

## GETTING READY!

### YWALK4WOMEN&GIRLS

I am overwhelmed by the number of people who have expressed interest in YWalking!

Claudia, a YWALKER, suggested that more information, tips, and reminders etc... would be useful. What a GREAT idea! Here are some thoughts:

- YWalk4Women&Girls is a “Self-supported walk” which means that I/You/We are on my/your/our own!
- Ywalk is NOT organized by YWCA Muskoka. It is my idea as a way of sharing information about the realities of the lives of women & girls in Muskoka, raising YWCA Muskoka profile and some funds. This means that there is no insurance associated with this walk.
- Daily transportation to and from start/end point is our own responsibility.
- There will **NOT** be a safety vehicle accompanying us.
- Not camping out – I am going home to my own bed each night!
- Water and Food is mine/ours/yours to provide and carry with you.
- I am planning to carry a daypack for food, water, rain gear if the day looks grey and some personal first aid supplies.
- Suggest that you think LIGHT as you will be carrying EVERYTHING that you take with you!
- The weather can change so again, be prepared. I intend to YWALK rain and/or shine!
- I plan to set out most days about 8:00 am and will post the location and time of the next day’s start on TWITTER, FACEBOOK and the YWCA Website. You are welcome to join me whenever and wherever it works for you. Make sure to wear shoes that you have broken in – new shoes increase the chance of blisters.
- Barb, an experienced YWALKER, recommends smearing your feet with a thin film of VASELINE before you begin YWalking each day. She means thin and she means all over your feet- in between your toes, over the soles, tops and ankles!
- She also recommends thin hiking liners to be worn under your hiking sox.
- Cell phone reception may be iffy in some spots so take that into account as you plan your connections.
- I will be YWALKING FACING traffic so as to be more visible and aware of traffic. AND I will be wearing NEON yellow t-shirts to make myself more visible to on coming traffic.
- I walk at about 4-5 km per hour and will try to keep that pace in order to make sure that I complete this trek!
- I intend to stop every 2 hours or so for 15 minutes. If you are faster or slower we will be able to re-connect at rest points.
- There are NO planned washroom breaks so be prepared!