



Walk for Calm Handy Tips

A BIG thanks for taking part in the Walk for Calm challenge.

Walking for Calm is no mean feat, so you should be really proud of yourself for taking on this challenge. However you decide to do it. When the going gets tough, remember that every step and every pound, will help CALM & Hospitality Action support another person in real need.

Be Safe

If you are walking with colleagues, friends or family or by yourself this information will help ensure you have a fantastic and safe time during these challenging times.

You'll need plenty of energy to walk whatever target you have set! Eat well the day before, and include plenty of carbs and protein.

Keeping in touch

Ensure you let your nearest and dearest know when and where you are walking and when to expect you back. Ensure you have each other's contact details and list your key contact here so they can be called by others in case of an emergency.

My name is

.....

Person to contact in case of an emergency

Name

.....

Contact Number

.....

What you'll need on the day

- Filled water bottle or hydration pack
- Comfortable walking shoes/boots
- Decent waterproof jacket and waterproof trousers
- Rucksack to carry snacks and water
- Any extra layers
- Contact details of a person to call should you need help
- Your lunch
- Hat, sunglasses and sunscreen for sun protection
- Hand sanitiser and face mask
- Phone and camera to take your celebratory selfies!

Travel

The government have lifted some Covid guidelines, but there may still be Covid guidelines on the public transport so please follow those and if you feel you would still like to wear a mask on your walk please feel free to do so.

Making a donation

If you haven't joined the Walk for Calm Team page on Virgin Money you can still donate to one of them – here is the link:

<https://uk.virginmoneygiving.com/WalkForCalm2021>

Cheer the progress and celebrate your success

Please post any pictures/videos of you on your walk across social media using the hashtag #walkforcalm. Please tag us on:

Instagram: @sharewithmum & @catererdotcom @hospitalityaction @calmzone

Twitter: @catererdotcom @HospAction @theCALMzone

LinkedIn: @workwithmum @catererdotcom @hospitality-action @campaign-against-living-miserably

Finally

Print out this handy guide and carry with you on each Walk for Calm you do

We're here to help just drop us an email to craig@workwithmum.com if you have any questions before your walk.

Thank you from The Walk for Calm team, we really do appreciate your support and look forward to seeing the creative ways you have completed your challenge and any pictures/videos. #walkforcalm