

## Preparing for the day

### What do I need to bring on the day?

- Walking number with your emergency details filled out on the back.
- Safety pins - to attach your walking number
- CancerHelp t-shirt (if you ordered one)
- Supportive walking shoes or trainers - appropriate for long distances, that you've already trained in.
- Spare socks
- Breathable/waterproof clothing – layers are best as it might get cold or wet – this is Lancashire!!
- Bottle of water - so you can stay hydrated.
- Packed lunch
- Plasters - just in case
- Sun cream and a hat
- Fully charged mobile phone – you can use it to let your friends know how you're doing using #CancerHelpWalk

We will be taking photos on the day of the event. Some of these will be used on our website, social media and in the press. If you do not wish your photograph to be taken, please tell the photographers on the day.

### Some tips!

#### Think about your feet

Perhaps the most important piece of kit you'll take with you. A comfy pair of walking boots will give you great ankle support, but if you're after something lighter choose a pair of comfortable and sturdy walking shoes or trainers.

Make sure that you do some practice walks in your chosen footwear before the day. A pair of walking socks will help keep your feet dry and will help prevent rubbing, sore spots and blisters. Bring a spare pair on the day.

#### Stay hydrated

The full 19 miles is a long way, you're going to be working up a sweat, and you're going to get thirsty. You will receive water at the refreshment points along the route but it's a good idea to bring some as well.

## Layer Up

Autumn is a changeable season and your outfit needs to be able to cope with whatever the weather throws at you. The secret lies in the layering system: how each piece of clothing performs a specific function and they all work together to keep us comfy in any conditions.

Start out with a base-layer. These next to skin layers are perfect for moving sweat away from your body.

Add a mid-layer. Whether it's a fleece, jumper or favourite hoodie, adding a mid-layer to your outfit and help keep the heat in.

Lastly, because this is the UK, bring a waterproof. Most of them pack down small, perfect for taking along on the walk – just in case!

## Pack light

A small 15-25 litre rucksack would be the perfect size for a few essentials, some water and a couple of snacks.