of psychological side of things because I think for me definitely when somebody's paddled something harder on the river and they've used a lot of adrenaline or they've used a lot of energy to think about their line or what have you and say you've got another seven kilometers to go or whatever it might be pacing that you've mentioned right at the very start.

It's that psychological management of things. And for me on the sea, everybody's a little bit separated. You can't have that many good conversations or bring everybody in and stand everybody still on the bank. So, how do you manage the sort of psychological even if it's only one or two members of the group that are starting to show signs that they're a bit stretched, how are you managing that?

Will Copestake: 20:01

So I think the big difference between river and sea is that river psychological tends to happen quite quickly and it's kind of there and it happens and it goes great or it doesn't and it's sort of clicking in and out and then you can build that through a day but it happens really fast. Whereas in the sea it creeps up really insidiously and slowly and it can sort of build the day. So for example a long open crossing. You might go out feeling really confident but the wind then picks up and that

psychological element then slowly builds because you've got a distance to make it then hangs about and it can build and build and become quite insidious.

Will Copestake:

I find in a group sense having really defined parameters for the group to work within really helps on that. my classic example would be in the summers we have a 2 km crossing from the islands back to the mainland which we do every day we come back. and that can be psychologically difficult for people because it's a long distance takes about half an hour with your average group. and the weather can be windy and it can be intimidating and managing that as a group. you'll often find you'll have a few people that are confident and a few people that are unconfident. And if you can pair them together, maybe give the unconfident someone a job to do.

So let's say why don't you aim at that point and see what your drift is and get them working on something like site transex or say can you stick with that person and give them a very manageable achievable job to do within the bigger goal. It helps a little bit with keeping them together with the group. It also stops the people that are far from going too far forward.

Will Copestake:

But it sort of ties everyone into a team quite nicely.

Georgina Maxwell:

Yeah, that's some really good Yeah,...

Will Copestake:

Obvious obviously you're managing around that too. You're kind of managing the group around that.

Georgina Maxwell: 23:58

That's some really good tactics, isn't it? And I guess for a while maybe it felt frowned upon to help the group you help each other. but I often emphasize, this is us now for

five days or for however many days we're on the river. We are a team. I think it's really important that people acknowledge that Because you can't paddle that hard or rapid without your safety and your safety is your team. so yeah, I think it's really good to actually get people to start sort of working a bit more closely with one another. And that whole shift in focus is definitely a thing I use as well.

Georgina Maxwell:

So, if somebody's starting to see more of the hazardous part of the rapid, then why don't we just look at the line? It's On a grade five rapid,...

Will Copestake:

Yeah. Yeah.

Georgina Maxwell:

The line is grade two or the leading's grade two or whatever. it's about sort of shifting there. Where are they starting to hyperfocus? Very great. Yeah.

Will Copestake: 24:55

Totally. the early Chile is really interesting in how the particular river works and it's one river and after the first day you are completely on your own for 60 kilometers and even at the bottom of the river you then rely on a boat to take you out. You've got another 60k sea which you cannot paddle commercially it would kill people very quickly and...

So once you leave on that you are totally committed for however many days you're going to do down the river. nowadays the weather forecasting is way better and there are speedboats that will get you within a reasonable price and there are options now whereas even a decade ago those options were much more limited and I think the communication with guests was a lot more limited. So you'd occasionally get people turning up with hotel bags and wheelie bags or thinking they're in hotels every night and you're like buddy you're camping for three days. sorry and you would really push the psychological limits of people cuz you're towing them into spin drift around one

straight and then you'll get shelter in the tree and it's relaxed. A three-day trip might take four or five days if the weather's really bad and you don't really have an option there. that doesn't really happen anymore.

But you would quite often get people kind of pushed up to the very top end of their psychological barrier and...

have found when you push past that people do two things. They either get very quiet or they get very angry and they'll always kind of come around afterwards. but you learn very quickly to read when those people are approaching that and then if you can dialing that out because you don't want people in that position. That's not where we learn. No one's having fun there. You're as a coach not having fun. The guest is definitely not having fun. So, if you can preempt that, you can then make the day enjoyable for someone and you can sort of sell it as, look, we're going to have a real challenge around this corner. It's going to be really windy.

I'm going to put a line on you, but your job is to work with me as a team. You're not just to sit there. You need to get your head down and paddle. Or sort of saying, look, how comfortable are you with this? Are you comfortable with this?

And if they say no, then saying, right, what tactics can we use? Shall we get out and line down river or shall we go for go and camp and we'll get up at 3:00 a.m. or 4:00 a.m. when it's calm? And you can kind of give people different getouts.

Georgina Maxwell:

Yeah, that's really really good stuff.

Will Copestake:

Yeah.

Georgina Maxwell: 27:22

I think it's really important these days to make people aware of what they're about to go into. if yeah,...

I think in the past it's been a very much of come with me and I'm definitely more like these are the real risks here. Are you in or you're out,

Georgina Maxwell:

Yeah,...

Will Copestake:

Totally. Sure.

Georgina Maxwell:

My approach has changed in that way for so I want to go to the next topic and it does interlink.

It's the final topic on this podcast for us. And you mentioned offset about food. so I had a client last week who's going on a remote expedition and this person's a bit worried that they're going to be eating dry food for the whole duration. and I guess that's a legitimate worry, isn't it? Nobody likes to eat the sort of freeze-dried food for the whole time.

And when I went across the Aian Sea with Erin, we planned to have everything self-sufficient, but we actually found toiveras all the way. So, we're eating lovely Greek salads and yeah, it was just great. So, food is a massive part of wilderness life. When you're away from society, when you're away from the shops, your normal sort of comforts and also, interlinking with the psychology side of things. It's something to look forward to when you get into camp, particularly when you're feeling physically stretched. So, yeah, let's talk for the last wee bit of this podcast about food, if you would.

Will Copestake: 28:57

I love talking about I could be here all day now.

I really got into sea kayaking because I like that you can put good food in a sea kayak and you can eat well and you can enjoy yourself. So, I think food is a huge

part of joy in a kayaking sense. same with canoeing as well. You can get all sorts of food in a canoe bell. I personally sort of split it into two nowadays. I will do everything in my utmost to avoid dried meals and porridge. I really do not enjoy porridge. and so that really goes on the above 10day scale. So if it's 10 days or longer, I'll then think, okay, I need to start shifting into calorie dense, weight efficient food. and that might be, dried meals, oatmeal. I tend to put protein powders and things in my oatmeal rather than powdered milk. or custard or something bulky and flavorsome.

And then lunches will be things like blocks of cheese and nuts and you're going very calorie dense under 10 days. I bracket it in I'm willing to carry the weight for 10 days or less and then how much weight am I willing to carry? and I sort of see that in two brackets. If you're a small group, am I bothered to carry a really heavy kayak up and down the beach at the end of the day and the start of the day? once you're on the water, Your pacing will just change. For me, it really is the kind of getting on and off the water. do I want to surf with the big boat? Do I want to get on and off the beach with a big boat?

And if it's a shorter trip, then if the answer's no, I don't want to surf with the heavy boat, then I might still do dried food. But if it's I want a bottle of wine and a steak and some salad, I'm going to crab it all in there, and just take that hit. couple of psychological things I do with food, on group trips is if it's a group that we don't know each other and we're going to go out, I like to give the guests a time to shine. if that's a longer trip, it might be every guest gives me ingredients and they have a meal that they're responsible for per day.

So each night you've got a different guest showing off their camp cooking skills if they don't want to, of course, that's fine. I'll help with that. But it gives people a real time to shine. And you often find people really doing that over the camp stove and they'll kind of show off their best camping meal. And as a group, it can be a great psychological thing. It's like a big copper conversation. They're getting fed as a coaching guide, you're sitting there making sure they're being hygienic. You're making sure they've portion controlled well.

I remember having with the portion control, I think I could have eaten personally. and making sure that all works. but you're giving people that space to shine a little bit on a personal ...

Georgina Maxwell:

That's nice.

Georgina Maxwell: 32:02

That's a real team sort of effort, isn't it? Yeah. I was involved in one of them once and...

Will Copestake:

Totally. Yeah.

Georgina Maxwell:

Somebody came out with a cord on blur and then somebody else did like tuna and pasta. You will eat anything on expedition though,...

Will Copestake: 32:10

You get total spectrums. you will everything.

Georgina Maxwell:

Won't you? Particularly the further into it.

Will Copestake:

Everything. Yeah.

Georgina Maxwell:

Yeah. Nice.

Will Copestake: 32:19

I'm big into my kind of wild bush-crafty stuff too. So if you can supplement with stuff at the moment there's wild garlic everywhere. So I am basically living off wild garlic in the house right now. I've got so much wild garlic in every bit of food. and then yeah, the other one I do is if you're on a long expedition, is having every third day, I call it fat day and you change the diet a little bit. So, it might be something you really enjoy as part of your dinner meal. for me, I do it as an extra portion of food. So, a little packet of mashed potato with some bits added in, vegetables, bits of bacon, stuff like that.

Will Copestake:

And then psychologically, if you're eating the same sort of freeze-dried stuff every day, day after day after day, you always have something edible to look forward to. And that can be quite nice.

Georgina Maxwell:

That's good.

Will Copestake:

Especially if they're pretty much the same meal over and over again.

Georgina Maxwell: 33:13

And tell me about your latest purchase.

Will Copestake: 33:16

I bought this thing. It was inspired by a kayak guide in Norway called Laya who turned up on an expedition in the Hebis with me and she had this little thing it's called a hiker stove. I think hers was called an omni stove and it's basically a Dutch oven that fits in your kayak. and I pride myself in doing good camp cooking, but she was making people cinnamon buns in the morning and fresh bread and...

Georgina Maxwell:

What? There's a course in this will.

Will Copestake:

I blew my mind. I know.

Georgina Maxwell:

Yeah, you could create a course of camp crooery.

Will Copestake:

It was amazing. Yeah, I think she does do it in Norway. She does camp cooking stuff.

Georgina Maxwell:

I would go on that.

Will Copestake:

Amazing lady.

Georgina Maxwell:

That sounds amazing.

Will Copestake:

Yeah, my mind was blown. but yeah,...

Georgina Maxwell:

Yeah. Nice.

Will Copestake: 33:56

I've just bought one of these and I find even without one of those, you can make fresh bread really easily, even on a camp stove. just bit of flour, bit of yeast, let it rise, put it in a ziploc bag in your stomach for a while under your clothes and then just put it on a hot rock and you'll get a fresh loaf of bread miles out in the field. it's super calorie dense, ...doesn't take up much space in your boat, and if you're on dried meals for ages, that is a game changer. Just a bit of fresh bread.

Georgina Maxwell: There's so much good knowledge there.

Will Copestake:

No,...

Georgina Maxwell:

I think that's kind of drawing us to an end. Is there anything you want to want anything else you want to mention before we start to close down?

Will Copestake: 34:39

no, not really. Thank you for having me, everyone. I hope my wafflings have been listenable. hope hope to see you out there.

Georgina Maxwell: 34:45

You've been absolutely brilliant. I found this one really interesting and entertaining. So, thank you very much for coming along and having you on this podcast. You've been awesome.

Will Copestake: 34:56

Thank you for having me and good to speak to you as well, Georgie.

END.