**Some Frequently Asked Questions**

**What equipment and clothing will I need?**

Most important of all is that you must have walking boots. These can be purchased from around £30 and are essential. Walking boots provide support for your ankles and a better grip on rough or slippery surfaces.

Buy them well in advance of the event so that you can ‘wear’ them in and ensure they are comfortable. A cagoule or lightweight waterproof top is needed to keep you both dry and warm. Clothing is very much down to personal choice but in general it is better to wear several layers of clothing e.g. T shirt, shirt, sweatshirt/light jumper, jacket and cagoule rather than thick layers like a big jumper. This enables you to take off or put on clothing depending on how warm or cold you feel giving maximum flexibility. Walking shorts are ideal but if you don’t want to display your knees some track suit bottoms or cotton trousers are ok. Avoid materials like denim which get very heavy if wet and have thick seams which can chaff. But the best option is make sure you have walked in whatever you plan to wear before you arrive for the event. That way you will know if what you have chosen is comfortable and suitable.

For the walking events you will need a small rucksack to carry your spare clothing, lunch and water bottle, we recommend you carry at least 2 litres of water.

**How much training will I need to do?**

This will depend on how fit you are now and if you are already a regular walker. If you are in any doubt at all about your health or fitness we recommend you see your GP for advice.

But you do have plenty of time to prepare and the event is fully supported with back up teams so you will never be left without help or support. Start with short training walks of 3-4 miles over varied terrain and build up until you can comfortably complete walks of 10 miles. If you are a member of a gym ask the staff to work out a programme for you.

**What if I cannot raise the sponsorship money?**

A fundraising pack will be sent to you when you register to help you with ideas and give you information about fundraising methods that have been successfully used before.

You have plenty of time to raise the money and the key is to start immediately rather than leaving it to the last 2 or 3 months. We will of course try to offer you as much help and support as we can and take into account any extenuating circumstances.

However we must reserve the right to withdraw you from the event if your fundraising has fallen well short of the target. Unfortunately, other than in exceptional circumstances, your registration fee will not be refunded.

**Notes**

Full details of flights/Eurostar from/to UK will be confirmed in February 2016. The option of travelling by Eurostar for either the outward or return journey will be considered subject to timetables to give us the opportunity to enjoy a classic train journey across France.

Gift Aid applies to donations made by individuals paying tax. Full details of Gift Aid rules will be provided.

We reserve the right to alter routes/distances if required due to local conditions and individual abilities.