





## Be a Volunteer

### Need To Know

- f There is no charge if you Register as a Volunteer.
- f All Volunteers must confirm acceptance of the Risk Warning

### What To Do

1. Go to [TryBooking](#) and confirm acceptance of the risk warning
2. Await communications from the Event Manager, George Vergotis
3. Enjoy your volunteering!

## Before the Walk

### Feet and Shoes

1. Make sure your feet are as tough as possible by spending as much time as you can in bare feet
2. Do not wear brand new shoes for the walk. Make sure you have walked for at least a few hours in them to ensure that they don't cause you any blisters
3. The lighter your shoes are the less weight you have to lift. You will be lifting your feet 1000's of times, it all adds up.
4. Use a product such as Guerneys Goo for your feet and other areas that might chafe.

### General Preparation

1. Do some walking before the actual event, gradually building up over the weeks prior to the walk. Remember, it is highly likely that you will be walking for 6+ hours and the more conditioned you are to being on your feet for that long the better.
2. Think about the clothes you are going to wear and make sure they are very comfortable and not going to cause chafing. Light, breathable clothing is very comfortable and won't stay wet when you sweat.
3. Be aware of the weather conditions and dress appropriately.
4. Carry some snacks. As a general rule it is a good idea to eat a little bit often to keep your blood sugar levels stabilised throughout.
5. Bring a water bottle, hydration pack or similar. It is good practice to drink a little bit often.
6. If you are carrying a backpack, make sure you wear it for a few hours prior to the walk to ensure it is comfortable for extended periods of time
7. Ensure you are hydrated prior to starting the walk. Your urine should be clear.

## The Day of the Walk

### Safe Walking Instructions

1. Walk on footpaths if one exists
2. If you have to walk on a road walk on the right side of the road facing the oncoming traffic
3. Walk in groups - the larger the better. They are easier to see
4. If separated wait for those behind
5. Maintain a steady pace - 3 bears pace - not too fast - not too slow - just right. Remember the 45k walk is not a race.
6. Do not take long breaks at the rest stops and lunch. Remember walk with the group and do things together.
7. Drink regularly and keep dirt out of your shoes and socks. Cleaning your feet at the stops is a very good idea. Bring a spare pair of socks to change into if required
8. Use tissues/toilet paper for unofficial toilet stops - especially in the bush
9. Close gates after passing through
10. If you need help signal one of the support vehicles.
11. Make sure you sign off at the end of the walk.

