
STARTING YOUR WALK

There will be places where you can purchase drinks, snacks and even an ice-cream but they are few and far between and it is strongly recommended that you arrive with enough food, snacks and liquids to sustain you through the day.

Start the walk slowly, giving the body time to harden up. Don't expect to be fully warmed up from the moment you set off.

Your fitness for coping with long walks may also be quickly lost if the gap from your last bout of training to starting the walk is more than a couple of days.

Try and stick together as a group, although some may be faster than others, there is nothing more demoralising than watching the rest of your team zooming off towards the horizon. The more support and encouragement that the rest of the team can give, the more likely the slower people in the group are to stay motivated and keep up and the less likely they are to feel left out, de-motivated and drop out.

If your group does start to separate, make sure that any splinter groups have AT LEAST 2 or 3 people in them and ensure you have one of the group radios provided in each group.