

Louise Smalley Walk 2022

Checking In For The Walk

You will be required to check in at the **Royal Oak Public House, Whitwell** (S80 4QB) between 2.45am and 3.40 am. ready to commence the walk. You will be issued with your “walk number” and T-Shirt.

You are strongly advised to inform a relative or friend of the activity you are undertaking and make them familiar with the route you are walking. Route description is available from the website (louisesmalleywalk.com).

You will:

- Report you arrival to the Walk controller
- inform Walk Controller of any change to mobile number being used by **yourself** on the day or change to “next of kin” name and telephone number.
- demonstrate, at check in, that you will be carrying a minimum of a 500ml bottle of water.
- demonstrate, at check in, that you have sufficient supply of food for the first section (11.9 miles).
- demonstrate, at check in, you are in possession of the route description issued to you by e-mail.

We Advise:

1. **You download “What 3 Words” app to your mobile device as this is a tool used by the LSW Support crews in the case of walkers becoming disorientated.**

Commencement of Walk.

At the start of the walk there will be a minutes silence prior to commencement to remember Louise and also old friends. This will be started at 1 minute to 4 by the blowing of a whistle. At the second “blow” you are free to start walking.

Good Luck

Joe Mason