



25km Anti-Slavery Walk Tip Sheet

We're thrilled to have you join us for an exciting day of exploration and fitness as we embark on a journey through the heart of London, visiting various anti-slavery points of interests along the way.

To ensure you have a safe, enjoyable, and comfortable experience, we've put together this tip sheet with essential information and a checklist of items you should bring.

[Here is the webpage for more information and FAQs](#)

Date: Friday 18th October

Start time: 9am

Start Location: Hibbert Gate (Museum of London Docklands)

End time (roughly): 4.30pm

End location: Horse & Groom Belgravia

First and foremost, it is important not to overload yourself on this journey, in order to save your joints and feet. Carry as few items as possible.

The full 25k is expected to take around 8 hours including an hour for lunch & breaks, but it could be less.

- 1. Comfortable Footwear:** Wear well-fitted and well-worn, supportive walking shoes/trainers to keep your feet comfortable and prevent blisters. However far you decide to walk, walking on concrete and tarmac can be hard on your feet. Also ensure that your nails are short before the walk to avoid feet issues.
- 2. Socks:** either through heat or blisters, it's advisable to bring a change of socks. It's also nice to refresh your feet with a different pair at least once. It is advisable to wear toe socks on the day, as these drastically reduce the incidence of blisters. Here is a [link](#) to some good ones.
- 3. Weather-Appropriate Clothing:** Wear layers, so you can adjust to changing temperatures. Bring a lightweight, waterproof jacket in case of rain. Don't forget sunglasses, a hat, and sunscreen to protect yourself from the sun. Who knows what the weather will bring in this country!
- 4. Hydration Supplies:** Bring a reuseable water bottle or a camel pak to stay hydrated throughout the walk, taking small sips as you go. We will be passing shops to buy refills, but this will take time and hold up other walkers, so bring enough to last you until lunch time if you can.
- 5. Snacks:** Pack energy-boosting snacks such as fruit, nuts, or granola bars to keep your energy levels up. Eating little and often is best. We will be stopping somewhere for lunch.
- 6. Personal Identification:** Carry ID and any necessary medical information in case of emergencies.

- 7. Map:** A map of the route will be sent to you, so keep this handy. No one will be walking on their own, but it's handy for several people to be looking at the map.
- 8. Mini First Aid Kit:** Bring a small kit with band-aids, blister pads, and any personal medications you may need. If you need things en route, we can find somewhere as we go.
- 9. Toilets will be** wherever we can find them eg. Starbucks / McDonalds
- 10. Dogs** – even the best-behaved woofers need attention, and we'd like to achieve a consistent pace, so dogs aren't invited this event unfortunately
- 11. Money:** Bring some cash or a card for any purchases or emergencies.
- 12. Backpack:** A comfortable backpack to carry your essentials.
- 13. Traffic:** Please observe all pedestrian signs and warnings and use pedestrian crossing wear possible.
- 14. Emergency contact:** please provide a name and telephone number of your emergency contact to kaz.pritchard@aoec.com by Monday 14th October.

We will have a group Whatsapp, so if anyone will be late, becomes separated or needs assistance, we can communicate via this.

With the right preparation, we'll be ready to enjoy the sights and sounds of the city while achieving your walking goal. We hope to make this 25k walk a memorable and rewarding experience!

Disclaimer

AoEC (Academy of Executive Coaching)

Participant Responsibility Acknowledgement:

1. Fitness and Health: Each participant is responsible for ensuring they are physically fit and able to undertake a 25-kilometre walk or however long they choose to walk. Participants should seek medical advice if they are uncertain about their fitness levels or have any health concerns.
2. Injuries and Medical Emergencies: The AoEC are not liable for any injuries, accidents, or medical conditions that may occur during the walk. Participants must take all necessary precautions to avoid injury and manage their own health.
3. Personal Accountability: Each participant acknowledges that they are participating in this walk at their own risk. The AoEC are not responsible for any loss, damage, or theft of personal belongings.
4. Medical Assistance: Information regarding the locations of nearby chemists and NHS drop-in centres will be provided. It is the participant's responsibility to seek medical assistance if required.

By participating in this event, you agree to the terms outlined in this disclaimer and confirm that you have read, understood, and accepted these conditions.