



islandwalk.je



# MAIN WALK

## IMPORTANT INFORMATION



### The start

- Official start time: 3:00am on Saturday 15th June 2024 from Elizabeth Ferry Terminal building.
- Please arrive 30 minutes before the official start time to allow yourself plenty of time to be ready for the official start at 3am.
- All walkers should start at the same time since the Checkpoints are geared to open from this start time.
- Don't forget to wear your checkpoint card around your neck and ensure that you have attached the luggage label to your bag.
- At registration, we'll confirm your personal details, and your mobile number (so we can contact you).
- Please keep noise to a minimum during the initial early hours of the walk through town and residential areas.

### SPONSORSHIP MONEY - MOST IMPORTANT!

- With over 1,200 registered walkers, you can all help raise some serious money for local charities - you are undertaking a considerable challenge and we really would like to raise over £100,000 again this year. Please try to make the most of your sponsorship by spreading the word on social media or passing the Official Sponsor Form around family, friends and work colleagues.
- On average, we have found over the years that a large number of walkers raise in excess of £100 each.
- You can hand over your sponsorship to cashiers over the counter at Lloyds Bank in Broad Street, St Helier – just complete the bank payment slip and hand it over with your sponsorship.
- You can also pay money to us direct / online - our Bank details: **Lloyds Bank – Account: 59444068, sort code 30-94-61.**
- Make cheques payable to the **“Around the Island Walk Trust”** and put your walker number on the reverse.
- **Jersey residents only** - As a Jersey registered charity we may reclaim the tax applicable on **any single donation of £50 or more** made by an individual or a company under the lump sum donations scheme. If you have been a resident in Jersey for at least 3 years and pay tax, then please complete the Tax Rebate Form (R10) – the charity is the **“Around the Island Walk Trust”** – if you have queries, please visit [www.gov.je/TaxesMoney/IncomeTax/Charities/Pages/MakingDonation](http://www.gov.je/TaxesMoney/IncomeTax/Charities/Pages/MakingDonation)

### Your baggage

- We can transport your bag between Checkpoints. All walkers should bring one small sized holdall/rucksack for their “on walk” essentials. We can only transport one small bag per walker, so please ensure everything you need fits into your bag. Remember you will have to be able to lift your own bag at Checkpoints, so don't pack non-essentials.
- Ensure your personal luggage label is securely attached to your bag. No harm in marking your bag with your name either.
- We rarely misplace bags, but cannot guarantee it will be there at each Checkpoint, so keep any vital supplies like medication or house keys with you.

### Checkpoints

- You **MUST HAVE YOUR CHECKPOINT CARD SCANNED** at each Checkpoint, so we can track your progress and know that every walker is safe and sound. Failure to do so may cause us to alert the rescue services who will come out looking for you.
- If you lose your personal checkpoint card, inform a Checkpoint Marshal so that your details are recorded and you can be issued with a replacement. If you are not continuing with the walk, please inform a Checkout Marshal, so they can withdraw you.

### What to bring

- Sufficient food and drink, but remember we provide water, juice and crisps at Checkpoints – Thanks to Jersey Water, we will have large water tanks at St. Catherines, Les Fontaines, Le Braye & St. Aubin. Please bring refillable flasks & help reduce the use of plastic.
- Spare clothes / socks / shoes or boots, as well as some wet weather gear if the forecast is poor.
- Personal foot products / first aid products / sun cream and/or sun block and sun hat.
- Torch and reflector - essential for early walk sections that will be in the dark. Whilst there are pavements and streetlights, but each walker has been requested to carry a torch by Police and Parish authorities.

**Remember** the famous bacon butties (and vegetarian equivalent) we provide at St Catherine's Checkpoint, plus a cup of tea or coffee – to encourage you to finish at least the first 11 miles and provide much needed fuel to keep going!

### Safety

- You must drink plenty of fluids throughout the walk - protect your head and use sunscreen or sun block.
- Look after your feet - if your feet, knees or hips are getting too painful **STOP** at the next Checkpoint. If you have to stop between Checkpoints, stay on the route, ask others to relay a message to Marshals and wait – we will send someone to you.

### Litter

- **ONLY 1 RULE ... PLEASE DO NOT DROP ANY!!** Please use disposal points at each Checkpoint and public litter bins along the route. We will use over 10,000 bottles of water alone, so please put empty ones in the recycling bags at each Checkpoint.

### The end

- As you cross the finish line at the Waterfront, head for the large marquee – so you can check in for the final time and have a well-earned drink. You should also be able to get a massage for those sore feet!
- While we hope everyone finishes, we know from experience about 30% may not complete the whole course – If you feel unable to carry on and successfully reach the next Checkpoint **STOP WALKING**. Retire early rather than late. This should help reduce the risk of exhaustion and injury, as well as the need for us to send out a search party for you.

**Finally ...** we wish you all every success on reaching your own personal goals whether it's to finish, or reach a particular Checkpoint - please remember **this is not a race** and enjoy the wonderful views along the beautiful coast of Jersey!

**Any further queries? Visit the FAQs on [islandwalk.je](http://islandwalk.je)**

# GOOD LUCK!

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