

# WHAT TO BRING ON YOUR GREAT WILD WALK

Here's a handy list of items which we recommend bringing with you on your **Great Wild Walk**. These items are also useful for any of your training walks.

It is your responsibility to make sure you are properly equipped for your walk, so please follow the below as a guide and make sure you are fully prepared:

## A REUSABLE WATER BOTTLE

Our event sites are single use plastic free, so instead of giving you water bottles, you'll be able to fill up your water bottle instead.



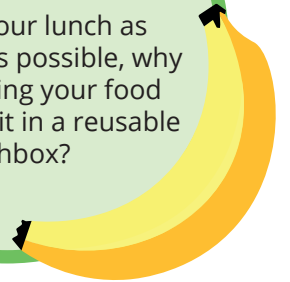
## A REUSABLE COFFEE CUP

In case you fancy purchasing a hot drink on the day.



## SNACKS OR A PACKED LUNCH

To make your lunch as sustainable as possible, why not try making your food and bringing it in a reusable lunchbox?



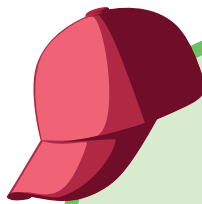
## COMFY SHOES AND SOCKS

Thinking about the distance you're going to walk, we'd recommend wearing shoes which have good support and grip. They need to be comfortable, and they should be what you're wearing on your training walks.



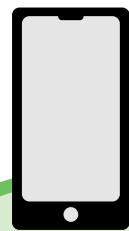
## CLOTHES FOR THE WEATHER

Check the weather forecast before you leave and dress appropriately. That includes sunhats, waterproofs and a warmer top layer in case of a chilly breeze.



## A FULLY CHARGED MOBILE PHONE

There won't be any charging points, so if your battery is prone to running out, it could also be worth bringing a portable charger too.



## SUN CREAM AND PLASTERS

Sun cream as even if it's cloudy, you could still burn. And plasters, they're always handy, just in case!

