It’s great to have you participating in the ultimate walkathon. We know it seems like a daunting task, but we got your back! Everything you need to know is right here in this handbook.
A TRAILWALKER MUST BE WELL-ACQUAINTED WITH THE TRAIL.

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INTRODUCING TRAILWALKER
WHAT IS OXFAM TRAILWALKER?

INDIA’S BIGGEST WALKATHON FOR A CAUSE!

Oxfam Trailwalker is a global, prestigious, team endurance challenge which is organised annually by Oxfam India, in Mumbai and Bengaluru. Globally, the event takes place in 17 locations spread across 9 countries. An event preferred by the industry leaders, it will take place this year from 13-15 December 2019 in Karjat (Mumbai) and 7-9 February 2020 around Nandi Hills in Bengaluru.

Origins

In 1981, Trailwalker was the domain of the Gurkhas employed by the British army occupying Hong Kong. The Gurkhas of Nepal are some of the world’s most resilient soldiers. What began as a training exercise for the Gurkha regiment was declared a civilian event in 1986, with the Hong Kong chapter of Oxfam co-organising the event.

Oxfam Trailwalker debuted in India in 2012 in Bengaluru, followed by Mumbai in 2013. Around 12,000 walkers have walked at last 14 Oxfam Trailwalkers, with each edition supported by almost 1000 Volunteers.

All you need to participate is:

- Teams of 4 and the grit to walk a 100km within 48 hours (or 50km within 24 hours).
- To qualify, each participating team must raise a minimum of INR 80,000 via collective fundraising (in addition to INR 20,000 joining contribution) to support Oxfam India’s work on the ground.

Our profile of participants largely constitutes senior and middle management from reputed corporate houses like Accenture, Goldman Sachs, Google, Thomson Reuters, Deutsche Bank, Credit Suisse, Deloitte, HPCL, KPMG, L&T, Qualcomm, J P Morgan, Reliance, Technicolor, Unilever etc.

A power packed experience filled with Challenge, Camaraderie and a Cause to participate for; this is a life-changing experience for people who participate, people who partner and people who volunteer.

For more, visit – trailwalker.oxfamindia.org
Established by Brigadier Mervyn Lee in Hong Kong as a training regimen for the Queen’s Gurkha Signals, part of the Brigade of Gurkhas of the British Army.

Teams of civilians were allowed to take part and Oxfam Hong Kong was invited to co-organise the event.

Considerable growth was seen with 15 events taking place in 11 countries worldwide.

Oxfam India held its first walkathon in Bengaluru and after its success, the second Trailwalker in Mumbai in 2013. The event was everything Oxfam embodies — a testament to extraordinary team effort, leadership and an encouraging display of great fitness levels across participating teams.

HERE’S YOUR CHANCE TO EXPERIENCE THE #BEST48HOURS
Heads up Trailwalker! There are rules you are expected to make along the way, and some that you are expected to follow. Here’s a quick list of guidelines that your team must abide by.

02

RULES FOR OXFAM TRAILWALKER

1. All team members must be 18 years or above.

2. Teams must have fundraised the minimum fundraising target by 13 November 2019 (Mumbai) and 15 December 2019 (Bengaluru), to be eligible to participate. Funds raised for Oxfam India are eligible for 50% Tax benefit under section 80G of the Indian Income Tax Act 1961.

3. Each team must report and check-in together at the start point with all four members present and ready to walk.

4. Tax exemption certificates will be issued to Indian taxpayers only, against their donations.

5. It is mandatory to check-in at each checkpoint with your team of 4. Teams failing to do so will be disqualified.

6. Substitutions aren’t allowed once the event commences so keep everyone as motivated as you are!

7. The provided identification bibs must be worn at all times during the event.

8. Injured or exhausted Trailwalkers must be brought to the nearest checkpoint for assistance. If the injury is serious, contact emergency personnel (details on bibs).
9 Teams have to depart from all checkpoint camps by the designated closing time. If they don’t, they will be advised not to continue their journey; if they still wish to continue, they will be doing so at their own risk.

10 A team’s finishing time will be recorded as the time when the last member of the team reports to the check-in desk at the finish point. No individual times are recorded because Oxfam Trailwalker is fundamentally a team competition.

11 Every team must be self-sufficient; their support crew is responsible for providing them with their food, water and change of clothes during the event so it is necessary that they are properly briefed.

12 Smoking and consumption of alcohol is strictly forbidden on the trail and at checkpoints.

13 Littering will not be tolerated. You must respect the environment and local neighbourhood by using the litter and recycling bins at the checkpoints.

14 Teams and their support crews must respect residential and local parking regulations.

15 Participants must try to keep noise to a minimum decibel level as to not disturb the residents or wildlife.

16 Slower teams are requested to give way to those teams travelling at a faster pace, as the trail can get quite congested at some places.
Oxfam Trailwalker is an incredibly challenging event. It is therefore important that you train adequately.

**RULES FOR WITHDRAWAL**

1. At all times, individuals should be accompanied; If a team member is injured and cannot be moved, one person must stay with him/her while the others seek help.

2. Participants wishing to withdraw during the event must first report to the nearest checkpoint. Remaining team members cannot continue until the withdrawal of the team member has been reported.

3. In order to withdraw, participants must return their bibs and complete a retirement certificate at one of the checkpoints.

A team with less than four members, cannot continue without a copy of the retirement certificate which must be presented at each remaining checkpoint.

4. If two members of a team have withdrawn, the remaining two members must accompany another team between checkpoints. This does not mean that the members can join the other team; each team retains its identity, team number and bib number throughout the event.
The golden rule of fundraising is: **Ask and you shall receive.**

Fundraising can seem complicated, but asking is the first step and you’ll be surprised at the amount of support people are willing to provide. Some people may not want to make monetary donations but all donations play an important role. The following guide will explain how to raise funds and accept donations as well.

Once you sign up, your team page is created on the Oxfam Trailwalker website. Fill all details, add pictures of your trainings and let people know your cause! This page is your primary source for fundraising.

### Planning

To be eligible to participate, teams need to raise at least ₹80,000 (which is separate from the non-refundable joining contribution of ₹20,000). The total sum required must be raised before 13 November 2019 for Oxfam Trailwalker, Mumbai and 15 December 2019 for Oxfam Trailwalker, Bengaluru.

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**Visit and share our videos to experience breathtaking moments of the Trailwalker.**

[Visit for fundraising tips.](bit.ly/OTWMumbai)

[Visit for fundraising tips.](bit.ly/OTWBengaluru)

[Visit for fundraising tips.](bit.ly/FundraisingIsEasy)
**Match Funding**

You can check with your organisation on the possibility of doing a “Match Funding” where they will match the amount you raise (doubling the output of your effort).

**Once your team has achieved its target, sky is the limit. Go as high as you want to, in this fight against inequality.**

Remember to always thank your donors and to share fundraising updates (keeping contributors in the loop is always a good idea).

**Tips for Fundraising**

- Spread the word on your social media handles to raise money through crowdfunding.
- If each of the 4 members gets 20 friends to contribute ₹1,000 each, your team is already done! ₹80,000 raised!

- You may choose to increase your fundraising through freelancing and consulting.
- Use crowdfunding websites like Ketto to make people join your journey.
- Get innovative: Passionate about fitness? Become a trainer and share your expertise!

**Recognition**

Teams are recognised for exemplary achievements in fundraising.

**Highest Fundraisers:**
- The top 3 fundraising teams

**Fundraising Acknowledgement:**
- All teams raising over ₹2,000,000

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**Fundraising is fun!**

The more you involve others, the more fun it gets. And sometimes, the wildest ideas can get you the best of results.
ABOUT DONATIONS

Always accept donations graciously and ensure you keep your contributors updated with your team’s efforts and activities.

There are a number of ways in which your team can accept donations from your supporters:

ONLINE

Raising funds using online portals is the easiest way to make a direct payment. This also saves processing and administration costs, so that maximum utilisation of funds happen on the ground for our work.

OFFLINE

Your team can also accept donations in the form of Cheques and Demand Drafts drawn in favour of Oxfam India.

> CHEQUE or DD

- Teams are requested to send us the cheques in favour of Oxfam India with details of the Donor’s name, address, email ID and amount.
- For international donations, we prefer online transfers and direct donation to the team pages as the transaction costs are high for international cheques.

- Please mention your details along with your team name and event name on reverse of the cheque.
- For all cheques and DD, please send it to our Oxfam India Delhi office.

Please send details to:
Nitin Dass, Oxfam India, Shriram Bharatiya Kala Kendra, 4th and 5th Floor, 1, Copernicus Marg, New Delhi, Delhi 110001.
Call: 011 4653 8000

> CASH

Oxfam India does not accept cash for donations however some of your supporters may prefer to donate cash directly to your team. If you receive cash, transfer the money to Oxfam India by donating online with your own credit card or through cheque. Remember to note the details of all the cash and share it with us for processing the donation certificates.
TRAINING AND HEALTH
Here are a few basic guidelines that can help you prepare physically for the event. For more specific advice please consult your physician or personal trainer.

Believe in yourself
If you think you can, you will. Begin your practice early and focus on the right nutrition, sleep and exercise, and you’ll be ready before you know it.

Stay hydrated
It is important to stay hydrated before, during and after the event. Start increasing your water intake slowly to build up your hydration levels for the final event.

Breathe correctly
Start to notice how you breathe in order to ensure that your body will have enough oxygen to keep you going while you walk the longest walk of your life.

Be consistent
Do not complicate your nutrition or training. It is important to maintain consistency and keep the right attitude.

Night Walking
Walking at night requires special vigilance on the part of all team members to reduce the risk of injury. All team members should carry a torch and extra batteries. The trails may pass through significant forest cover, so we recommend that you walk with other teams at night. Since both trails pass through remote areas and in some cases adjacent to villages, we advise all teams, particularly teams of women, to walk with one or more teams, preferably with males in them.

Get enough sleep
It is important to get 7-8 hours of sleep every day. Your body needs rest to be able to perform at its optimum level. So, don’t compromise on sleep.

Start slow
Start with shorter distances, build up to longer walks and endurance training so as to not injure or tire yourself out.

Get familiar with the terrain
Train on the course if possible. If this is not possible, train on terrain that reflects what you will encounter during the event - broken and hilly landscapes. You and your team are encouraged to visit the trail at least once before the final event.
Insurance
Get insured and make sure your team does too. This is merely a precaution.

Get the right gear
If you don’t have a good pair of hiking boots or running shoes, go out and buy some now so you can break them in before the final day. Do not wear new shoes for the event. We also recommend that you carry a spare pair of shoes. Please wear Hiking/Trail shoes for the Oxfam Trailwalker event.

Pack right
Pack the optimum amount of food and water. Don’t carry too much, you don’t want to be weighed down. But don’t carry too little either, you don’t want to be exhausted or dehydrated.

Take breaks and establish a rhythm
Stopping briefly for breaks during training will help you to work out the best strategy for your team, including what to eat, how long to rest, what gear changes you’ll need, etc. Use this strategy to help plan your team’s transition through the event checkpoints.

Use your training to establish a rhythm for the event. If you are planning to include running in the event, a popular run/walk pattern is to run 20 minutes then walk 5 minutes. Some people prefer a walk/run or even a walk/jog pattern where you might jog the flats and walk the rest. Again, apply the pattern that you practiced in training. Nearly all teams (including the most advanced) walk the uphills - even the small hills - to conserve their energy.

Learn how to navigate
Always take maps and make sure you know how to use them. Carry a torch and some cash in case of an emergency.
EATING RIGHT

The success of the walk depends on your health. It’s paramount that you eat right and keep hydrated in preparation of the event. Here are some tips to follow before, during and after the walk.

**Carbohydrates**
Carbohydrates are your main source of fuel during high-intensity exercise. Your body only stores limited amounts of carbohydrates, so it is essential to eat the right kind and amount of carbs.

**Fats**
Your body will use fat as fuel during the event, but you don’t need to increase your fat intake during training or the event.

**Proteins**
Proteins are building blocks for your body. People who are in the early stages of an exercise program may require more protein than people who don’t regularly exercise but, in reality, most people already consume enough protein to meet this extra requirement.

**Hydration**
Have a drinking plan and stick to it. This will ensure you maintain a good level of hydration. Drink to your plan, not to your thirst. Know the distance between each checkpoint and what you will drink at each checkpoint (Drinking water is available at all checkpoints).

A general rule of thumb is to drink 250ml every 15 minutes. However, it’s beneficial, particularly for advanced teams, to consult a health professional for a personal hydration strategy.

**Recovery**
Drinking water and eating carbohydrates and protein is important for recovery.

Fifteen to thirty minutes after the event, have a snack that includes some carbohydrates and protein. This will help you recover effectively. During this time your muscles can easily absorb carbohydrate and protein. Make sure you drink plenty of fluids (including sports drinks) 24 to 48 hours after the event.
PART OF THE TRAINING IS TO EAT WELL. TO MAKE IT TO THE FINISH LINE YOU AND YOUR FELLOW TEAM MEMBERS NEED TO FOCUS ON PERSONAL FITNESS.
**WHAT TO WEAR AND CARRY**

**IN THE 15-25 LITRE BACKPACK**

- Personal identification and some money for emergencies and purchasing food along the trail.
- Trail Map and a protective pouch.
- Dry (waterproof) bag or plastic bags to keep clothes dry and/or put wet gear in.
- Snacks (salty and sweet) and energy food.

**Water containers** totalling 2-3 litres capacity. A two or three litres water bladder with a drinking tube is recommended as it allows for more frequent and hands-free drinking.

**48 HOURS**

Time limit to complete event

- Head torch and/or hand torch with ample light and good battery life.
- Hat or cap, sunglasses and sunscreen are absolute essentials.

A reliable hiking pole can be very helpful for long walks like this.

Knee and ankle bandages are useful for preventing injuries to muscles, ligaments and joints.

Spare Socks, in case the main pair gives you blisters or are damaged.

Spare Shoes, in case the main pair gives you blisters or are damaged.
08

WHAT TO WEAR?

We don’t expect you to wear a uniform, but dressing appropriately for the weather will take your team further.

If it’s hot (and it will be hot during the day):

- Quick-dry shorts, shirt and underwear to move moisture away from your skin.
- Tights/leggings or compression garments (shorts or 3/4 length) to reduce muscle fatigue and chafing.
- Breathable, moisture managing and comfortable socks.
- Thin liner socks can be worn inside the thicker sock to help prevent blistering.
- Dress light in order to let the sweat evaporate and cool down the body. This solves both the problems - sweat and heat.
- Many shoes are not designed to dissipate heat, they are designed for cold climates to hold heat and absorb sweat. Explore the variety of footwear available in the market that offer optimum heat management among other technologies.

If it’s cold (and it will be cold night through morning):

- Quick-dry long pants, shirt and underwear.
- Tights/leggings or compression garments in 3/4th or full length.
- Thermal top and pants.
- Lightweight wind-proof and/or insulated jacket.
- Thin (liner) gloves.
- Beanie for your heads.

If it’s wet (plenty of chances of rain on the trail):

- Waterproof rain jacket with a hood.
- Waterproof over-pants.
- Waterproof shoes or lightweight boots can be considered.
WHAT TO CARRY?
Be prepared for everything!

As a team:

- Mobile phones. At least two per team, ideally on different networks, as per event rules
- Spare torch batteries
- Each team must carry at least one first aid kit at all times

Leave with your support crew:

- Duffle bag or box for storing the listed gear
- Spare shirt/s, pants
- Your cold or wet weather gear
- Warm jacket, pants and blanket/sleeping bag for relaxing at checkpoints
- Extra first aid gear
- Spare torch, batteries and bulbs (if required)
- Small Trailwalker’s repair kit (spare shoelaces, safety pins, string etc.)
- Your team’s food supplies
- Electrolyte replacements to add to your drinking water
HEALTH & FITNESS

This walkathon will test your physical endurance. Even minor occurrences such as blisters can hinder your journey to the finish line. You can seek help for these and other medical conditions at the Checkpoints and Recovery Zones installed along the trail.

How To Prevent Blisters?
Always wear a comfortable pair of shoes that have been broken into. Avoid wearing new shoes for the event.

Wear good quality, moisture wicking socks. Double socking (using a thin liner sock under thicker walking socks) has worked for some Trailwalkers. Keeping your feet dry will reduce the likelihood of friction blisters.

Checkpoint Facility
Checkpoints will be installed at approximately every 10km of the 100km trail. Each checkpoint will feature facilities such as:

- First Aid
- Nursing Support and Physiotherapists
- Water to Wash and Drink
- Support Crew Access
- Trash Bins
- Portable Toilets
- Sleeping Space

Recovery Zones
The trail will have a number of Recovery Zones where weary Trailwalkers can get some rest. The zones will be equipped with mattresses for Trailwalkers to stretch out and relax.
FIRST AID

Your safety comes first and you have to account for unexpected injuries and emergencies. Every Trailwalker should carry a First Aid Kit. In case you don’t have one, each checkpoint offers a backup first aid kit for teams.

- A compression bandage
- Crepe bandage
- Sterile dressings
- Antiseptic wipes
- Assorted blister treatment
- Four thermal blankets
- Medicines for common fever, cold, stomach upset and other common ailments
- Skin ointments

Additional first aid supplies must be kept with your support crew. The team is responsible for carrying prescribed medication and painkillers.
Oxfam Trailwalker is a test of fitness levels. Therefore, we’re providing a team of expert physiotherapists at the trail to help you bounce back whenever your body starts to give up. They will ensure that each Trailwalker is provided with the required medicine or is relieved from tension and muscle soreness. They will also help treat blisters, cramps and injuries to ensure you reach the finish line.

In case of any emergency, which is beyond the scope of the nursing and physio volunteers, such instances should immediately be brought to the notice of the checkpoint coordinator, who would then coordinate with the medical partner through the event control centre. We have ambulances on standby to take you to the nearest medical facility in case the need arises.

Trail Marshals and Sweep Crew have been arranged for, to ensure you receive all the help you require whenever you need it the most.

The trail marshals will not only help you pass safely along the trail, but they would also motivate and support you. You will be assisted between the checkpoints by marshals who will navigate you to the next checkpoint.

The all-important back-up or Sweep Crew will follow the last team on the trail and ensure everyone safely reaches the next checkpoint and finally the finish line. They will also clear the trail of all trail markings and debris as they move.
FREQUENTLY ASKED QUESTIONS
Your may have some questions. These will help you answer them. If you can’t find the answer you’re looking for, please call the Oxfam Trailwalker helpline 97730 46214 (for Mumbai) or 98454 59568 (for Bengaluru).

What do we do if we need to change one of our team members prior to the event?

Oxfam Trailwalker is a challenge for teams of four and it is the responsibility of your team to find a replacement for the existing team member. Email us for the ‘change of team member’ form — trailwalkermumbai@oxfamindia.org or trailwalkerbengaluru@oxfamindia.org

Can we have more or less than four people per team?

No! Oxfam Trailwalker is strictly a team-of-four event. Your team must be present as a complete team of four at the registration area at the start of the event in order to be eligible to participate.

Do we need a support crew?

Having your own support crew is highly recommended as every team needs support during the event, or things that do not come under the purview of the Trailwalker management. For more information check out the Support Crew Handbook.

Can overseas donors support me/ my team?

Yes. They can donate online through international credit/debit card. Our international payment gateway systems only accept American Express and not Maestro cards.

How will the Trailwalker organisers keep us informed?

The Trailwalker staff will provide you with lots of information to help you prepare for the event. We will use two main communication tools to keep you informed:

- **Trailwalker Website & Social Media Channels:** Our website and social media channels give you ‘on the go’ latest news, frequently asked questions, trail information, health tips, nutritional advice, details about Oxfam India’s work and much more. Follow us on [Facebook](#), [Instagram](#) & [Twitter](#) to get the latest information about Oxfam Trailwalker India.

- **eNewsletter:** All participants who
register for Oxfam Trailwalker India are automatically subscribed to our eNewsletter. Our regular editions provide participants with relevant and important information. So please ensure that we have your correct email address on record. If you need to update your contact details, please email us.

**Do we have to bring our own supply of food, water and medicines?**

For food, teams may opt to get meal coupons (three meals per day) prior to the event, which will be paid for separately. In case of special dietary requirements, we recommend teams/ members to carry own food. You are responsible for medical supplies, change of socks and other clothing, sleeping bags and anything else necessary to make Trailwalker a comfortable and enjoyable experience.

Your support crew is expected to take care of your needs during the walk.

**Oxfam will provide snacks, drinking water, and hot and cold water at specific Checkpoints.**

**Do we sleep during the event?**

Some teams do and some don’t. Your team should agree on a strategy before the event weekend. Teams must checkout at each checkpoint before the official closing time.

**What is the minimum fundraising contribution we have to reach?**

Whether you are walking 100km or 50km, the minimum contribution through fundraising is ₹80,000, to support Oxfam’s work. Remember that it is an event rule that teams should have raised this minimum contribution prior to participating in the event. Failure to do so will result in cancellation of your team.
WHO IS OXFAM?

Oxfam International was formed by a group of independent non-governmental organisations, joined by the aim to work together for greater impact on the international stage, to reduce poverty and injustice.

The name “Oxfam” comes from the Oxford Committee for Famine Relief, founded in Britain in 1942.

Today, we are an international confederation of 19 Oxfams with partners in over 90 countries to end the injustices that cause poverty.

Oxfam has been in the country for the last 67 years. Oxfam India was formed in 2008, and has since been working in the six poorest states of India. Being a rights-based organisation, our main focus is on issues of Gender Equality, Sustaining Livelihoods, Education, Health and Humanitarian Relief. Our work involves grassroots interventions by collaborating with partner organisations in our focus states, state and national level campaigning & advocacy that influences change on various levels. Oxfam India’s vision is to help create an equal, just and sustainable society by empowering the underprivileged.

*Today, there are 19 members in the Oxfam International Confederation.*
OXFAM CARES FOR THE ENVIRONMENT

Did you know that the Oxfam Trailwalker is a sustainable and eco-friendly fundraising event? The strictest environmental codes are adopted during the event that participants, volunteers and all crew members are urged to follow. These include:

- **RECYCLING**
- **ANTI-LITTERING**
- **REDUCING CARBON EMISSIONS**
- **REDUCING POLLUTION**

Oxfam India partners with ERM Foundation every year to reduce the environmental impact of the Trailwalker fundraising event in India. As a business, ERM works with clients to address their sustainability challenges. Through such initiatives, the organisation has an opportunity to support non-profit organisations and social enterprises that share their commitment to creating a more sustainable and equitable world.

ERM Foundation has collaborated as a Sustainability Partner in Oxfam’s Annual Trailwalker fundraising events. ERM employees in Mumbai and Bengaluru undertake Environmental Impact Assessments each year and have provided detailed reports suggesting that Oxfam Trailwalker is both environmentally friendly and sustainable.
For any queries, please feel free to contact us:

Mumbai - trailwalkermumbai@oxfamindia.org
Bengaluru - trailwalkerbengaluru@oxfamindia.org

Helpline number: Mumbai - 97730 46214 | Bengaluru - 98454 59568

trailwalker.oxfamindia.org