

# Checklist



## Planning your walk

- ✓ Choose a route – try to make it a loop!
- ✓ Try to avoid crossing large roads if possible
- ✓ Check the weather
- ✓ Choose suitable footwear
- ✓ Wear your Marsden March t-shirt!
- ✓ Make sure you have your cap, generously provided by our sponsor Banham
- ✓ Write your reasons for walking on your back panel and attach it to your t-shirt
- ✓ Have a look at our training plan and do some practice walks



## On the day

- ✓ Allow enough time for your walk
- ✓ Make sure you bring a fully charged mobile phone
- ✓ Wear comfortable clothing and footwear
- ✓ Have a stretch before you start
- ✓ Fill up your water bottle and keep hydrated throughout your walk
- ✓ Pack some of your favourite walking snacks and make sure to eat regularly
- ✓ Be visible to other people and traffic on your route

