

SUGGESTED TIMETABLE



Estimated walking time from the Start Point to each CP

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

Estimated Finishing Time

Finish Point	15hrs	20hrs	25hrs	30hrs	35hrs	40hrs	45hrs
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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.**



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VAUDE

The Spirit of Mountain Sports

A woman with her hair in a bun, wearing a light blue long-sleeved shirt, dark shorts, and a red backpack, is hiking up a rocky mountain trail. The background shows a vast mountain range under a clear sky.

ALL APPAREL 0% PFC
100% LOVE OF NATURE
OFFICIAL 2020
GEAR



VAUDE HK FACEBOOK

SUGGESTED CHECKLIST

NEW: Due to COVID-19, participants are asked to please bring your own blankets, sleeping bags or warm clothes, if needed. The organiser will not provide blankets at checkpoints. Participants are also suggested to bring below Epidemic Prevention Materials.

Epidemic Prevention Materials

- | | |
|---|--|
| <input type="checkbox"/> 11 surgical masks (Participants are required to put on their mask before entering the Start Point, checkpoints and Finish Point) | <input type="checkbox"/> 70-80% alcohol-based hand sanitiser |
| | <input type="checkbox"/> Mask holder |
| | <input type="checkbox"/> Disinfectant Wet Tissue |

CHECKLIST SUGGESTED BY EXPERIENCED WALKERS

Essentials

- | | |
|--|---|
| <input type="checkbox"/> ID Card / Passport | <input type="checkbox"/> Reusable Bottle / Cup / Container / Utensils |
| <input type="checkbox"/> Cash (Reasonable Amount) / Octopus | <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 (Glucose Tablets, Chocolate) | <input type="checkbox"/> Mosquito Repellent |
| <input type="checkbox"/> Towels | <input type="checkbox"/> Tissues 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 |
| <input type="checkbox"/> Blankets, sleeping bags or warm clothes | |

Protection from the Sun / Heat

- | |
|--|
| <input type="checkbox"/> Ventilable Sun Hat with Brim / Umbrella |
| <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Sunblock |
| <input type="checkbox"/> Lip Moisturiser with SPF |
| <input type="checkbox"/> Fan |

Night Time

- | |
|--|
| <input type="checkbox"/> Warm Clothing |
| <input type="checkbox"/> Torch / Headlamp |
| <input type="checkbox"/> Spare Bulbs and Batteries |
| <input type="checkbox"/> Radio |
| <input type="checkbox"/> Anti-chafing Cream |

For Support Teams

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

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:



- 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.

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 provided to team leaders in January, 2021). **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	Pocari Sweat (in dispenser)
Start Point	✓									
CP1									✓	
CP2	✓	✓	✓	✓			✓			✓
CP3	✓	✓	✓	✓						
CP4	✓	✓	✓	✓	✓					
CP5	✓						✓			
CP6	✓	✓	✓	✓				✓		
CP7	✓	✓	✓	✓		✓				
CP8	✓	✓	✓	✓						
CP9	✓	✓	✓	✓						
Finish Point	✓	✓	✓	✓						

* Only served at a certain time while stocks last

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, 29 January, 2021
Near the round-about at the foot of Needle Hill	Close to distance post M130, between CP6 and CP7	From 15:00, 29 January to 01:00 31 January, 2021



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 from source.
- Reduce the use of disposable items. Best use of reusable gears.

- 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 Green ⁴ 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.
- In 2018, 5.56 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.

