



ON THE DAY.... WHAT TO BRING WITH YOU

- Your **confirmation email** with your **walk number**.
- Your completed **sponsorship form** for us to endorse at the registration marquee.
- Contact details for someone **NOT** on the walk with you who can be contacted in case of an emergency if you have not supplied these to us already.
- **Suitable Footwear** (sturdy walking boots, particularly important for the longer walks, or trainers for shorter walks). The terrain is hilly and off road. Wellington boots and flip-flops are **NOT** suitable for walking any distance and will be slippery if wet.
- **Suitable clothing**, wear several thin layers rather than thick layers. Jeans can be uncomfortable for walking any distance. **Waterproofs** in case of inclement weather.
- A **hat** to protect you from the sun (or rain); the coast is exposed and there is very little shade.
- **Sun Cream** – the higher the factor the better – and sunglasses.
- A plastic **drinks bottle**, preferably filled with water (these can be filled up at Check Points).
- A **mobile phone**, essential on all walks.
- A **snack** – muesli bars and bananas are both good sources of slow release energy.
- A small day **rucksack** to carry everything!
- **Money** for raffle tickets and refreshments.

Above all else enjoy yourselves and be sensible. Remember that during the course of the day the weather can change. If you have any queries regarding the walk/sponsorship then please do not hesitate to contact a member of staff on **(023) 8077 5590**.

See you on June 17th!

Disclaimer: Leukaemia Busters cannot be held responsible for any losses, damage or injury of any kind arising from this event.