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There is _____ if you Register as a Volunteer.
 All Volunteers must confirm acceptance of the Risk Warning

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1. _____ and confirm acceptance of the risk warning
 2. _____ from the Event Manager, George Vergotis
 3. _____ your volunteering!

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1. _____ as possible by spending as much time as you can in bare feet
2. **1** _____ for the walk. Make sure you have walked for at least a few hours in them to ensure that they don't cause you any blisters
3. _____ you have to lift. You will be lifting your feet 1000's of times, it all adds up.
4. _____ for your feet and other areas that might chafe.

1. **1** _____ the actual event, gradually building up over the weeks prior to the walk. Remember, it is highly likely that you will be walking for 6+ hours and the more conditioned you are to being on your feet for that long the better.
2. _____ you are going to wear and make sure they are very comfortable and not going to cause chafing. Light, breathable clothing is very comfortable and won't stay wet when you sweat.
3. / _____ of the weather conditions and dress appropriately.
4. _____ . As a general rule it is a good idea to eat a little bit often to keep your blood sugar levels stabilised throughout.
5. / _____ , hydration pack or similar. It is good practice to drink a little bit often.
6. _____ , make sure you wear it for a few hours prior to the walk to ensure it is comfortable for extended periods of time
7. _____ the walk. Your urine should be clear.

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