



## PREPARATION & TRAINING



### Preparation

The Oxfam Trailwalker is not an easy event, so participants must have a reasonable level of fitness, good planning and adequate training. Attending a first aid course together with your teammates is also recommended.



### The Team Leader

Good communication and thorough understanding among team members are essential to avoid any disputes due to differences in expectations. The team leader in particular plays an important role in terms of preparing and coordinating before and after the event, and is required to:

1. Confirm the team members as soon as possible and confirm that teammates are ready to commit the time and resources required to prepare for and attend the event.
2. Work out a training schedule with teammates and set training targets for the team according to the team's training progress.
3. Put together a support team and ensure other preparations are in place as well as the supporting plan and schedule.
4. Keep teammates and support team informed of the information provided by the Organiser.
5. Collect all donations after the event and send them to Oxfam by 18 December 2018.



Photo: chris@Run-Pic





# SUGGESTED CHECKLIST



## Checklist Suggested by Experienced Walkers

### Essentials

- |   |   |
|---|---|
| <input type="checkbox"/> ID Card / Passport                                 | <input type="checkbox"/> Reusable Bottle / Cup / Container                            |
| <input type="checkbox"/> Cash (Reasonable Amount)                           | <input type="checkbox"/> Fully Charged Mobile Phone                                   |
| <input type="checkbox"/> Sufficient Water                                   | <input type="checkbox"/> Spare Phone Batteries / External Battery Pack                |
| <input type="checkbox"/> High-energy Snacks<br>(Glucose Tablets, Chocolate) | <input type="checkbox"/> Mosquito Repellent   |
| <input type="checkbox"/> Towels   | <input type="checkbox"/> Tissue Paper   |
| <input type="checkbox"/> Hiking Pole  | <input type="checkbox"/> Whistle (In Case of Emergencies)                             |
| <input type="checkbox"/> Spare Clothes                                      | <input type="checkbox"/> Painkillers, Diarrhoea Medicine                              |
| <input type="checkbox"/> Spare Socks  | <input type="checkbox"/> Plasters / DuoDERM   |
| <input type="checkbox"/> Insoles  | <input type="checkbox"/> First Aid Kit  |
| <input type="checkbox"/> Blister Pad  | <input type="checkbox"/> Compass  |
| <input type="checkbox"/> Windbreaker / Rain Jacket                          | <input type="checkbox"/> Maps Marked with the Oxfam Trailwalker Route and Checkpoints |

### Protection from the Sun / Heat

- Ventilable Sun Hat with Brim / Umbrella
- Sunglasses
- Sunblock
- Lip Moisturiser with SPF
- Fan

### Night Time

- Warm Clothing
- Torch / Headlamp
- Spare Bulbs and Batteries
- Radio
- Anti-chafing Cream

### For Support Teams

- |   |  |
|---|--|
| <input type="checkbox"/> Food, Drinks and Reusable Utensils           | <input type="checkbox"/> Mosquito Repellent                                    |
| <input type="checkbox"/> Massage Cream                                | <input type="checkbox"/> Camping Lantern                                       |
| <input type="checkbox"/> Spare Clothes for Team Members               | <input type="checkbox"/> Fully Charged Mobile Phone                            |
| <input type="checkbox"/> Spare Hiking Shoes for Team Members          | <input type="checkbox"/> Batteries   |
| <input type="checkbox"/> Sunblock                                     | <input type="checkbox"/> Full First Aid Kit                                    |
| <input type="checkbox"/> Blankets, Space Blankets or<br>Sleeping Bags | <input type="checkbox"/> Rubbish Bags  |
|   | <input type="checkbox"/> Oxfam Trailwalker Parking Permit for the Finish Point |
|   | <input type="checkbox"/> Oxfam Trailwalker Information Booklet                 |





---

## TRAINING

---

1. Make sure you are acquaint yourself with the route through practice walks, particularly sections where you will be walking in the dark. The trail is clearly marked on the countryside maps of Sai Kung & Clear Water Bay, North East & Central New Territories and North West New Territories. These maps are available at the following Map Publications Centres:

- 23/F, North Point Government Offices, 333 Java Road, North Point, Hong Kong (Tel. 2231 3187)
- 382 Nathan Road, Yau Ma Tei, Kowloon (Tel. 2780 0981)

For the locations of CPs, please refer to P.30-33 or to the Oxfam Trailwalker Google Map on the Oxfam Trailwalker website. Always take a map and a compass with you when practising.

2. Start practising NOW! Walk at least once a week for a minimum of four to six hours (about 15-25 km). Plan a schedule with your teammates and stick to it. However, if weather conditions are unfavourable (e.g. rain, thunderstorms, or high temperatures coupled with high humidity) on the day of your training session, you should consider changing the route or even suspending practice. Since the rules require that team members stay together along the trail, it is advisable that all members practise walking at a similar speed.
3. You are recommended to increase the distance and / or time of your walks slightly every time you practice. All walks should include some hill work and rough cross-country sections. Please also bear in mind that a large part of the trail is on concrete paths or roads and so you will also need to train on hard surfaces. By the end of the training period, you should be comfortable with walking continuously for 10-11 hours without difficulty.
4. Please make sure you have sufficient food and water with you. Dehydration is a real risk and can result in serious injury or even death. The intake of appropriate levels of sodium (i.e. salt) is also recommended.
5. As part of your training, choose a weekend to practise night hiking. Distance, terrain and direction can feel very different in the dark, and walking on rough terrain while using a torch is a skill that needs to be practised. Predict which sections of the trail you will be walking at night and choose them to practise night hiking.
6. If support members or friends join any of your practices, be sure that they are sufficiently prepared as well to ensure their safety and that they can enjoy the walk.
7. As the event draws near, perhaps prior to the last two weeks before the event, try walking about 8-10 hours over both days. This will help you get accustomed to walking when you are feeling stiff and tired. However, remember to allow your muscles to relax two weeks before the event.
8. For those who want to complete the route with as little discomfort as possible, a short run everyday will serve as additional basic training in strength and fitness.
9. Tired muscles start to stiffen after long rests. Shorter, more frequent stops are more advisable during the event.
10. Warm up before you start the event and after subsequent rests. This will enhance the flexibility of your body.
11. Letting the slowest teammate set the pace is a good tactic to finish as a whole team.



## TRAINING



### Mind Your Feet

1. Wear a pair of good hiking boots or running shoes. Make sure your feet are well adapted to them before the event by wearing them on practice walks.
2. Experienced walkers have found that double socking helps enormously. Some walkers recommend wrapping the feet with adhesive bandages while others suggest that you massage your feet with Vaseline prior to walking. Try these during your training sessions and pick what works best for your feet.
3. A pedicure a week before the event will help you avoid toe injuries when going downhill.
4. Changing socks as often as possible can help prevent blisters. Never try to remove a blister; instead, place a plaster over it.



### What to Wear and Carry

1. Plan what you are going to carry and what others will carry, then take turns carrying your shared items. Let your support team bring the rest to support points.
2. It is most important that you carry sufficient water and warm clothes.
3. Plan what to wear, remembering that the weather can change dramatically during the event. You will need warm clothing to change into, especially if your clothes become wet.
4. Even in November, daytime temperatures can reach as high as 30°C. A hat or an umbrella and sunglasses are essential for protection from the sun.
5. A reliable hiking pole can be very helpful for long walks like this.
6. Water provides ideal rehydration but occasionally, a sweeter energy drink makes all the difference to deflating spirits and tired legs. Lightweight, high-energy bars or pieces of fruitcake are also helpful. However, fatty and high-protein foods should generally be avoided.
7. Knee and ankle bandages are useful for preventing injuries to muscles, ligaments and joints.
8. Basic first aid will be provided at CPs. It is recommended that you also bring your own first aid kit and medicine in case of injuries or emergencies on the trail.



Photo: Jan Lau@Run-Pic

You are strongly advised to purchase your own insurance prior to participating in the event.

Get yourself well-prepared for the trail!





## FOOD & WATER

Water and the following refreshments will be provided at the Start Point, CPs and the Finish Point (The items are subject to change. The finalised list of food and drinks will be sent to team leaders in November). The items will only be available while stocks last.

Location	Water (in dispenser)	Hot Drink / Cereal#	Soup	Bread	Chinese Soup & Siu Mai*	Cup Noodles	Fruit	Udon & Japanese Rice Balls*	Bottled Water	Tri-go Bar & Energy Gel / Energy Drink*	Pocari Sweat (in dispenser)
Start Point	✓									8 packs of Bars & 4 packs of Gel for each team	
CP1									✓		
CP2	✓	✓	✓	✓			✓				✓
CP3	✓	✓	✓	✓							
CP4	✓	✓	✓	✓	✓						
CP5	✓						✓				
CP6	✓	✓	✓	✓				✓		Energy Drink	
CP7	✓	✓	✓	✓		✓					
CP8	✓	✓	✓	✓			✓				
CP9	✓	✓	✓	✓							
Finish Point	✓	✓	✓	✓							

\*Only served at a certain time while stocks last.

#Either a hot drink or cereal will be served at some CPs.



### Water Stops

The Organiser will also provide drinking water and sports drinks at the following locations:

Location	Location Details	Opening Hours
At the end of the High Island Reservoir East Dam	Close to distance post M018, between the Start Point and CP1	09:00 to 20:00, 16 November
Near the helipad at the foot of Needle Hill	Close to distance post M130, between CP6 and CP7	From 15:00, 16 November to 01:00 on 18 November



### Food Truck

Hung Fook Tong's food truck will operate from 8 am to 10 pm on 17 November (Saturday); you can pay by cash or Octopus Card.



## SUGGESTED TIMETABLE

ESTIMATED WALKING TIME FROM START POINT TO EACH CP							
CP1	2 hrs 20 mins	3 hrs	3 hrs 15 mins	3 hrs 30 mins	4 hrs	4 hrs	6 hrs
CP2	3 hrs 35 mins	4 hrs 35 mins	5 hrs	5 hrs 45 mins	6 hrs 30 mins	7 hrs	9 hrs 15 mins
CP3	5 hrs 15 mins	6 hrs 55 mins	7 hrs 45 mins	9 hrs	10 hrs	11 hrs	14 hrs
CP4	7 hrs 20 mins	9 hrs 30 mins	11 hrs 15 mins	13 hrs 30 mins	15 hrs	17 hrs	21 hrs 30 mins
CP5	8 hrs 50 mins	11 hrs 10 mins	13 hrs 45 mins	16 hrs	18 hrs	20 hrs 30 mins	25 hrs 30 mins
CP6	9 hrs 45 mins	12 hrs 15 mins	15 hrs	17 hrs 30 mins	19 hrs 30 mins	22 hrs	28 hrs 10 mins
CP7	11 hrs 35 mins	14 hrs 30 mins	17 hrs 30 mins	21 hrs 30 mins	24 hrs 30 mins	27 hrs 30 mins	34 hrs 10 mins
CP8	12 hrs 55 mins	16 hrs 35 mins	20 hrs 15 mins	24 hrs 30 mins	28 hrs	32 hrs	38 hrs 10 mins
CP9	14 hrs	18 hrs 15 mins	22 hrs 30 mins	27 hrs	31 hrs 30 mins	36 hrs	41 hrs 30 mins
Estimated Finishing Time							
Finish Point	15 hrs	20 hrs	25 hrs	30 hrs	35 hrs	40 hrs	45 hrs

This timetable is for reference only. Each team should plan its schedule according to the physical fitness of its team members and the time they intend to spend at each CP.



## SUPPORT TEAMS

A good support team can make a huge difference in an event like the Oxfam Trailwalker. Leaders of support teams are advised to attend the Organiser's briefings.



### Good planning and communication: a recipe for success

1. Support team members should familiarise themselves with the trail beforehand. Prior to the event, walkers and their support teams should survey all support points to ensure they know exactly where to meet.
2. You should have a map showing the precise location of the CPs and a timetable showing your team's estimated time of arrival at each CP. (Please refer to P.43 for the suggested timetable for walkers.) You can also refer to the Oxfam Trailwalker online tracking system.
3. Plan what you will carry (please refer to P.39 'Suggested Checklist'). We suggest that walkers avoid drinking alcohol during the event or at the Finish Point as they might have an allergic reaction after having walked for hours.



### Be prepared

1. CPs can be very cold at night, so you are advised to wear warm clothes. You should also bring a torch. Some CPs can be very crowded, so please be patient and be prepared to wait.
2. It is also important that support team members have sufficient food and drink as well as other essentials if they wish to accompany the participating team to walk for a certain section. Please avoid blocking other participating teams on the trail and give way to other teams when appropriate.
3. For the sake of fairness, support teams are not allowed to provide any physical assistance to participants, such as pushing the participants forwards.



### Traffic arrangement at CPs

The number of support team members and vehicles have increased in recent years. While it is good to see growing support for the event and its participants, we have received complaints about the inconvenience large crowds have brought to villagers and other people on the trail. Therefore, we strongly urge support teams to avoid driving to CPs.

A free shuttle service will be provided at the following locations:

- Between the Start Point at Pak Tam Chung and CP2 from noon to 22:00, 16 November.
- Between the Tsuen Wan MTR Station to CP8 from 16:00, 16 November, to 23:00, 17 November
- Between the Finish Point at Tai Tong and the Yuen Long MTR Station from 07:00, 17 November, to 14:30, 18 November





## MEDICAL TIPS

The Kowloon Central Cluster Voluntary Medical Team provides first aid and emergency medical treatment along the 100 km trail during the Oxfam Trailwalker. At each of the 11 CPs (including the Start and Finish Points), our volunteer doctors and nurses will provide medical treatment for injured participants. However, please note that they will not provide massages or tape participants' feet.



### Common problems walkers encounter:

#### 1. Foot blisters

We normally leave small blisters intact if they are not too problematic. However, we usually drain bigger blisters and cover them with a dressing to reduce pain and friction. You might need to change the dressing if it becomes soaked or detached.

#### 2. Knee pain

Knee pain can be caused by either overuse or a sprain. RICE (rest, ice, compression, elevation) is the initial treatment. We provide analgesic balm and oral analgesia (if you are not allergic to it) at the medical tent. We may also provide an elastic bandage for you to better support your knee. If symptoms are severe, please consider withdrawing from the event.

#### 3. Exhaustion

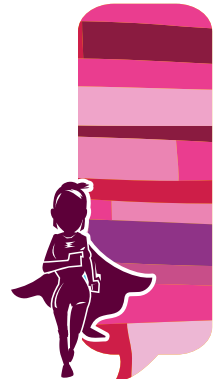
Exhaustion can be physical and / or mental. Preparing yourself for different conditions during your training will help you overcome these difficulties during the event. Weather variations can have adverse effects on your body. It may be hot and humid during the day but suddenly turn cold and windy at night. Appropriate clothing and dietary support will help reduce these adverse effects on your body.

#### 4. Muscle cramps

Although the cause is still not fully understood, muscle cramps are not caused by sodium depletion, which was once thought to be the reason. As such, we do not recommend that walkers take salt tablets as they may cause stomach irritation and vomiting. Instead, proper rest, adequate fluid replacement and stretching can provide relief.

#### 5. Fainting

There are many causes but dehydration is one of the main reasons. Make sure you are adequately hydrated throughout the event. We do not recommend consuming alcohol after finishing the event, as there have been instances where walkers have fainted after doing so. This may have been caused by a combination of dehydration and vasodilatation from the alcohol, resulting in a sudden drop in blood pressure.





## SAFETY

Special arrangements may need to be made during the event due to adverse weather conditions or other unpredictable occurrences. In such instances, the Organiser will inform walkers of arrangements by text message (SMS).



### Heat stroke

A heat stroke occurs when the body is unable to regulate its temperature at high temperatures. Sufferers often feel hot, dizzy and uneasy, and in serious cases, go into shock and become unconscious. Should this happen, lower the sufferer's body temperature and seek medical assistance right away.

**Safety guidelines:** Drink plenty of water and take good rests during the hike. Try to avoid being in the sun for too long.

**Emergency measures:** Move the person suffering from heat stroke to a cool, shaded place. Loosen their clothing and help them lie down with their feet elevated. Give them lots of fluids if they are conscious. Give the sufferer plenty of space and use other body-cooling techniques like fanning, wetting their clothing and immersing their body in water, until the symptoms disappear.



### Hypothermia

A rapid drop in temperature due to a lack of sufficient clothing in a cold place or sudden rain can cause hypothermia. This can happen even in the summer; symptoms include fatigue, exhaustion, clammy skin, stumbling, shivering, muscle spasms, stammering and hallucinations.

**Safety guidelines:** Get a good night's sleep before the event. Rest at intervals. Do not overstrain yourself.

**Emergency measures:** Remove wet clothing right away. Cover the head, face, neck and body with clothing to keep warm. Consume hot drinks and high-calorie food to maintain body temperature.



### Lightning

Lightning normally strikes at the highest point of an object and the electric current is conducted to the ground via the least resistant path. Hikers hit by lightning may suffer from muscle spasms, scalding, suffocation and cardiac arrest.

**Safety guidelines:**

Listen to the weather forecast. Avoid hiking when weather conditions are unstable, especially when the thunderstorm warning signal is hoisted. Wear shoes or boots with rubber soles outdoors.

**Emergency measures:**

- Do not stand on top of a hill or near any object with high conductivity. As trees and poles can easily be struck by lightning, remember to stay far away from these objects.
- After lightning strikes an object, its electrical current will spread through the ground. Therefore, avoid lying on the ground, especially on ground that is wet. Squat and minimise your area of contact with the ground as much as possible.
- Do not touch any wet objects.
- Stay away from iron fences or other metal objects. Remove all metal objects (e.g. gold ornaments) from your body and do not use a mobile phone.
- Do not touch antennas, water pipes, iron mesh or other similar metal installations.
- Do not touch inflammable materials, such as kerosene or liquefied petroleum gas.
- Be wary of strong winds as they may be a sign of an oncoming thunderstorm.
- Take shelter in a building whenever possible.



Walkers should stay at CPs if the thunderstorm warning signal is hoisted. CP staff reserve the right to prevent walkers from proceeding until the signal is cancelled.



## SAFETY



### Hill fires

Hill fires advance rapidly upward and windward on steep grassy slopes in dry weather. Never underestimate their devastating power. Hill fires are difficult to detect in sunlight. Always pay attention to flying ash or a burning smell. If a hill fire is spotted, leave the scene right away.

**Safety guidelines:** Except at designated barbecue sites or campsites, never light a fire within country parks. Smokers should refrain from smoking. All cigarette stubs or matches should be completely extinguished before discarding them in litter bins. It is difficult to assess the speed at which a hill fire spreads. Never risk continuing your journey if there is a fire nearby or you may get trapped in the fire.

**Emergency measures:** Stay calm and do not panic. Never attempt to put out a hill fire by yourself. Escape to a place with less vegetation, but avoid moving in the direction of the prevailing wind. If the fire is close and there is no way out, you should cover your exposed skin with wet clothing and then make for the burnt area. This can reduce the risk of injury.



### Mountain torrents

Mountain torrents can occur after downpours. Small streams may develop into torrents of sufficient strength to wash hikers away.

**Safety guidelines:** Stay away from streams and stream beds especially at their lower reaches during and after downpours. Never attempt to cross submerged bridges. Rapid flows and muddy water are early signs of torrents. Leave the water course without delay.

**Emergency measures:** If you fall into a rapid flow, grip onto the rocks, branches or vines near the banks. Try to get ashore and leave the river course right away.



### Landslides

Landslides may occur when a large amount of rainwater has soaked a natural or man-made slope during a downpour or after a few days of heavy rain.

**Safety guidelines:** Avoid going near or staying around steep slopes. The emission of a large quantity of muddy water from the base or from the weep holes of a slope indicates that the slope is saturated with water. Exposure of the inner soil of the slope and the appearance of new cracks on the slope are early signs of a landslide. Keep away from such slopes. Do not proceed by stepping onto the loose mud if a landslide blocks your way; instead, you should retreat or seek a safer route immediately.

**Emergency measures:** Do not attempt to rescue anyone buried in a landslide. You should call the Organiser and dial 999 for help to avoid causing more casualties.



### International distress signals

Send out six long signals within one minute; pause for one minute and repeat. Do not stop until the rescue team comes (continue with the signals even if the rescue team has spotted you from a long distance as your exact position has to be identified).

**Ways of sending signals:**

- 1) Blowing a whistle
- 2) Reflecting light with a mirror or metal sheet
- 3) Flashing your torchlight at night
- 4) Waving colourful or shiny clothes to attract attention



The Organiser advises all participants to read the information about country parks and hiking trails on the Agriculture, Fisheries and Conservation Department webpage carefully: [www.afcd.gov.hk/english/country/cou\\_vis/cou\\_vis.html](http://www.afcd.gov.hk/english/country/cou_vis/cou_vis.html)