



Guide

Welcome to The Banham Marsden March at Home 2025!

Thank you so much for taking part in our Banham Marsden March at Home event this year!

Whether you're walking with us on Sunday 11th May, or on a day that suits you, you're joining an incredible community of dedicated supporters walking throughout the UK and worldwide to raise vital funds for The Royal Marsden Cancer Charity.

This is your guide to planning your walk, along with a handy checklist!



Find a walk or create a route

You know your local area, so you may already have a place in mind for your walk, but this could also be a great opportunity to explore somewhere new and different!

It's best to stick with public footpaths. But keep it interesting by including canal tow paths, woodlands, or city sightseeing routes too.

It's far easier to have your walk start and finish in the same place!

Think about your own ability and that of the people in your team when planning a route.

If you need inspiration, sites like **National Trail** and **Ramblers** are packed with established walks of differing lengths, types, and difficulty.



Keep your walk safe

If you're walking alone, make sure there is someone who knows your route in case of emergency, or have them meet you on the route.

Try and avoid crossing big roads or walking on country roads. Always use official crossing points and walk single file facing oncoming traffic.

Be sure to have a fully charged mobile phone with you in case you get lost, have to look something up, or need to call for support.

Always be mindful of other route users, from walkers and riders to cyclists and vehicles.

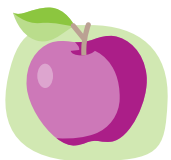


Pack the right kit

Wear your t-shirt and cap with pride! There's a back panel you can print off to share why you are walking too.

The UK weather is unpredictable so wear layers, a waterproof, or sunscreen if necessary. Suitable and comfortable footwear is a must.

Other items you may need depending on your route – a small first aid kit, walking poles, backpack, payment card, battery pack, and phone charger.



Stay healthy on your walk

Start with checking out our **Training Guide** which will help get you ready in the weeks leading up to your walk!

A mini warm-up and stretch before you get going will help keep you injury free.

Be sure to carry snacks and plenty of water with you. Drink before you're thirsty and eat before you're hungry is a good motto to live by when on a walk.

There's no need to rush or complete your walk in one go. Take a break and a rest if you need to along the way.

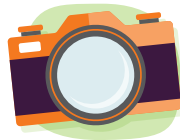


Make your walk even more fun!

Have family/friends meet you at the halfway point for a nice picnic or tea break.

Make a game of the walk – how many different flowers, trees, or birds you can see and identify on route, or even a classic game of eye spy!

If you're into Geocaching, maybe there is a spot on your route that you could find.



Share a photo to help us transform more lives

The more of us walking together across the UK and around the world, the more lives we can transform.

Help us raise awareness by taking a selfie in your cap and t-shirt. Then share it on social media using **@royalmarsden #MarsdenMarch**

Then add it to your fundraising page!

