



Lloyds Banking Group & Crisis City Walks

Event Brief

Welcome to the Lloyds Banking Group City Walks! We are thrilled to have you join us on this incredible journey in one of 10 cities across the UK, walking either 12 or 20 miles. These events are organised in partnership with Crisis and together we are taking steps to support their mission to end homelessness.

Please read the following important points to ensure you have a safe and enjoyable experience whilst contributing to a vital cause.

For all details regarding the dates, schedule and routes please refer to the website link:

<https://www.trekthecity.co.uk/lloyds-crisis-city-walks>

Safety and Guidelines

- Please check-in on arrival with the event team.
- Always ensure the highway code is followed, using pedestrian crossings and be mindful of traffic during the walk.
- Please make a note of the support team contacts on the day of the walk, which can be found at the end of this document.
- Stay hydrated, please drink plenty of water throughout the walk and take breaks as needed.
- Carry personal identification and emergency contact information with you.

Maps & Navigation

- Using the website listed above, routes links will be available to download one week before the walk
- It is best to do this as close to the event day as possible in case any last-minute changes have been made to the route.
- We highly recommend using the GPX file in a mapping software such as OS Maps, which will show you both the route and where you are on it.
- There will also be downloadable image maps available.



020 3745 5514



www.challengecentral.co.uk
info@challengecentral.co.uk



Unit 14-15, Business Centre West
Avenue 1, Letchworth Garden City
Hertfordshire, SG6 2HB



Clothing & Kit

- Please check the weather conditions and come well-prepared with weather-appropriate clothing for walking 4-9 hours in the city.
- Well-fitting and comfortable shoes are essential.
- Water bottles or another form of hydration system such as a CamekBak are also essential.
- Wear layers that can be easily added or removed. Suggested items include a lightweight jacket, hat (sun hat for sunny weather, warm hat for cool weather), gloves and waterproof trousers.
- Other items for your backpack include high energy calorie dense snacks, small first aid kit, sunglasses, suncream and battery power pack to recharge your phone.

Event Support

- The Challenge Central team will be looking after you on the day wearing luminous yellow clothing. You will meet some of the team at check-in and others on the route and at checkpoints.
- All the team are First Aid qualified and will be able to assist with navigation and mapping software. Please do not hesitate to ask any of the team for assistance.

Checkpoints

- Depending on the city and the distance you are walking, you'll pass 1-4 checkpoints during the route, which are detailed on the maps.
- The checkpoints will always have a minimum of water, snacks and first aid available.

Food

- There will be snacks at the checkpoints but please do not rely on this alone and bring food with you that you are used to consuming. Please do not experiment with anything new on the day, such as energy gels if you do not regularly consume them.
- There is not an official lunch stop so you are free to stop whenever to pick-up some food or take a break.
- If you have dietary restrictions, please bring suitable snacks and meals with you.

Toilets

- Toilets are marked on the maps and where possible checkpoints have been set up near public toilets, but this is not always the case depending on the city.
- If you need to use toilets during the walks please look out for pubs, cafes, supermarkets in addition to public toilets, which in some locations are chargeable.

Social Media

- Tag @ChallengeCentralCC on social media and we will repost your content to help with your charity fundraising efforts