



WALKER PACKING CHECKLIST

What to Bring:

- Clothes—7 days' worth
 - ✓ Long sleeved/short sleeved shirts
 - ✓ Pants and shorts
 - ✓ Sweater/fleece
 - ✓ Rain jacket
 - ✓ Socks
- Walking shoes (2 pairs)
- Day pack (lightweight backpack)
- Sleeping bag, Pillow
- Pajamas
- Hat
- Sunglasses
- Sunscreen
- Toiletries and medication
- Emergency cash
- Medical insurance card
- Cell phone and charger
- Camera, extra memory cards, and charger

Luggage:

- Please pack your belongings in a single duffle bag that is well marked with your name on it.

What Not to Bring:

- We urge you not to bring a laptop as the march organizers cannot be responsible for it. We will have a laptop in the motorhome with internet access for your limited use during the march.

What is provided:

- Poncho
- Personalized water bottle
- Bath towels
- Food/lodging
- Laundry
- Air mattress

2404 Wilshire Blvd., Suite 5A, Los Angeles, CA 90057

phone 213-387-0780 | fax 213-387-1158 | email march@Fight4CAFuture.com | www.Fight4CAFuture.com



WALK ACTION POINTERS

Start walking now... not just to lunch... begin regularly walking, build to a 45-minute brisk walk, and then begin increasing that time.

Stretch before you walk... remember older bodies take longer to warm up and become limber... warm up when you begin walking by starting at a relaxed pace and then increasing your pace... swing your arms, roll your head and shoulders... be aware of your posture.

Wear well-fitting, broken-in and supportive shoes for walking, cross-training or jogging... not new or borrowed shoes... not shoes for racquet – court – skate – boating – sprint sports.

Bring plenty of white cotton socks... lots of changes... carry a couple of pairs in your back/hip pack... Most of us are desk jockeys, more than we like to think... consider lightly vaselining your feet before putting on your socks... this lessens friction and cuts down on the wear and tear of hard walking (think of a boxer's face).

Wear loose-fitting and light-colored clothing... long sleeves and pants are better... besides burning, exposed skin dehydrates much faster (think Bedouin).

Cover your head... preferably with a broad-brimmed and light-colored hat (think Emiliano Zapata).

Irrespective of your complexion, wear sunscreen... 15-SPF at a minimum, 30-plus all the better... reapply throughout the walk day.

Avoid dehydration by drinking plenty of water... don't start after walking begins... start slugging it back at least an hour before walking... carry water with you... drink water throughout the day... fitness/electrolyte drinks are good... coffee and caffeinated drinks can dehydrate you.

Carry your prescription medicine on you, enough to cover all the days of the event.

Have your key medical information on your person... consider tucking it, and your emergency contact info, behind your photo I.D. and along with your insurance card.

If something hurts, let the right person(s) know... don't tough it out because whatever ails you might get worse without attention... the march only moves as fast as the slowest walker, you end up just slowing up everybody... if it hurts bad enough, take a break, and stop walking... there will be vans that can transport you... ... play it smart and listen to your body.

Maintain focus and avoid accidents... it's easier than you might think to relax into a brain lull... concentrate on who is in front, beside, and in back of you – that you're coming to an

2404 Wilshire Blvd., Suite 5A, Los Angeles, CA 90057

phone 213-387-0780 | fax 213-387-1158 | email march@Fight4CAFuture.com | www.Fight4CAFuture.com



intersection – cracks in the sidewalk or telephone poles – instructions from march staff or local enforcement.

Celebrate the action by having fun... sing... chant... mix it up... tell jokes... take photos... hold conversations with persons from other unions and community organizations.

2404 Wilshire Blvd., Suite 5A, Los Angeles, CA 90057

phone 213-387-0780 | fax 213-387-1158 | email march@Fight4CAFuture.com | www.Fight4CAFuture.com