

Walking Event Packing Checklist

A two-page field sheet for charity walks, 10K events and supported hiking challenges. Adapt quantities to the route, forecast and organizer rules.

EVENT _____	DATE _____	FORECAST _____
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ORGANIZER & ROUTE	WATER, FOOD & POWER
■ Read the event briefing, start time and cut-offs ■ Save the route, aid stations and emergency contact ■ Check mandatory kit, bag-drop and refill rules ■ Share your plan and expected finish time ■ Confirm transport, parking and post-event meeting point	■ Carry the organizer-required water capacity ■ Pack familiar snacks plus one reserve portion ■ Start hydrated; use aid stations as planned ■ Fully charge phone and optional power bank ■ Carry headlamp if low light is possible
FEET & CLOTHING	BEFORE LEAVING HOME
■ Broken-in walking shoes with suitable grip ■ Moisture-managing socks; pack a spare pair ■ Weather-appropriate layers, not cotton-only ■ Waterproof shell or sun hat as forecast requires ■ Blister kit: tape or dressings you have tested	■ Photo ID, payment card and essential medication ■ Sunscreen, sunglasses and personal hygiene items ■ Bib, wristband, timing chip or registration proof ■ Small waste bag; leave the route as you found it ■ Final weather, cancellation and transport check

Route note Turn-around point: _____ Cut-off: _____ Emergency contact: _____
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Final Pack & On-Route Decisions

Keep this page accessible. The checklist supports preparation; organizer instructions and local emergency advice take priority.

QUICK PACK: WORN OR CARRIED	USEFUL EXTRAS
■ Phone in a weatherproof pocket ■ Water and familiar fuel ■ Route or offline map ■ Lightweight first-aid and blister supplies ■ Weather layer and sun protection ■ Headlamp when darkness could affect the route ■ Whistle if required or useful for the terrain	■ Trekking poles if trained with them ■ Small sit mat for long checkpoints ■ Electrolytes appropriate to your plan ■ Cash for rural stops or transport backup ■ Compact power bank and short cable ■ Dry layer for the finish ■ Reusable cup if the event requests one

STOP, COOL DOWN OR SEEK HELP	
■ Confusion, fainting, severe headache or loss of coordination ■ Hot skin with altered mental state: call emergency services	■ Chest pain, serious breathing difficulty or rapidly worsening symptoms ■ Pain that changes your gait or a blister that cannot be protected

AT THE FINISH
■ Check in if the organizer tracks arrivals ■ Change wet layers and care for feet promptly ■ Eat, drink and cool down gradually ■ Tell your contact you are safely off route ■ Record what worked before your next event

Safety boundary This guide is general preparation information, not medical advice. Follow event staff, official weather warnings and emergency services. If conditions or symptoms become unsafe, stop.
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Preparation references: National Park Service Hike Smart guidance and National Weather Service heat-safety guidance. Full links and an editable source are maintained by Fopoto.