

K2B/C2B Walker Checklist

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"/> |
| 10 | ENQUIRIES / PHONE US | Phone numbers for the organisers on walk day. | <input type="checkbox"/> |