

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

- Your **confirmation email** with your **walk number** and your completed **sponsorship form** for us to endorse.
- 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.
- If you wish to have a map of the area we would suggest **O/S Explorer, Purbeck & South Dorset OL15**
- **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 30th!

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