

The Vultur Archaeological Project



2010

Participant Guide

THE VULTUR PROJECT

Participant Guide

Prof. Richard N. Fletcher.

P.zza Cap. Plastino s.n.c.
Rionero in Vulture PZ
85028 ITALY

Welcome

to the Vultur Archaeological Project



This will be a basic introduction to the Vultur Project. It will describe what we do and, as simply as possible, how we do it.

The project runs on two simple principles: we are on this project to do good archaeology and to enjoy ourselves. You will find that things are fairly egalitarian, but we expect everyone to act as part of a team. That means adherence to the rules, consideration for your fellow team members, everyone pulling their weight, and dismissal from the project for those who don't follow these tenets.

Some Suggested Reading

Basic:

- Iosca, Pasqualina 2010 *The History of Archaeological Research in the Melfese: An Analysis and Bibliography of the Sites of Lavello, Melfi and Ripacandida*, a translation of "La storia della ricerca archeologica nella valle dell'Ofanto e nel Melfese attraverso i repertori bibliografici: Lavello, Melfi, Ripacandida" (BAR Oxford).
- Isayev, Elena 2007 *Inside ancient Lucania : dialogues in history and archaeology* (London).
- Fracchia, H., Gualtieri, M. & Jansen, A.
1998-99 "Roman Lucania and the upper Bradano valley" *MemAmAc* 43-44, 295-343
- Small, A.M. 1981 "The environment of San Giovanni in the Roman period" in: *Archaeology and Italian society. Prehistoric, Roman and medieval studies.* (Oxford) 203-212.
- Small, A.M. & Buck, R.J. (eds.)
1994 *The Excavations of San Giovanni di Ruoti*, (Toronto).

Detailed:

- Alcock, S.E. *et al.* 1994 "Intensive survey, agricultural practice and the classical landscape of Greece," in I.Morris (ed.) *Classical Greece. Ancient Histories and Modern Archaeologies* (Cambridge) 137-170.
- Barker, G. 2000 "Hidden Prehistoric Landscapes: An Italian Perspective" *JMA* 13, 100-102.
- Barker, G. 1995a *The Biferno Valley Survey. The archaeological and geomorphological record*, London.
- Barker, G.; Grant, A.
1991 "Ancient and modern pastoralism in central Italy. An interdisciplinary study in the Cicolano mountains" *BSR* 59, 15-88.
- Bintliff, J.L. 1997 "Regional Survey, Demography, and the Rise of Complex Societies in the Ancient Aegean; Core-Periphery, Neo-Malthusian and Other Interpretive Models," *JFieldA* 24, 3-38.
- Bintliff, J.L., Howard, P. & Snodgrass, A.M.
1999 "The Hidden Landscape of Prehistoric Greece," *JMA* 12, 139-68.
- Bottini, A. 1976 "Aspetti culturali del IV secolo A.C." in G. Tocco (ed.) *Civiltà antiche del Medio Ofanto* (Naples) 26-9.

- Bottini, A. 1979 "Una nuova necropolis nel Melfese e alcuni problemi del periodo arcaico nel mondo indigeno", *AnnAStorAnt* 1, 77-94.
- Bottini, A. 1980 "L'area melfese dall'età arcaica alla romanizzazione, VI – VIII a.C." in *Attività archeologica in Basilicata, 1964 – 1977. Scritti in onore di Dinu Adamesteanu*, 313-334.
- Bottini, A. 1981 "L'area melfese fino alla conquista romana" in: *Società romana e produzione schiavistica, 1. L'Italia. Insediamenti e forme economiche*. (Bari) 151-154.
- Bottini, A. 1982 "Il Melfese fra VII e V sec. a.C" *DialA* 4, 152-160.
- Bottini, A. 1982a *Principi guerrieri della Daunia del VII secolo. Le tombe principesche di Lavello*. (Bari).
- Bottini, A. 1985 "Uno straniero e la sua sepoltura. La tomba 505 di Lavello" *DialA* 3, 59-68.
- Buck, R.J. & Small, A.M.
1980 "The Topography of Roman Villas in Basilicata" in: *Attività archeologica in Basilicata, 1964 - 1977. Scritti in onore di Dinu Adamesteanu*. (Matera) 561-567.
- Cherry, J.F., Davis, J.L. & Mantzourani, E. (eds.)
1991 *Landscape Archaeology as Long-Term History* (Los Angeles).
- Damgaard Andersen, H. et al.,
1997 "Urbanization in the Mediterranean in the 9th to 6th Centuries BC – an Introduction" in H. Damgaard Andersen et al (eds.) *Urbanization in the Mediterranean* (Copenhagen) 9-17.
- Fletcher, R., Nava, M. L. & Cracolici, V.
2005 "La romanizzazione della Basilicata nord-orientale tra repubblica e impero," 25° *Convegno Nazionale di Preistoria, Protostoria e Storia della Daunia*, San Severo (FG), 3-4-5 Dicembre 2004 (Foggia)
- Gualtieri, M. 1983 "Lo scavo di S.Giovanni di Ruoti ed il periodo tardoantico in Basilicata" in *Atti della tavola rotonda, Roma 4 luglio 1981* (Rome).
- Gualtieri, M. 1994 "La villa romana di Masseria Ciccotti (Oppido Lucano, PZ). Primi dati sul paesaggio rurale dell'Alto Bradano in età imperiale" *BBasil* 10, 49-73.
- Gualtieri, M. 1999 "Nuove forme di uso dell'acqua in età romana" in M. L. Nava (ed.) *Archeologia dell'Acqua in Basilicata* (Lavello) 127–158.
- Gualtieri, M. & Fracchia, H.
1993 "Excavation and survey at Masseria Ciccotti, Oppido Lucano. Interim report, 1989-92" *EchosCl* 12, 313-338.
- Gualtieri, M. & Fracchia, H.
1994 "Oppido Lucano (Potenza, Italy). Second interim report" *EchosCl* 14, 101-135.

- Hodges, R.; Barker, G.; Wade, K.
1980 "Excavations at D 85, Santa Maria in Civita. An Early Medieval Hilltop Settlement in Molise" *BSR* 48, 70-124.
- Keay, S.; Millett, M.; Poppy, S.; Robinson, J.; Taylor, J. and Terrenato, N.
2000 *Falerii Novi: a New Survey of the Walled Area* (Papers of the British School at Rome 68)
- Lomas, K. 1993 "The city in southeast Italy. Ancient topography and the evolution of urban settlement 600-300 BC" *Accordia Research Papers* 4, 63-78.
- Maetzke, G. 1976 "Il medioevo" in G. Tocco (ed.) *Civiltà antiche del Medio Ofanto* (Naples) 37-42.
- Robinson, E.G.D. 2003 "Field Survey at Alezio" *MeditArch* 16, 149-170.
- Tagliente, M., Fresa, M.P. & Bottini, A.
1991 "Relazione sull'area daunio-lucana e sul santuario di Lavello" in: *Comunità indigene e problemi della romanizzazione nell'Italia centro-meridionale, IV-III secolo a.C. Actes du Colloque international, Rome 1er - 3 f 1990.* (Bruxelles) 93-108.
- Tagliente, M. 1985-6 "I Signori dei cavalli nella Daunia di età arcaica" *AnnPerugia* 23 303-321.
- Tagliente, M. & Bottini, A.
1990 "Due casi di acculturazione nel mondo indigeno della Basilicata. Banzi. Una tomba infantile e le antheserie. Lavello. Una rilettura dell'askos "Catarinella"" *PP* 45, 206-231.
- Tocco, G. 1976 "L'età del ferro e la cultura Daunia" in G. Tocco (ed.) *Civiltà antiche del Medio Ofanto* (Naples) 17-22.
- Tocco, G. 1976a "Gli effetti dell'espansione Lucana" in G. Tocco (ed.) *Civiltà antiche del Medio Ofanto* (Naples) 23-5.
- Yntema, D.G. 1993 *In Search of an Ancient Countryside. The Amsterdam Free University Field Survey at Oria. Province of Brindisi, South Italy (1991-1993)* (Amsterdam).
- Yntema., D.G. 1995 "Romanisation in the Brindisino, southern Italy: a preliminary report." *BABesch* 70, 153-178.

Weekly Schedule

Arrival is possible at any time. The earliest possible arrival, however, will be on Saturday July 17th.

Some warning of your arrival would be best, but one can call +39 333 599 8142 upon arrival at Rionero station.

The Project will formally start on Monday July 18th when the Survey Project will begin.

The daily program will be as follows:

Monday to Friday

0630	Breakfast
0700 – 1030	Field work (either survey or excavation)
1030	Break
1045 – 1330	Field work (either survey or excavation)
1400	Lunch
1500 – 1630	Siesta
1630 – 1730	Laboratory and Lectures
1900	Dinner

After dinner is free time.

Sunday and Saturday are free days

Week 1 July 19-23

Arrival & Orientation

Preliminary field work & Surveying

Week 2 July 26-30

Archaeological Survey and Sampling

Week 3 August 2-6

Archaeological Survey and Sampling

Opening the excavation at Torre degli Embrici

Week 4 August 9-13

Archaeological Survey and Sampling – looking for the tombs along the SS ridge.

Excavation at Torre degli Embrici

Week 5 August 16-20

Archaeological Survey and Sampling

Excavation at Torre degli Embrici

Week 6 August 23-27

Archaeological Survey and Sampling

Excavation at Torre degli Embrici

Closing the excavation

Packing up

Weekend August 28-29
Project Season 2010 Ends

Wednesday September 1st
Proposed Date for Conference Presentation at Rionero

Before You Leave Home

Medical Insurance

All participants are required to have written proof of independent medical insurance at least three weeks before the field program start day. A photocopy of a group identification card or letter of coverage is acceptable proof and will be kept on file at the site.

Participants may purchase independent insurance wherever they please, but it must be more than simple Travel Insurance. You will be working on an archaeological site and **MUST** be insured. Any person not insured on site may cause the project to be cancelled by the Italian Ministry of Culture. The companies providing this coverage often change year to year and it is the participants' responsibility to seek out and purchase independent medical insurance. Failure to provide written proof of insurance results in forfeiture of the participant's admission to the project.

Risks in Archaeological Field Work

All participants are required to be aware of all the potential risks involved in outdoor field work. Please read the following list of potential risks before attending. If you have any questions about the working conditions or environment please refer to one of the directors.

Potential Risks

Common occurrences	Uncommon occurrences	Rare occurrences
skin injuries (chafing, scratches, lacerations, punctures) mosquito bites, bee & fly stings exhaustion/general muscle fatigue sunburn blisters on hands/feet dehydration/heat exhaustion tick & chigger bites limb cramps bacterial infections/ diarrhea	Heat stroke sprained limbs food poisoning	broken limbs vehicular accidents poisonous snake bite (extremely rare in area) poisonous spider/scorpion bite (present in area)

Things to Bring

Here is a list of the required and recommended equipment a participant will need for the project. The list is not exhaustive, but contains only the basics. It is wise to purchase these commodities before arriving in Italy, because you will need some of the items immediately upon arrival. Use this list as a checklist before you leave.

Field Equipment		Living Equipment		Clothes	
leather gloves	___	summer sleeping bag	___	sweater/sweatshirt	___
hat with brim	___	large towels	___	socks (lots)	___
sunglasses	___	small hand towel	___	Trousers (eg. cargo)	___
bandanna	___	washcloths	___	shorts	___
sunscreen SPF 20	___	toiletries	___	t-shirts	___
field notebook	___	laundry bag	___	rain gear	___
black ink pen	___	bathing suit	___	work or hiking boot	___
insect repellent	___	2-3 large ziplocs	___	sneakers	___
daypack	___	2 large garbage bags	___	sandals/ flip-flops	___
jack knife (small)	___	flashlight & batteries	___		
clipboard & mech. pencil					
thermos flask or canteen					
drinking cup	___				
pointing trowel	___				
(not garden trowel)					
Field Equipment (optional)					
knee pads/garden pad	___				
camera & film	___				
sketch pad	___				

Gatorade powder, iron pills, mineral salt supplements, multiple vitamins.

Medicines

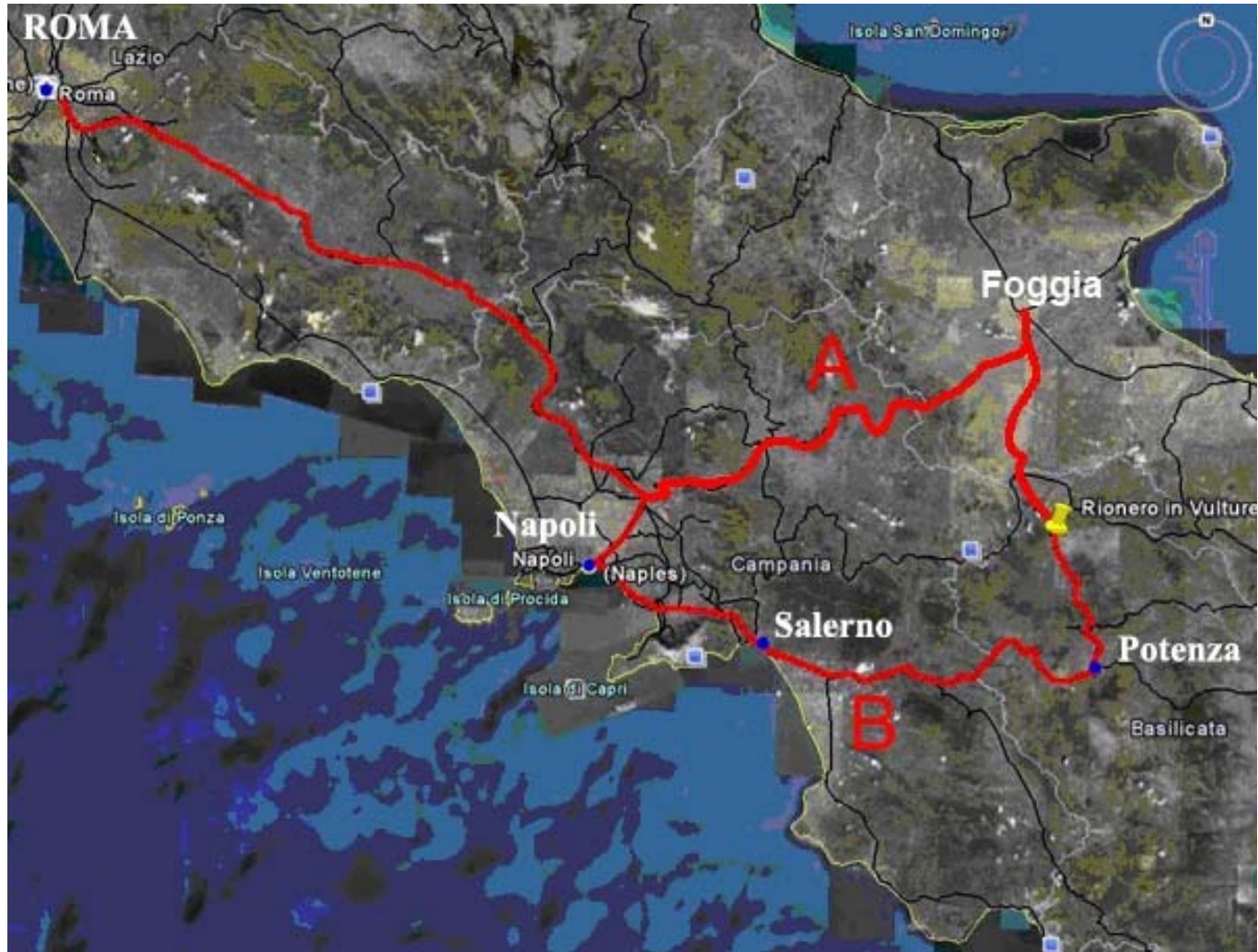
It is advised that you bring a decent First Aid kit and whatever medicines you may need. Common ailments on such projects are;

- Upset stomach - Imodium or other medicine for stomach complaints
- Urinary tract infections - the change of water can affect people and specific antibiotics are necessary
- Influenza – people coming together from all over the world often means that *someone* will bring the ‘flu bug
- Chronic problems – some individuals have chronic illnesses or basically something that they get when under stress (eg. yeast infection).

Getting There

Travelling from Rome to Rionero is best done by Rail. There is an internet site that should help (although working in English can be difficult): <http://orario.trenitalia.com> OR <http://www.ferroviadellostato.it/>

If, as is likely, you arrive at Leonardo da Vinci Airport (ROME), best known as Fiumicino Airport, you will only need to take the direct train to Roma Termini Station in central Rome. Tickets can be easily obtained at the Airport station. At Roma Termini you can buy tickets for either A. Foggia OR B. Potenza Centrale. Upon arrival at Foggia or Potenza you can buy a ticket to Rionero (called Rionero- Atella -Ripacandida).



Google Earth map of suggested train routes A. via Foggia (easiest) or B. via Potenza

Below are the basic timetables for travel to Rionero:

Roma Termini – Foggia - DIRECT

Partenza	Arrivo	Durata	Num. Treno	Categoria	2° classe **
08:20 ROMA TE	12:52 FOGGIA	04:32	703		31,00 €
08:45 ROMA TE	11:53 FOGGIA	03:08	9351 FRECCIARGENTO		44,00 €
11:15 ROMA TE	14:18 FOGGIA	03:03	9353 FRECCIARGENTO		44,00 €
14:45 ROMA TE	17:33 FOGGIA	02:48	9355 FRECCIARGENTO		48,00 €
16:45 ROMA TE	19:48 FOGGIA	03:03	9357 FRECCIARGENTO		44,00 €

Foggia – Rionero – connecting trains

Partenza	Arrivo	Durata	Num. Treno	Categoria	2° classe **
14:11 FOGGIA	15:36 RIONERO	01:25	3533		About €5,00
16:52 FOGGIA	17:54 RIONERO	01:02	3537		About €5,00
18:19 FOGGIA	19:34 RIONERO	01:15	3541		About €5,00
19:27 FOGGIA	20:59 RIONERO	01:32	3543		About €5,00
20:33 FOGGIA	21:50 RIONERO	01:17	3545		About €5,00

Roma Termini – Potenza Centrale

Treno	Partenza	Arrivo	Servizi	Durata
675 Jonio	Roma Termini 06:27	Potenza Centrale 10:56		04:29
Treno	Partenza	Arrivo	Servizi	Durata
9363	Roma Termini 15:45	Potenza Centrale 19:52		04:07
Treno	Partenza	Arrivo	Servizi	Durata
9377 Frecciargento	Roma Termini 17:00	Salerno 18:56		04:08
12441	Salerno 19:04	Potenza Centrale 21:08		

Potenza Centrale – Rionero – connecting trains


Treno	Partenza	Arrivo	Servizi	Durata
3520	Potenza Centrale 11:30	Rionero-Atella-Ripacandida 12:27		00:57
Treno	Partenza	Arrivo	Servizi	Durata
3546	Potenza Centrale 21:02	Rionero-Atella-Ripacandida 21:55		00:53




You will see that the route via Foggia is the easiest, though one has to go to the SOUTH end of platform 4 (binario 4) to an extension of the platform to the south (called Binario troncato 4) to get the train to Rionero. Get used to asking people the way. People in South Italy hardly ever speak English, but they are generally helpful and don't mind you speaking a very, very simple form of Italian. In fact, they are usually quite charmed to hear you try. So when you get to Foggia, all you need to do is ask someone "dove binario troncato quatro?" and they will show you.

As for the route via Potenza a direct train (the ICplus – Intercity) leaves in the early morning and a connecting train from Potenza leaves at 11.30am. The other direct train is a Eurosatr (ES*) which leaves every day at 15.45 (3.45pm) and has a connecting train from Potenza to Rionero leaving Potenza at 21.02 (or 9.02pm – though this is sometimes a bus, so watch out!).

If you arrive late in Rome – at Roma Termini after the 16.45 Foggia train – then you would be best to overnight at one of the hotels around Roma Termini. Get a train the next day or wait for an overnight train, because if you try to get one of the late trains then you will end up stuck at Foggia or Potenza – neither place very nice to hang around in overnight.

There is an overnight train

Partenza	Arrivo	Durata	Num. Treno	Categoria	2° classe **
23:58 ROMA TE	04:53 FOGGIA	04:55	789		28,00 €

Partenza	Arrivo	Durata	Num. Treno	Categoria	2° classe **
04:45 FOGGIA	05:55 RIONERO	01:10	3501		About €5,00
05:27 FOGGIA	06:48 RIONERO	01:21	12565		About €5,00
06:13 FOGGIA	07:25 RIONERO	01:12	3505		About €5,00

Daily Operations

Everyone on the project will follow the same routine and hours of work. This work may be field-walking in the Survey, excavation at Torre degli Embrici, or Laboratory work at the Apothike (Pot Shed). All participants, including Field Directors and supervisors, will take their turn at Kitchen and Cleaning Duties. A roster for the latter will be prepared at the beginning of the project.

The work week will be a 5 day week. This will be Monday to Friday. Weekends are your own time to do as you please. If you want to take trips to Campania (Naples, Pompeii and Herculaneum are popular destinations), or Puglia (the beauties of the Puglian coast – and the seafood – are much underappreciated), or even down to the Ionian coast (Metaponto, Heraclea-Siris) then YOU must organise such trips. The project does not organise trips for you. You will find travel relatively easy in South Italy and you will make friends on the project that you can travel with. I often recommend that four or five people get together and organise a Hire-Car. That way a group of you can go where you please at about the same cost as the railway tickets (though you should be warned that the traffic in Campania is NOT for the faint-hearted!).

The daily routine will be as follows

The daily program will be as follows:

Monday to Saturday OR Sunday to Friday

0630 Breakfast

0700 – 1030 Field work (either survey or excavation)

1045 – 1330 Field work (either survey or excavation)

1400 Lunch

1500 – 1630 Siesta

1630 – 1730 Laboratory (processing finds)

1900 Dinner

After dinner is free time to spend as you please

Saturday and Sunday free day

Although there is no Curfew or “Lights-out” or “Quiet-time” and there are no restrictions upon what you choose to do after dinner, it is advised that everyone should be asleep by midnight when the next day is a working day. The work is strenuous and physically taxing. In South Italy it is normal to drink wine with and after dinner, but too much wine is a very bad idea when you have to work hard the next day. Trying to do hot, sweaty fieldwork when you have a hangover is not just difficult, it is dangerous and irresponsible. It can lead to Heat Stress, Heat Exhaustion and worse. Also, those not capable of working every day for a full day beginning at 7.00am are of no use to the project. If a participant is not capable of working on any day because they had not gone to bed at a reasonable hour (or had drunk too much) the previous night, then that person will be dismissed from the project. There will be NO exceptions and NO excuses.

Rules and Regulations

- 1) No illegal activities. This includes such things as underage drinking, drug use, etc. Breaking the law is grounds for immediate dismissal from the project and is extremely stupid in Italy. This is not YOUR country and you will find the Police and Carabinieri a shock.
- 2) No drinking alcohol before Lunch – this applies particularly to the Apothike and dighouse personnel.
- 3) This should seem obvious, but NO PERSONAL ARTIFACT COLLECTION of any kind. This activity is not only unethical, but it is also illegal. The Carabinieri are responsible for this in Italy and can come to search any member of the team at any time they please. If you are walking down the street upon an evening with just one sherd of pottery in your pocket, you have broken the law and may be charged. The Project will also be cancelled.
- 4) Anyone using the kitchen utensils or dishes between meals must clean up after themselves.
- 5) Visitors are permitted but are responsible for their own meals, lodging, etc.
- 6) Personal vehicles are allowed on the project, but not at the site.
- 7) No one is to leave the Apothike (and dinner will not be served) until *everyone* is finished the day's work.
- 8) After dinner is your time.

All participants must respect the rights of others in the project and show reasonable consideration for their fellows. Participants are prohibited from engaging in conduct that poses a threat to the health or safety of persons or property, that interferes with the rights or well-being of others, or that violates any Italian law or local regulation. Participants found in violation of these policies, rules, and regulations will be expelled from the project.

Each participant is responsible for the care of the property in his or her room, and as determined by the Director, in the common areas of the Dig House. The cost of any repair or damage or loss to the Dig House or to Project property will result in appropriate charges to the participant(s) responsible. Failure to settle these charges immediately will result in expulsion from the project. The project or any of its officers, agents, or representatives shall not be liable directly or indirectly for loss and/or damage to personal property by fire, theft, or other cause.

Dighouse Etiquette

- For a happy and healthy dig house please be mindful and considerate of everyone
- Leave your dig boots in the hall. Do not take them into your room or wear them around the house
- Don't shower until 30 mins after returning from site so that everyone has time to wash up before lunch
- Outside of meal times, at breakfast and on Weekends you are responsible for washing your own dishes and glasses. DO NOT leave them around for the next person
- Make sure that when you use the bathroom you leave it clean for the next person, this includes mopping the floor after your shower and cleaning the toilet if needs be.
- The internet is available in the afternoon from 3 till 5 and after dinner until 11. Please abide by the roster. No one person can sign up for more than one session every 2 days.

Environmental Variables

This section describes and answers common questions about the environment and problems that participants may experience. Although many of these issues range from common to rare concerns, helpful first aid treatments and preventive measures are provided.

Heat Stress and Heat Exhaustion

Perhaps one of the most common dangers to field workers is over-exposure to the sun. Some of you may come from cool climates and be looking forward to getting some sun. Those of us who come from the desert or the tropics know, however, that summer sun is a dangerous thing and best avoided. Working long hours in the sun and high humidity demands sensible behavior and strategies in order to stay healthy. Heat stress and heat exhaustion are threats faced by everyone working in the outdoors during the summer in South Italy.

Heat stress and Heat exhaustion result from dehydration and an electrolyte imbalance; a lack of fluids and salt. Heat stress is common in people not used to working outdoors. It is characterized by excessive sweating, pale and clammy skin and a feeling of nausea, dizziness or actually fainting. Pulse rate and breathing are also rapid and muscular cramps and headache are common.

The **treatment for heat stress** is as follows:

- lay the person down in a cool place with feet slightly elevated,
- give watered down electrolytic drink (such as Gatorade) or water with 1 teaspoon of salt per pint

Heat exhaustion (or Heat Stroke) is more serious. It results from overexposure to the sun as well as dehydration and the human body fails to regulate its own temperature. Symptoms include a flushed skin, hot and dry to the touch and a strong rapid pulse. Victims of heat stroke may become confused and unconscious.

The **treatment for heat stroke** is as follows:

- immediately move the victim to a cool place
- treat for Shock
- call for Medical assistance

Prevention is very important in fieldwork.

It is strongly recommended that participants wear sunscreen rated with an (SPF) sun protection factor of 30 or more. Sunscreen should be applied every couple of hours during the mid day. Participants are required to carry water into the field and are encouraged to drink at least 4 litres a day to prevent dehydration. Wearing a field hat and sunglasses is also strongly recommended. If you think you are suffering from heat stress notify the staff, find shade immediately and request medical attention.

Ticks

Ticks are common in the country around the Vulture, mainly because they are carried by the sheep you will see all over the zone. Each day, participants should thoroughly check themselves for ticks embedded in their skin. Scalp and genital areas should also be checked daily.

The **treatment for tick bite** is as follows: remove the tick by slowly turning its body counter clockwise until it becomes detached. Make sure the head is still attached as sometimes the head will be left in the skin. Wash the affected area with a mild soap or swab with alcohol if possible.

Scorpions

Scorpions are not common in South Italy and even then their venom is not deadly. It is best, however, to give them a wide berth since any bite can still be painful.

Wasps

There are certain species of wasps in South Italy that can be extremely dangerous. Particularly dangerous are a type that burrow in the ground and may be seen at archaeological digs. Be aware of small burrows with a diameter about the size of a small finger. If disturbed these wasps can swarm and attack in number. **DO NOT** try to do anything yourself about a burrow if you find one. Back away and inform one of the Field Directors.

Snakes

You may see snakes in the Vulture area. However, the vast majority of snakes in Italy are harmless, particularly the larger ones. The only dangerous snake – and it is very dangerous – is the common viper or adder. It is usually small, less than 60cm or 2 feet, but packs a nasty venom. If you see a small snake, anything from a few inches to 2 feet long, then back away and give it space. **DO NOT** try to kill it and **DO NOT** try to push it away with a stick or your boot or anything. Just leave it alone and it will go away. For more information have a look at Wikipedia http://en.wikipedia.org/wiki/Vipera_berus



Diet and Sleep

One of the continuing challenges of field work is maintaining a reasonable diet and getting sufficient sleep. Hot climates and exhausting work can often make one forget good eating and drinking regimens normally practiced at home. Most participants are not used to continuous outdoor physical labour.

The most important thing is to consume lots of water and maintain electrolytes by eating a balanced diet which includes potassium, sodium and calcium from fruits and vegetables. An excessive intake of caffeinated drinks and alcoholic beverages may cause dehydration and sickness.