

## K2B/C2B Walker Checklist

[keswick2barrow.co.uk](http://keswick2barrow.co.uk)



Make sure that you have read and understood the following pages on the K2B/C2B website. You'll enjoy the walk more if you've prepared carefully and know what to expect. Good luck!

1	ABOUT / THE WALK ROUTE	Maps, facilities, distances, interesting facts.	<input type="checkbox"/>
2	ABOUT / EVENT INSTRUCTIONS	Registration, starting, refreshments, litter, finishing.	<input type="checkbox"/>
3	ABOUT / TERMS & CONDITIONS	Sponsorship, cancellation, publicity.	<input type="checkbox"/>
4	FAQS / TRAINING	Preparation, route, clothing, footwear.	<input type="checkbox"/>
5	FAQS / HAPPY BUSES	Transport to the K2B & C2B starts.	<input type="checkbox"/>
6	FAQS / APPROACHING THE WALK	Start confirmation, start arrangements, checkpoints.	<input type="checkbox"/>
7	FAQS / WALK DAY	Clothing, equipment, arrival, ICE, checkpoints, finish.	<input type="checkbox"/>
8	FAQS / WELLBEING	First aid, blisters, fatigue, pacing, dropping out.	<input type="checkbox"/>
9	FAQS / TIMING SYSTEM	Timing tags & readers.	<input type="checkbox"/>