



# **‘THE WALKLEY MIDNIGHT WALK’**

## **‘TIPS FOR WALKERS’**

### **ROTARY CLUB OF SWINDON THAMESDOWN**

Registered Charity No: 1034489

<http://www.rotaryclubofswindonthamesdown.org.uk/>

If you are new to the ‘Walkley Midnight Walk’ here are a few tips to help when you take part in our unique event.

#### **Country Code**

Please observe the country code e.g. close gates, keep dogs under control and don’t drop litter.

#### **Clothing**

Make sure you have enough suitable outdoor wear to be warm and dry. It can turn very cold in the middle of the night during the walk. A Walking Stick may be very useful to help maintain balance on uneven or slippery ground.

#### **Torch**

Take a torch to enable you to look at the map and pick out the signs along the route.

#### **Rucksack**

It’s surprising how many bits and pieces you will need to carry. A rucksack will stop the possibility of you loosing your keys, phone or wallet from your pockets in the dark.

#### **Boots**

Seek the advice of a good outdoor shop and buy the best you can afford. Don’t buy them too tight. It’s a good idea to allow space for two fingers to fit in at the back of the boot.

#### **Food and Drink**

Although the club will provide refreshment points along the route it’s a good idea to take a drink as walking can be thirsty work. Some fruit or a snack is also a good idea.

#### **First Aid Items**

At least take some plasters for blisters.

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