

Walk your way to help
beat cystic fibrosis

Planning and training tips

In this pack we'll tell you all the things you need to know to help organise your walk, whether you're planning a gentle stroll with a few friends or a more challenging hike through the mountains with your colleagues.

If you have any questions please get in touch with the Community and Events team on 020 3795 2176 or events@cysticfibrosis.org.uk.

How to plan a walk

- 1 Decide on your walking challenge. If you're walking in the countryside or through your local park, work out how far you want to go and where the best start point will be. If you're aiming for a step goal, think about what will make a challenging but achievable target for you.
- 2 Sign up for free via Enthuse and join Team CF.
- 3 Set the date. Find a date that suits everyone taking part with you. If you are going to do a month-long challenge, work out when the best time will be in the coming months.
- 4 Spread the word! Share your challenge on social media using #TeamCF. Use the Facebook and Instagram templates on our website to help get the word out.
- 5 Track your walk (or walks!) using Strava on your fundraising page. Have an amazing experience and remember to share any photos with us!

Join the community and start training

We have a Team CF Facebook group, where everyone can share training tips, fundraising advice and personal stories.

We will also be posting exclusive training content from our Personal Trainer Graeme, to help you with any training or injury queries any time you need it!

Join the group on Facebook at www.facebook.com/groups/teamcfcommunity

Being a member of the Team CF community also gives you exclusive access to Cystic Fibrosis Trust's Training Hub from GH Training!

Watch a variety of videos about injury prevention, stretching tutorials and training tips, as well as download training plans specifically for treks.

www.ghtraining.co.uk/login

Email - cft@ghtraining.co.uk
Password - cft2021

Inspiration for your route

Choose a route that suits you and your walkers, and always consider using existing walk routes and paths when planning your walk. you can find information on existing routes at:

- www.ramblers.org.uk
- www.nationaltrail.co.uk
- www.go4awalk.com

If you're going to be walking in the countryside, please take the time to read the Countryside Code before your big day.

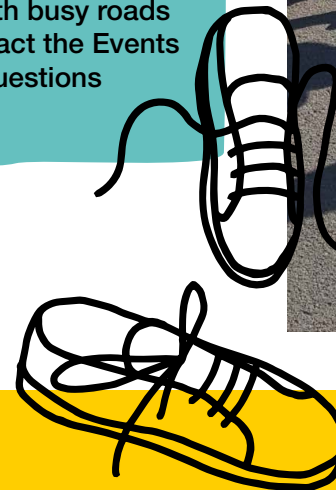
Countryside Code: www.countrysideonline.co.uk/care-for-the-countryside/countryside-code/

CF Centres provide essential care and treatment to people living with CF and are great landmarks to plan your route around. You can find your local CF Centre on our website at www.cysticfibrosis.org.uk/what-is-cystic-fibrosis/cystic-fibrosis-care/specialist-cystic-fibrosis-care



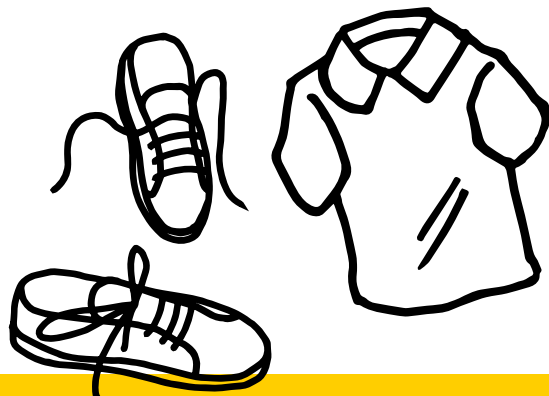
Things to consider

- Check the weather – By checking the weather forecast in the lead up to the big day you can be prepared with what kit you need.
- First Aid – Do you have a qualified first aider in your group? Always make sure you have a fully stocked first aid kit with you.
- Keep hydrated – Carry plenty of water with you and have snacks!
- Check with your local council if you are planning to collect money during your walk – contact your local authority to find out how.
- Assess the risks – Make sure your walk is safe by completing the downloadable risk assessment prior to the walk. Have you thought about any potential issues with busy roads or uneven paths? Contact the Events team if you have any questions regarding this.



Kit list

Items	Necessity
Waterproof outer layers	Vital
Thick socks plus spares	Vital
Lightweight breathable base layer	Vital
Your branded Trust t-shirt	Vital
Suitable footwear	Vital
Warm hats, gloves and thick socks	Dependent on the weather
Walking poles	Optional
Rubbish bags	Recommended
Baby wipes	Recommended
Sugary treats	Recommended
Plasters	Recommended
Anti-bacterial gel	Recommended
Suncream, hats and sunglasses	Dependent on the weather
Water	Vital
Digital camera / mobile phone	Vital



You can create a walking challenge that's right for you – just remember to follow local COVID-19 guidelines. Here's some inspiration for different types of walking challenges:

- Do 10,600 steps every day for a month – one step for every person in the UK living with cystic fibrosis.
- Get a team together to walk 20 laps around your local park.
- Tackle a local hill or mountain.
- Set a distance target that you will reach over an entire month.
- Create a relay between family and friends.
- Feeling creative? Compete with friends to draw the best map picture using a route tracking app like Strava.

If you would like support with preparation for your walk get in touch with Graeme via the Facebook group. And if you need any fundraising materials please get in touch with the Events team on 020 3795 2176 or events@cysticfibrosis.org.uk.