AmbleGo
Go your own way

DAY WALK

# Head out well prepared

Your checklist for a relaxed day of walking.

Tick what suits your walk, on paper or digitally. Adapt your kit to the duration, route and weather.

Route: _____ Date: _____

## What to wear

- [ ] Shoes and walking socks you have already worn comfortably.
- [ ] Comfortable clothing suited to the temperature and terrain.
- [ ] In sun: a cap or hat and sunscreen; in cold weather: warm accessories.

## What to bring

- [ ] Water and something to eat along the way.
- [ ] Rain protection and an extra layer against wind or cooling down.
- [ ] A charged phone and an accessible route or map.
- [ ] A bank card, some cash and identification.
- [ ] A small first aid kit and personal essentials.
- [ ] Tissues and a bag for your own rubbish.

## Just before you leave

- [ ] Check the weather and any route changes.
- [ ] Check drinking water, rest stops and your journey home.
- [ ] Adjust your backpack and pack only what you need.

**Also useful, depending on your walk**

Power bank and cable, tick remover, sitting mat or walking poles.

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LONG WALK

# A long day on foot

Extra items for the basic list, including Kennedy-Mars preparation.

Use this page alongside the basic list. For an event, always check the latest participant information.

## Pay extra attention to your kit

- [ ] Try your backpack, shoes, socks and clothing on training walks.
- [ ] Pack spare socks and an extra layer in a waterproof bag.
- [ ] Plan food and drink for the distance between refreshment stations.
- [ ] Bring a charged power bank and the right charging cable.
- [ ] Bring lighting and reflective items if walking in the dark.
- [ ] Bring any personal medication and familiar care products.

## For event day

- [ ] Bring your start pass or participant card and required confirmation.
- [ ] Check the start location, time and rules for your distance.
- [ ] Have the official route and practical information available.
- [ ] Arrange travel to the start and back home.
- [ ] Agree plans with your walking partner or the person collecting you.

### What else would you like to bring?

## Kennedy-Mars Sittard

The organiser recommends highly visible, preferably reflective clothing. Check the latest participant information at kennedymars.org.

Practical basis: Wandelnet, “Wandeluitrusting, wat neem je mee?”
Event advice: Kennedy-Mars Sittard, “Lopen in het donker”.

This AmbleGo packing list supplements the official participant information.