

My checklist to success

Location

- Location – Decide where the walk will be held
- Check with the local council/s – Do I need permission to hold event?
- Accessibility – Is this required for my route?
- Check for road closures
- Am I walking over private land? If yes seek permission
- Make note of rest areas and toilets on the route



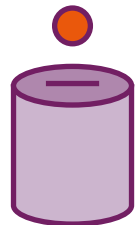
Safety and legalities

- First Aid – Do I have someone attending who is First Aid trained, or do I have a First Aid kit for the day?
- Risk Assessment – Must be completed and maintained
- Insurance – Do I require additional insurance for my walk?
- Signage – Is signage needed along my route?
- Food – I've checked hygiene regulations at food.gov.uk



Fundraising

- Set up my JustGiving page and start fundraising here: www.justgiving.com/campaign/mymswalk2019
- Matched funding – Will my employer match my fundraising total?
- Send in any offline donations
- Remember to get permission from my local council if I want to collect money on the route.



Sharing my story

- Contact the media
- Share on social media
- Tell all my family, friends and workmates
- Check out the MS Walk website for resources to help promote: www.mssociety.org.uk/my-ms-walk



On the day

- Check the weather and make sure I'm prepared for anything
- Make sure to include an on the day briefing before beginning the walk
- If I have a large number of people, designate a front and back marker to ensure no one gets lost or left behind
- If there are any difficult parts of the route, consider having a marshal or steward
- Consider hydration and food along the route – Ensure people bring their own or provide
- Ensure everyone wears comfy clothing
- Take lots of photos and share on social media
- Hand out medals (and optional hugs!) to everyone that takes part



Our MS Walk team are here to help every step of the way. If you have any questions email us at mswalk@mssociety.org.uk or call 0300 500 8084