

Guidance for the “Night Run (or Walk)” 8/9/17

Wear suitable clothing and footwear

Runners:

- Running shoes or trainers
- Lightweight waterproof jacket & warm fleece
- Head torches essential for runners; the track is rough and uneven in places

Walkers:

- Wear walking boots or trainers with a treaded sole and ankle support
- Carry waterproof jacket & over trousers, warm fleece & quick drying trousers. DO NOT wear jeans.
- Take some spare warm clothes in a rucksack.
- Take a hat and gloves. It can get quite cold!

Carry food and drink

- Take food and something to drink. High energy food such as chocolate and dried fruit are ideal.
- Carry some water. It's easy to become dehydrated when walking or running

Take the right equipment

- Take a whistle and note the signal for rescue - six good long blasts. Stop for one minute. Then repeat.
- A torch is essential for each participant, as you will be walking in the dark. In an emergency use it for signalling in the same pattern as for whistle blasts. Spare torch batteries are also suggested.
- Insect repellent advised.
- Charge your phone battery before you set out just in case you need to contact the emergency services.
- If you are with a group, walk/run at the pace of the slowest person in your group and always keep each other within sight.

Registration & Checkpoints

Make sure you register at the start of the walk, at each check point & at the end of the walk so we know you have finished & are safe.

In an emergency contact the nearest marshal or dial 999