



Gear

CHECKLIST

Provided here are a series of checklists to assist you in deciding what to wear and bring to the event. However, keep in mind that each individual is unique, so it's highly recommended that you discover what suits you best during your training.

WHAT TO WEAR

- Quick-dry shorts
- Quick-dry top
- Quick-dry underwear
- Waterproof rain jacket with hood
- Socks
- Supportive shoes
- Sunglasses
- Sun hat or cap

WHAT TO CARRY

- 10-20 litre daypack
- Water bottle
- Walking poles; either one or a pair. One pole for more balance and a pair for more body drive and reduced leg fatigue
- Dry bag or plastic bags to keep clothes dry and/or put wet gear in
- Anti-chafing lotion
- Snacks (salty and sweet) and energy food
- Sunscreen
- Personal identification and some money for emergencies
- Personal First Aid Kit

Get ready to conquer The Big S'Cool Walk with these comprehensive gear checklists, you'll be well-equipped to face any challenge that comes your way. So, gear up, rock that event, and get ready to shine and set the standard for the ultimate walking experience.

Event Organisers



Primary Partners



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If you need more guidance or support, don't hesitate to reach out to AB Health & Fitness – our expert trainers are always here to help you prepare for The Big S'Cool Walk!