



The Winter Survival Committee's Guide to Surviving Winter Survival

Here are some handy hints from those that have walked (and survived) it before!



To keep your feet and toes happy, they need to be **DRY** and stay that way. So pack lots of pairs of socks and some talcum powder. Change your socks regularly and use the talcum powder each time – a perfect recipe that will also reduce your chances of getting blisters!

Don't take your boots off unless you are changing your socks (especially when you get to the night stop) – your feet will swell up and it will be very painful when you do eventually put your boots back on.



Remember to eat regularly and drink plenty of water (checkpoints will be able to top up your supply so you won't need to carry gallons). Chocolate, dried fruits and boiled sweets are good at topping up energy levels but you will need to eat **SOMETHING SUBSTANTIAL** (e.g. Pasta or noodles – something with lots of carbohydrate) when you have time to stop (e.g. Night stop and during the day on Saturday). Super Noodles and the like are good; cheap and lightweight. Purpose made meals for hiking, such as those made by Wayfarer are ideal (and tastier) but pricier. Avoid tins and jars! They are very heavy and take up space, even when empty.

The night stop will give you a bacon roll (veggie option available!) when you book out and some bases will offer hot drinks, soup etc – you may not want it, but you will need the energy. Also, **don't forget to have dinner** before you arrive on Friday.



Knowing what English weather is like in February – it will rain (or maybe even snow)! Make sure you use your waterproofs – otherwise you will get cold and miserable.

Remember your country code and use your common sense on the roads especially at night!



Singing is fabulous for morale – so if you're feeling a bit low give your favourite tune a quick blast! Please remember though, you will be passing houses at odd times of the day (and night), so please be considerate.

You're a **TEAM** - you need to look after each other as well as yourselves, you won't get anywhere if you don't work together. Make sure your team mates are eating/drinking/not being left behind etc.

Have plenty of layers in your bag (in a separate plastic bag so if your bag leaks they don't get wet!). You will get warm whilst walking but chilly when you stop (especially at the night stop) – you just need to be sensible and keep warm.



If you are map reading and you are not 100% sure about your decisions check with someone – you'll look a lot less silly asking for help than if you make everyone walk 2 miles in the wrong direction! If you're not sure which direction you should be heading, use your compass – especially across big fields when it's dark and you can't see what you are aiming for!

Remember that when dealing with 'The Opposition', having a really good/funny/believable cover story **WILL** mean you get treated better!!! Your cover story is not that you are taking part in Winter Survival or anything to do with The Wind in the Willows. Put some effort into it and your team will be rewarded by being delayed **less!**

Just one last thing.....

**Enjoy
Yourself!
!!**

Survival is a challenge and not everyone will finish, but if you look after yourselves and each other you will have a good time and want to come back next year (although you probably won't be saying that at the time!). Good Luck. The Winter Survival Committee