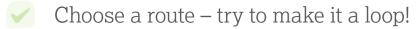
Checklist







- 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







Cancer Charity

