

TEAM GUIDE

TRAINING & FUNDRAISING

27-29 SEPTEMBER 2024

TRAILWALKER

4 PEOPLE | 100KM | 30 HOURS



TRAINING AND FUNDRAISING GUIDE

Welcome to Trailwalker! This guide will help your team prepare for the event. It brings together advice from past walkers and runners, fitness professionals and serving Gurkhas. We've looked into what you should eat, what you should wear, how to train for this epic adventure and how to reach your fundraising pledge with ease. You can also access tips and advice:

on our website: trailwalker.gwt.org.uk

on our facebook group: www.facebook.com/groups/trailwalkeruk

Good Luck Teams!

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COMPULSORY KIT LIST

There are a number of things you'll need to take to keep you safe during Trailwalker. The South Downs Way is very exposed in places and known for unpredictable weather! This list ensures you have the right kit to keep you hydrated, protected from the weather, prepared for night-time walking, and safe in case of emergency.

COMPULSORY ITEMS - PER PERSON	
<input type="checkbox"/>	1 x rucksack
<input type="checkbox"/>	1 x 1 litre water bottle or hydration bladder (full)
<input type="checkbox"/>	1 x head torch + spare batteries
<input type="checkbox"/>	1 x participant number (you'll receive this at registration)
<input type="checkbox"/>	1 x sun hat
<input type="checkbox"/>	1 x whistle
<input type="checkbox"/>	1 x mug or flask (for hot drinks)
COMPULSORY ITEMS - PER TEAM	
<input type="checkbox"/>	1 x Trailwalker Map and Event Guide (you'll receive this at registration)
<input type="checkbox"/>	2 x Ordnance Survey maps (OS Landranger 197 and 198)
<input type="checkbox"/>	1 x compass
<input type="checkbox"/>	1 x notebook and pen (for recording details in an emergency)
<input type="checkbox"/>	2 x mobile phones (for different networks)
<input type="checkbox"/>	1 x first aid kit
<input type="checkbox"/>	1 x survival bag
<input type="checkbox"/>	2 x high-visibility vests
<input type="checkbox"/>	1 x suncream
WEATHER-DEPENDENT ITEMS	
<input type="checkbox"/>	1 x warm hat and gloves
<input type="checkbox"/>	1 x warm fleece
<input type="checkbox"/>	2 x sets of spare clothing (carry one, keep one in Support Crew vehicle)
<input type="checkbox"/>	min 4 x pairs of spare socks (carry one, keep the rest in Support Crew vehicle)
<input type="checkbox"/>	1 x waterproof jacket and trousers

KIT ADVICE

YOUR SUPPORT CREW

You will not need to carry all your kit with you - only carry what you need for each stage and store the rest in your support vehicle. Allow time at each checkpoint to change socks/shoes, refill your water bottle and restock your snacks.

THINK AHEAD

You should have a good idea of how long it will take to complete each section, so if it's likely to get dark, make sure you are carrying your head torch and spare batteries.



BE WEATHER WARY

Check the weather forecast before you leave each checkpoint, but also be aware conditions can change rapidly so think very carefully before you leave your waterproofs behind!



CHOOSING YOUR RUCKSACK

The best rucksacks have padded shoulder straps and a waist belt and chest straps to balance the load. Choose one with side mesh pockets for water bottles and straps for walking poles if you are using them. Use your training walks to check your pack is comfortable and you can easily fit in all your kit.



WONDERFUL WALKING POLES!

Experienced Trailwalkers recommend using walking poles to help spread the weight between your hands and feet, and help you keep your balance when you get tired. If you purchase new poles make sure you try them out on training walks.



HEAD TORCH AND BATTERIES

A head torch is compulsory for the night section, and remember to carry spare batteries or a spare torch. Avoid USB chargeable torches as they may not last through the night!



WATERPROOF YOUR MAP

It is compulsory to carry your Map & Event Guide, as well as OS Landranger Maps 197 & 198. You can purchase waterproof versions of these, or bring a waterproof map bag to keep them dry.



FIRST AID KIT

There will be trained medics on standby across the course. Please remember they are there to deal with emergencies, not to treat minor injuries or blisters. Make sure you have a first aid kit and plenty of tape/plasters in your rucksack.



MOBILE PHONES

Access to mobile networks is limited on parts of the route - we recommend taking mobile phones on different networks to increase your chance of a signal. Make sure you have a timed plan (see page X) so that your Support Crew know roughly when to expect you at each checkpoint.



WHAT TO WEAR

During event weekend and throughout your training be prepared for all kinds of weather conditions, and for the weather to change quickly. You are exposed to the elements along much of the South Downs and may have to deal with cold, rain or extreme heat!

EXTREME WEATHER

- Ensure you have waterproof trousers and a waterproof jacket.
- Pack plenty of spare socks so that you can change at every checkpoint.
- Consider whether you need waterproof shoes/boots.
- Keep spare shoes/boots in the support vehicle.
- Carry a sunhat and suncream.

Make sure that you are carrying the compulsory kit in your rucksack. Don't be fooled by the weather when you set off from one checkpoint – by the time you reach the next one, it could have changed drastically.

LAYER SYSTEM

Layering lets you adapt your clothing to the conditions: if it gets warmer then layers can be removed. At night, or if it rains, you can add layers to stay comfortable.

Base layer

The base layer is critical and should transport moisture away from the skin, dispersing it to the air or outer layers. If moisture is left next to the skin it can create discomfort and will feel cold.

Mid layer

The mid layer works with the base layer, continuing to wick away moisture. It also provides insulation to retain your body's warmth. A lightweight fleece is a good mid layer: it provides warmth and dries quickly.

Outer layer

The outer layer should be a waterproof and breathable jacket with a hood. Make sure you have space to wear a hat underneath.



Be prepared for any weather with a GWT jungle hat or baseball cap!

Buy online or visit our merchandise tent when you register on the Friday evening.

shop.gwt.org.uk

NAVIGATION

NAVIGATING THE ROUTE

The majority of the route is along The South Downs Way which is signposted - but do not rely on these signs alone.

The Map & Event Guide has detailed maps and instructions for each section of the route. You can download it from the website and will receive a printed guide when you register at the event.

We don't provide postcodes for checkpoints or water stations because most checkpoints are on farmland or in rural locations and SatNav will not get you to the exact location.

WHAT3WORDS

The Map & Event Guide uses **what3words** to give you a precise location for each checkpoint. You can download the what3words app on a smartphone.

GET THE MAPS

You will also need Ordnance Survey Landranger Maps 197 (Chichester & the South Downs) and 198 (Brighton & Lewes). Get at least one set for your team so that you can become familiar with the different markings, and practise map reading.

FOOTPATHS AND ROADS

The Trailwalker route covers varied terrain. A lot of it follows tracks and footpaths, but there will be some travel on roads/pavements. Make sure your footwear is suitable for all surfaces.

BRING A COMPASS

There is a chance you might veer off track, especially when you're tired or at night. Bring a compass and learn how to orientate yourself using your map.

SUPPORT CREWS

There is a separate guide for Support Crews which provides maps and instructions for driving to each checkpoint. You can download it from the website and will receive a printed guide when you register at the event.

Please note at some checkpoints there are different entry/exit points for walkers and support crew vehicles.

BE WARY OF SATNAV

For support crews, using postcodes will not get you to the exact location of the checkpoints. Please use the OS map and directions **or** what3words which can be linked to your SatNav.

PLAN AHEAD

When your team has completed their Event Plan (see page 11) you will have an idea of how long they will take to complete each stage and when to expect them at the checkpoint. Then you can be ready with their drinks, snacks and spare kit.

If you can, send one crew member out to meet them on their way in to the checkpoint, it will be a real boost to their morale to see you!



TRAIN ON THE ROUTE

“ We found this really helpful as it means you know what to expect on event weekend – you can recognise landmarks and pace yourself. Plus, the scenery is really beautiful – it's worth it for that alone! ”

- Team Footsore Foursome

NUTRITION

During training with your team you'll learn what foods are best to keep you going. Make a plan for your support crew so they can be ready with food and drinks at each checkpoint. Include some treats to perk you up when you don't feel like a full meal.

One to two weeks before Trailwalker you should be tapering your training and start 'carb-loading' to get your body ready!

DURING THE EVENT

- A cooked breakfast will be provided at the start in the morning - aim to eat one to two hours before you begin walking.
- Drink plenty! You should drink approx. 400ml of water or isotonic drink per hour and more if the weather is hot.
- There will be water available at every checkpoint, plus additional water stations at 80 km and 94 km.
- During the walk, eat a variety of foods, and a mix of fast- and slow-release energies.
- Carry some snacks/ sweets/ energy bars somewhere easy to reach so you can refuel on the move.
- It's important to take on salts as well - make sure you take a mixture of savoury and sweet foods.
- It may get cold, particularly at night - make sure your Support Crew are ready to provide hot drinks such as hot chocolate or soup.
- A hot meal will be provided at checkpoint 7 - you may need to allow extra time here to eat.
- Keep an eye on your team members - are they eating and drinking enough? Remind them to eat - they might just be too tired to think of it themselves.

FAVOURITE TRAILWALKER FOODS

Recent Trailwalker participants recommend these super snacks

- Peanut butter and jam sandwiches
- Cheese wraps
- Bananas
- Oranges
- Flapjack
- Protein bars
- Crisps
- Jelly babies.

AFTER THE EVENT

Even if you are tired, you need recovery food. Carbohydrates and protein will help your muscles recover. Try to eat a meal within one hour of finishing. Remember there will be a fantastic Gurkha curry awaiting you at the finish!



LOOK AFTER YOUR FEET

BLISTER FIXERS!

Blisters are the number one reason participants don't finish Trailwalker. There are many ways you can help prevent blisters, but you need to be prepared to treat them too.

FOOTWEAR

Make sure you have comfortable walking shoes/boots or trail shoes that you have tested in your training.

Bring spare shoes - alternating your footwear helps avoid the build-up of pressure points. Spare shoes also come in handy if your feet get wet.

Top tips from previous Trailwalkers:

- Keep your feet dry by dusting with talcum powder.
- Use petroleum jelly to prevent friction.
- Wear 'liner socks' inside a thicker pair of walking socks.
- Merino wool socks help keep your feet dry by wicking away sweat.
- Wash and dry your feet and change your socks at every checkpoint.

BLISTER CARE

Your first aid kit should include:

- Antiseptic.
- Blister plasters or pads.
- Sterile dressings.
- Scissors.
- Medical tape.

If you develop a blister, treat it straight away to avoid it getting worse.

Cleanse with antiseptic/rubbing alcohol and let it dry naturally.

Do not pierce or remove the skin.

Cover the blister with a sterile dressing and tape. Blister plasters such as Compeed also provide protective cushioning.

CHAFING

After blisters, chafing is the most common discomfort that Trailwalkers experience. Chafing can occur on the inner thigh, groin area, armpits and nipples as a result of friction caused by clothing rubbing against the skin. Here are our top tips for reducing chafing:

SWEAT!

Keep hydrated by drinking plenty of water and isotonic drinks. This will help you to sweat freely. When you stop sweating the remnants dry into salt crystals, which can create friction and cause chafing.

PROTECT

Apply petroleum jelly to areas at risk of chafing.

Tape up or wear fabric plasters over nipples to prevent them from rubbing or bleeding.

WICK AWAY

A base layer can help to prevent chafing, and also helps to wick sweat away from your skin. Synthetic fabrics or wool are best at wicking away moisture.



We have put together a sample training plan for a 100km walk, taking advice from teams who have completed Trailwalker in the past. This is intended as a guide only - your own plan should suit your team, your experience, and availability for training. This plan is aimed at beginners - if you are more experienced or planning to run Trailwalker, you can adapt the plan to increase your mileage.

- Set aside time for training, and recruit family or friends to join you on long weekend walks.
- Build your general fitness by adding walks and cardio workouts such as a run, bike ride or gym workout to your weekly routine.
- Make sure you include adequate rest time in your training plan, to allow your body to recover and prevent injury.
- Include hill training to prepare you for the undulating course.
- Plan at least one training walk with the whole team so you can learn each other's stamina and pace.
- Practice night walks and make sure your head torch is good enough to see the terrain.
- You don't need to cover the whole distance in training but should aim for your longest walk to be at least 40-50km.
- One to two weeks before the event, taper your training so you are well rested for the big weekend.

When you are familiar with your team's pace and time required for rest stops, fill in the **Event Plan** overleaf to work out how long each stage will take you and when your Support Crew will need to be at each Checkpoint.



Find more resources on our website:
trailwalker.gwt.org.uk



Share your training tips and experiences on facebook:
www.facebook.com/groups/trailwalkeruk

TRAINING PLAN

WEEK	MON	TUE	WED	THURS	FRI	SAT	SUN
1		EASY WALK 4-6 km			CARDIO		EASY WALK 8 km
2		EASY WALK 4-6 km		CARDIO			MEDIUM WALK 10 km
3		CARDIO	EASY WALK 4-6 km	CARDIO			MEDIUM WALK 12 km
4		EASY WALK 4-6 km		HILL WALK 6-8 km			MEDIUM WALK 15 km
5		EASY WALK 6-8 km	CARDIO		CARDIO		MEDIUM WALK 20 km
6		EASY WALK 6-8 km		HILL WALK 8-10 km			LONG WALK 25 km
7		EASY WALK 6-8 km	CARDIO	CARDIO		TEAM WALK 20-25 km	TEAM WALK 20-25 km
8		EASY WALK 6-8 km		HILL WALK 8-10 km	CARDIO		LONG WALK 25-30 km
9		EASY WALK 6-8 km		CARDIO		TEAM WALK 25-30 km	TEAM WALK 25-30 km
10		EASY WALK 6-8 km		CARDIO	NIGHT WALK 8-10 km		LONG WALK 30-35 km
11		EASY WALK 6-8 km		CARDIO			LONG WALK 40-50 km
12		EASY WALK 6-8 km		CARDIO	NIGHT WALK 8-10 km		MEDIUM WALK 20 km
13		EASY WALK 6-8 km		HILL WALK 8-10 km			MEDIUM WALK 12 km
14		EASY WALK 6-8 km		HILL WALK 6-8 km			EASY WALK 8 km
15		EASY WALK 4-6 km			EVENT WEEKEND		

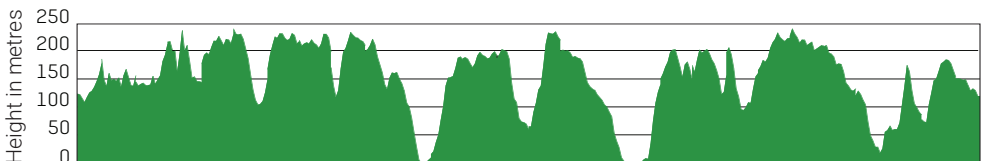
YOUR TEAM EVENT PLAN

Use the Event Planner to work out your time for each stage and how long you will stay at checkpoints. For detailed maps, directions and information about each stage see the **Map & Event Guide**.

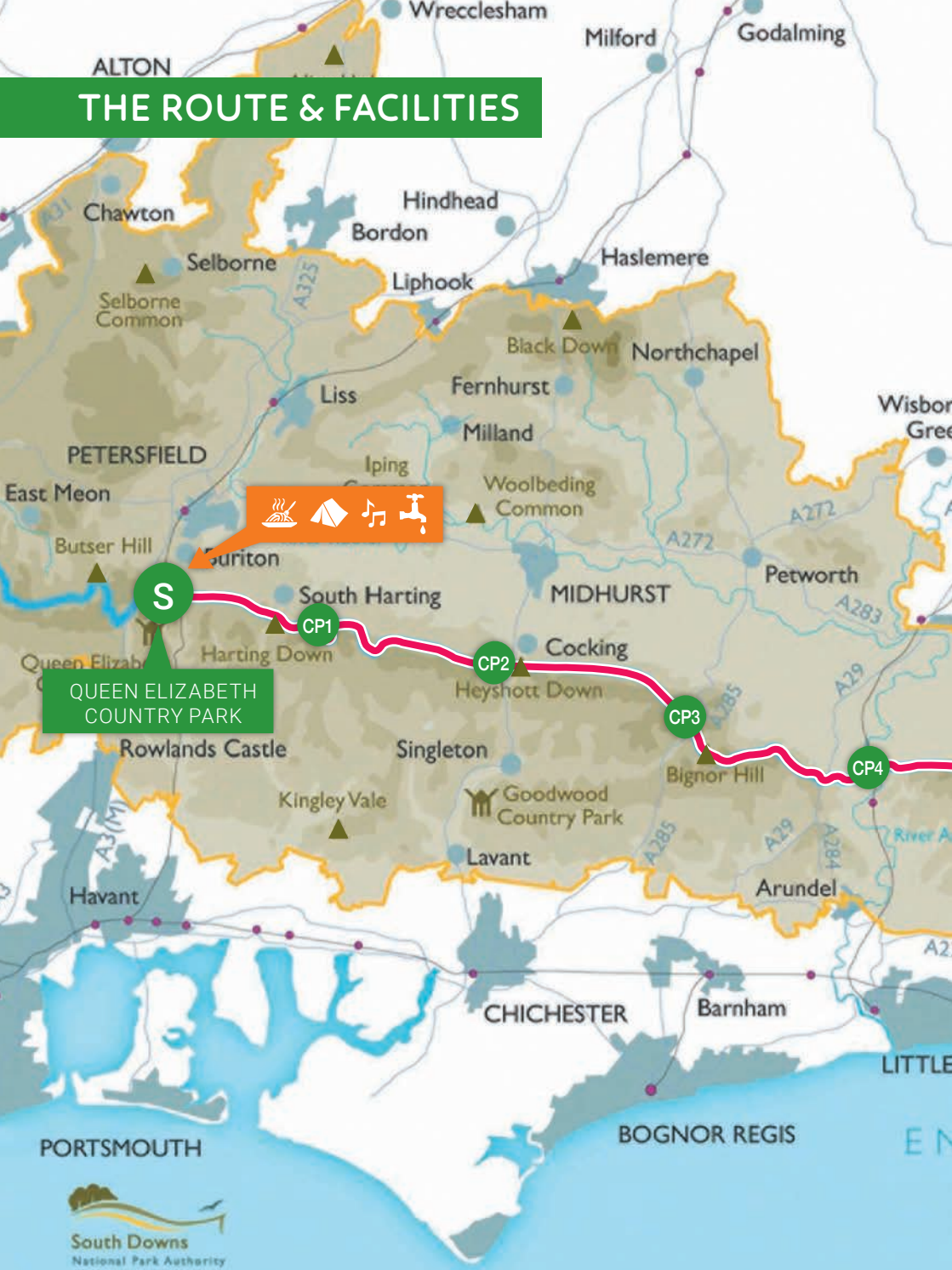
START TIME:

Checkpoint	➔ Distance (km)	⬆️ Ascent (m)	⬇️ Descent (m)	Cum. Dist. (km)	Est. stage time	Arrive at CP clock time	Break	Depart CP clock time
CP1 - Harting Down	9.6	300	210	9.6				
CP2 - Hilltop Farm	10.4	290	390	20.0				
CP3 - Littleton Farm	8.3	190	175	28.3				
CP4 - Houghton	9.3	180	300	37.6				
CP5 - Washington	12.5	280	220	50.1				
CP6 - Botolphs	10.0	210	270	60.1				
CP7 - Devil's Dyke	9.4	330	130	69.5				
CP8 - Jack and Jill	6.9	190	230	76.4				
CP9 - Kingston Hollow	13.8	264	325	90.2				
FINISH	9.8	266	160	100			-	-












ROUTE PROFILE



THE ROUTE & FACILITIES



KEY

- | | |
|--|---|
| S Start |  South Downs National Park |
| F Finish |  South Downs Way |
| CP Checkpoint |  Railway |
|  Hot food available |  Countryside sites |
|  Cultural show |  Settlement |
|  Massage available | |
|  Camping | |
|  Water station | |
|  Showers | |

NB: All checkpoints will provide toilets and water. Support Crew access and parking is available at all checkpoints. Medical Support will be available at all times across the course.



N

0 10 km



HOW YOUR FUNDRAISING HELPS

The money your team raises through sponsorship will go to support the work of The Gurkha Welfare Trust.

We enable people to live with dignity by delivering essential financial and medical aid and work with local communities to provide access to clean water and education.

Supporting Impoverished Gurkhas

We deliver a package of care to Gurkha veterans and widows to ensure they can live with dignity. Our Pensioner Support Teams journey into the hills of Nepal on motorbikes, in 4x4 vehicles and on-foot to pay them a pension, check their health and deliver medication in their own homes.

School Projects

Our schools' programme builds, repairs and improves schools in remote regions of Nepal and in turn provides access to education and a better future for Nepali children.

Clean Water And Sanitation

Our water projects bring clean water and sanitation to remote communities in Nepal. We install individual tap stands and toilets to households and schools.

Medical Aid

We provide an international standard of healthcare and medication to Gurkha veterans and their families, through our regional medical clinics, via home visits by specialist staff and by arranging subsidised treatment at carefully selected national hospitals.

We also provide free Medical Camps for people living in the most remote regions of Nepal - for some this is the only medical treatment they receive.

Earthquake Resilient Homes

It's not if another earthquake hits Nepal, it's when. We are taking pre-emptive action by building earthquake-resilient homes for Gurkha veterans and widows.

Residential Homes

Our two Residential Homes provide round-the-clock care to Gurkha veterans and widows who would otherwise struggle to live alone. With no comparable facility in Nepal, they set the standard of care for the elderly.

With your support, we can continue to provide vital support to Gurkha veterans, their families and communities in Nepal.

THANK YOU

We ask each Trailwalker team to pledge to raise a minimum of £1,200 for The Gurkha Welfare Trust - this works out at just £300 per person. On average most teams raise in excess of £1,800, so we hope that with our help, you can smash your sponsorship target this year!

HERE ARE OUR TOP TIPS:

- **Start early!** Statistically, teams who start fundraising early are much more likely to reach and even exceed their target.
- **Make the most of your online fundraising page.** People are more likely to donate to an online page that has been personalised – add a team photo, description and explain why you are taking on this extraordinary challenge.
- **Share your experiences with your donors.** Keep them updated with your progress, share photos of your training walks and team.
- **Track your training.** Apps like Strava are a great way to keep track of your training miles, and can help boost donations. Post your walk, add some photos, a description and a link to your fundraising page.
- **Make it fun!** Can you do a sweepstake with colleagues or host a curry night? Talk to your team and see what skills and interests you all have and how you could turn these into fundraising opportunities.

Don't forget we're here to help you every step of the way! If you are stuck for ideas...

Visit our online fundraising hub: trailwalker.gwt.org.uk/fundraising/

Get in touch with the Trailwalker team: trailwalker@gwt.org.uk



YOUR ADVENTURE STARTS HERE!



**TRAILWALKER
THIS WAY →**

trailwalker.gwt.org.uk

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