



## Tips - Packing List - Schedule for Marchers

### General Tips

**\*\*First the Disclaimer** - These are all just recommendations and not requirements. You do you. But these tips are provided to help make your day go smoother. Read through them all. Many are common sense but a few are not so common and could make it a much more pleasant walk. Also, if you have comments, questions, or additional tips you'd like to suggest please send them to [tomwright100@gmail.com](mailto:tomwright100@gmail.com)

**Shoes** - Taking care of your feet is king. So comfortable running/walking shoes are super important. Hiking boots are fine too so long as they are comfortable. This is not the time to try a new style of shoe, or to try new shoes the day of the event. If you do get new shoes be sure to break them in at least a few days prior.

**Socks** - The nicer running/hiking socks with cotton/polyester blend are recommended. Traditional cotton socks are more prone to blisters. Pack at least two extra pairs to change into. More if it's expected to be rainy.

**Clip the Toe Nails** - While we're on the subject of feet, this should be done just prior to the event. Leaving a longer toenail that repeatedly hits the end of your shoe for 28 miles can lead to losing a toe nail. Been there, done that. Clip your nails.

**Use Foot Powder** - A small travel size bottle of foot powder may be your best investment for this walk. Cover your feet prior and reapply any time you change your socks.

**Clothing** - Bottom line, wear what's comfortable for a 28 mile walk in whatever the weather turns out to be. Most of us walk in shorts. Some of us

Veterans walk in old bottoms (BDUs, DCUs, etc). Most of us wear the March tshirt during the March but some don't and that's totally fine. The shirts will be provided the morning of the March. Also, hats are great to keep the sun or rain off your head. A rain jacket or poncho is of course great for rainy days.

### **Hydrating & Eating Before and During the March -**

It's recommended to hydrate and carb load starting at least 3 days prior to the March. Your goal should be to have clear urine prior to the start of the event (no, we will not be testing for that). Then try to keep that during the March.

**You must continue to hydrate AND eat during the March.**  
**Even if you're not thirsty, even if you're not hungry.**

Those are bold and underline for a reason, super super important. You should drink continuously and eat something every stop. Having a 2 to 1 ratio of water to gatorade is recommended during the march as well. For ex. drink two bottles of water, then a bottle of gatorade. Rinse and repeat. Those and a variety of snacks/food will be provided by Route Support & CP Hosts.

Speaking of food and water, **we will have Port-O-Potties** at every stop thanks to Schlomka's Services. They make for great changing rooms too.

**Exercise & Stretch Preparation** - Don't worry, many of us aren't avid runners or even walkers. So you'll be fine if you aren't either. BUT that will certainly help if you are one. If you are I suggest not running at least 2-3 days prior to the March so your body is fresh. When I did run I actually took a week off before the March. Stretching does help too. I do leg stretches for 2-3 nights prior to the March. I also like to stretch at some stops during the March as well.

**Tip for the fellas** - lubricate the heiny with vaseline or similar substance to prevent chafing. You don't want to waddle into Hastings.

**Tip for everyone** - that same tip could apply for in between thighs or any other areas of potential friction, except your feet. I don't recommend using any lubricant on your feet.

**Watch out for your buddies** - Keep an eye out for each other and nudge someone if they aren't drinking water or eating something. If you see someone struggling please notify Tom or Geoff with route support, or Frank our medic. We'll all be introduced prior to the start of the march.

**If you do struggle...** That's ok. Don't stress it. We'll find you a ride. There's been many marchers that haven't made the full 28 miles. So if you do feel like the 3mph pace is too fast or you've hit your limit, just let us know. If you are struggling to the point where we feel you should be picked up we will do so. Please don't argue if that happens. It's for your safety and to ensure we keep our group together.

**Elevate the feet!** The first night after the March your feet will really thank you if you elevate them with a couple pillows or more. It makes a big difference on how they feel the next day.

Have other suggestions? Shoot me an email.

## **Suggested Packing List**

Some marchers walk with a pack, some don't. A few veterans walk with the old ruck sacks or assault packs. If you carry anything keep it to no more than 20lbs max. If you don't carry a pack please pack your extras in something the size of a backpack or smaller. Route support will have room to tote those along and have them available at each Check Point.

**Items to Consider Packing** (again, not required. for your comfort):

Two bottles of cold water

A bottle of cold gatorade/powerade

Favorite energy snacks - there will be some provided at CPs but I still recommend bringing a few for when you are in between stops and need something.

Phone charging gear - you can charge your phone in Route Support vehicles but have your own cord, phone charger with your name on them

Ibuprofen

Sun Screen

Sun Glasses

Hat

Extra socks - two pairs if dry weather, 5-6 if rainy weather

Extra shirts - 1-2 is plenty

Extra shoes (if you're unsure of first choice of shoes)

Poncho/Rain jacket/Rain gear (if expected)

Blister repair gear - only recommend if you're familiar. Mole skin and similar items have never worked for me.

Ear pods / Mobile Speaker

Have other suggestions? You know what to do.

## **Schedule for Memorial Day**

**NLT 445am** - Shuttle bus crew meets at Hastings American Legion at 50 Sibley St. Hastings, MN 55033. Bus provided for free by MN Coaches/Hastings Bus Company. We'll start loading the bus as soon as it arrives.

**5am SHARP** - Shuttle Bus must leave so don't be late. If you miss it, you need to head down to Red Wing on your own.

530am - Bus arrives at Bay Point Park in Red Wing. If you plan to meet us there please do arrive by 530am.

530-6am - Get packs onto Route Support vehicle. Do introductions. Get safety briefing. Final gear situating etc.

6am - We step off!

\*\*Following times are all estimates and based on our arrival times in the past. We may get a little ahead, we may get a little behind. Also, all CP numbers correspond with the total miles to that point. The first leg is the only 4 mile one. From that point on it's just 3 miles to each stop.

**715am CP 4 (mile 4)**

Hager at intersection of VV & Hwy 35  
10-15 min break  
CP Host: BreAnna Hanson & Family  
Step off at 730



**830am CP 7**

House at W8970 Diamond Bluff, WI  
10-15 min break  
CP Host: **Currently Available!**  
Step off at 845am



**945am CP 10**

1005th St.-Wind River Rd  
CP Host: Kathy O'Connor & Family  
10-15 min break  
Step off at 10am



**11am CP 13**

white mobile home at N4273 Hwy 35  
just south of Nesbitt's

CP Host: The Bullingtons

\*\*Longer 20-30 min lunch break

Step off at 1130am



**1230pm CP 16**

Intersection 1100St / QQ and Hwy 35

CP Host: **Currently Available!**

10-15 min break

Step off at 1245pm



**145pm CP 19**

Intersection 1208 St & Hwy 35

CP Host: Katy Lindberg & Family

10-15 min break

Step off at 2pm



**3pm CP 22**

Prescott Public Works site at  
1107 Hwy 35 S

CP Host: Shirley Markuson &  
Family

10-15 min break

Step off at 3:15pm



**4:15pm CP 25**

14031 Point Douglas Dr S

CP Host: Melanie, Janel & Wright Clan

10-15 min break

Step off 4:30pm



**530pm Finish! Mile 28**

Hastings Rotary Pavilion

Levee Park

Program and Celebration!

The public is invited so please let your friends and family know. They can be there about 530pm. Program will only take maybe 20-30 minutes at the most.

