



SUGGESTED TIMETABLE

ESTIMATED WALKING TIME FROM THE START POINT TO EACH CP

CP1	2 hrs 20 mins	3 hrs	3 hrs 15 mins	3 hrs 30 mins	4 hrs	4 hrs	5 hrs
CP2	3 hrs 35 mins	4 hrs 35 mins	5 hrs	5 hrs 45 mins	6 hrs 30 mins	7 hrs	8 hrs 25 mins
CP3	5 hrs 15 mins	6 hrs 55 mins	7 hrs 45 mins	9 hrs	10 hrs	11 hrs	12 hrs 55 mins
CP4	7 hrs 20 mins	9 hrs 30 mins	11 hrs 15 mins	13 hrs 30 mins	15 hrs	17 hrs	19 hrs 10 mins
CP5	8 hrs 50 mins	11 hrs 5 mins	13 hrs 35 mins	15 hrs 50 mins	17 hrs 50 mins	20 hrs 15 mins	22 hrs 50 mins
CP6	9 hrs 45 mins	12 hrs 5 mins	14 hrs 15 mins	17 hrs 10 mins	19 hrs 10 mins	21 hrs 35 mins	24 hrs
CP7	11 hrs 25 mins	14 hrs 15 mins	17 hrs 10 mins	21 hrs 5 mins	24 hrs	26 hrs 55 mins	30 hrs
CP8	12 hrs 40 mins	16 hrs 15 mins	19 hrs 50 mins	24 hrs	27 hrs 25 mins	31 hrs 20 mins	35 hrs
CP9	13 hrs 40 mins	17 hrs 50 mins	22 hrs	26 hrs 25 mins	30 hrs 50 mins	35 hrs 15 mins	39 hrs 30 mins

ESTIMATED FINISHING TIME

FINISH POINT	15 hrs	20 hrs	25 hrs	30 hrs	35 hrs	40 hrs	45 hrs
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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 checkpoint. **YOU CAN ALSO REFER TO THE OXFAM TRAILWALKER ONLINE TRACKING SYSTEM FOR LATEST ARRIVED CHECKPOINT.**





VAUDE

The Spirit of Mountain Sports

FROM GERMANY

**ALL APPAREL
0% PFC
▪
100% LOVE
OF NATURE**

**2019. OFFICIAL
GEAR**



VAUDE HK FACEBOOK



SUGGESTED CHECKLIST



CHECKLIST SUGGESTED BY EXPERIENCED WALKERS

ESSENTIALS

- | | |
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| <ul style="list-style-type: none"><input type="checkbox"/> ID Card / Passport<input type="checkbox"/> Cash (Reasonable Amount) / Octopus<input type="checkbox"/> Sufficient Water<input type="checkbox"/> High-energy Snacks (Glucose Tablets, Chocolate)<input type="checkbox"/> Towels<input type="checkbox"/> Hiking Pole<input type="checkbox"/> Spare Clothes<input type="checkbox"/> Spare Socks<input type="checkbox"/> Insoles<input type="checkbox"/> Blister Pad<input type="checkbox"/> Windbreaker / Rain Jacket | <ul style="list-style-type: none"><input type="checkbox"/> Reusable Bottle / Cup / Container / Utensils<input type="checkbox"/> Fully Charged Mobile Phone<input type="checkbox"/> Spare Phone Batteries / External Battery Pack<input type="checkbox"/> Mosquito Repellent<input type="checkbox"/> Tissues Paper<input type="checkbox"/> Whistle (In Case of Emergencies)<input type="checkbox"/> Painkillers, Diarrhoea Medicine<input type="checkbox"/> Plasters / DuoDERM<input type="checkbox"/> First Aid Kit<input type="checkbox"/> Compass<input type="checkbox"/> Maps Marked with the Oxfam Trailwalker Route and Checkpoints |
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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

- | | |
|--|--|
| <ul style="list-style-type: none"><input type="checkbox"/> Food, Drinks and Reusable Utensils<input type="checkbox"/> Massage Cream<input type="checkbox"/> Spare Clothes for Team Members<input type="checkbox"/> Spare Hiking Shoes for Team Members<input type="checkbox"/> Sunblock<input type="checkbox"/> Blankets, Space Blankets or Sleeping Bags<input type="checkbox"/> Mosquito Repellent | <ul style="list-style-type: none"><input type="checkbox"/> Camping Lantern<input type="checkbox"/> Fully Charged Mobile Phone<input type="checkbox"/> Batteries<input type="checkbox"/> Full First Aid Kit<input type="checkbox"/> Rubbish Bags<input type="checkbox"/> Oxfam Trailwalker Information Booklet |
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FOOD AND 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 *	800 ml 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 hot drink or cereal will be served at some checkpoints



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 – 20:00, 15 November
Near the round-about at the foot of Needle Hill	Close to distance post M130, between CP6 and CP7	From 15:00, 15 November to 01:00 on 17 November



LOVE THE ENVIRONMENT

There will be over 10,000 participants, support team members and volunteers on the MacLehose Trail and other paths during the Oxfam Trailwalker event. To protect the wildlife and natural environment, here are some low carbon tips for you to consider:

DO NOT LITTER; BRING YOUR RUBBISH TO URBAN AREAS FOR DISPOSAL AND TRY YOUR BEST TO REDUCE WASTE.

- Water is one of the most valuable resources on earth, and so please consume water responsibly. **Do not use drinking water provided at the CPs to wash your body or hair.**
- **Both BPA-free and stainless steel bottles are safer and more reliable.** It is recommended that you use these as water containers instead of plastic bottles.
- Participants should be fully equipped for the Oxfam Trailwalker challenge. When selecting sportswear, it is recommended that **you opt for products made from recycled materials.** A lot of sportswear manufacturers are implementing the idea of environmental protection into their product designs, so do try to ask for more information when making your purchase.
- Nuts, cereals and soy products are ideal low carbon products. Not only can they provide extra energy and amino acids, their proteins are also readily absorbed by the human body.
- **Please use public transport to travel to the Start Point and the support areas** as much as possible. This saves you money and reduces gas emissions to make our environment greener!

SPECIAL THANKS TO SGS FOR PROVIDING THE ABOVE TIPS.





GREEN⁴ TRAILWALKER

We believe you, being lovers of the great outdoors, will support our call to reduce waste.

TIPS ON MINIMISING WASTE

- **PLAN YOUR JOURNEY. GOOD PLANNING CAN MINIMISE THE GENERATION OF WASTE.**
- **REDUCE THE USE OF DISPOSABLE ITEMS.**

- **REMEMBER TO BRING YOUR OWN BOTTLE / CONTAINER IF YOU WOULD LIKE TO ENJOY THE DRINKS WE WILL PROVIDE DURING THE EVENT**
 - Disposable cups will not be provided at the Start Point, Finish Point, or any of the CPs. Participants are highly encouraged to bring their own bottles / cups / containers to enjoy the drinks and food we provide.
 - To reduce plastic waste, refilling water stations will be available at the Start Point, Finish Point and all CPs. Please make sure you have a bottle / container that you can use along the trail.
- **SUPPORT OUR RECYCLING INITIATIVES. REDUCE LANDFILL WASTE**
 - A recycling station will be set up at each CP to collect empty plastic bottles and aluminum cans. Green ambassadors will be stationed at designated CPs to facilitate clean recycling. Please empty your containers before recycling them and do not put other waste into these recycling bins.
- **TAKE YOUR LITTER HOME**
 - Energy food and energy bars will be distributed. Our working personnel will mark each team's number on all food packaging and water bottles provided by the Organiser. **If cleaning workers / volunteers find these items discarded on the trail, the team number and members' names will be posted on the Oxfam Trailwalker website.** Please secure your rubbish so as to avoid it being blown away in the countryside.

BE "GREEN⁴ TRAILWALKER" TOGETHER

Walkers are encouraged to pledge to be a 'Green⁴ Trailwalker'. Protect country parks and the environment by submitting photos or videos of members carrying out any four of nine green actions. The 'Green⁴ Trailwalker' monogram will be stamped onto participants' certificates upon completing the 100 km, and their achievement will be posted on the OTW website. Visit the Oxfam Trailwalker website for further information.

CHOOSE ANY FOUR OF THE FOLLOWING ACTIONS TO BECOME A GREEN⁴ TRAILWALKER:

1. Bring your own cup / container for hot drinks and soup
2. Bring your own cutlery
3. Take your empty bottles / cans to our recycle bins
4. Take litter on the trail back to checkpoints
5. Be a green support team – do not use single-use plastic
6. Bring bottles from CP1 (Sai Wan) to CP2 (Pak Tam Au) for recycling
7. Do not waste food – plan what you will eat in advance and take surplus food home
8. Take public transport instead of driving to reduce your carbon footprint
9. Eat more vegetables than meat during the OTW

- Disposable cups are rarely recyclable and can negatively impact the environment.
- On average, 5.48 million PET bottles are sent to our landfills every day (measured by weight). It takes over 100 to 450 years for a bottle to decompose.
- Please bring your own cup during the event.
- Love the environment. Be a Green Trailwalker!

THE ABOVE INFORMATION WAS PROVIDED BY THE GREEN EARTH.

