Hello Trailwalker!

Having registered for an ultra event like Oxfam Trailwalker is bound to give you plenty of nervous excitement, and bouts of doubt. This is where you get it all cleared up.

This guide has been put together by Oxfam staff with direct experience of Trailwalker, to bring together advice from past walkers, fitness professionals and global Trailwalker events. We’ve looked into what you should eat, what you should wear, and how to train for this epic adventure. It’s important to read this through thoroughly - but don’t forget to have fun!
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KIT ADVICE

GEAR TIPS

CHOOSING YOUR BACKPACK

To each their own, we would say, but a pack with padded waist and shoulder straps is always going to be the more comfortable option. A chest strap will additionally keep the shoulder straps in the right place, stopping chafing and extra strain. Well-placed pockets always help in keeping things easily accessible.

WATERPROOF YOUR MAP

Each team will be provided with a well laid out map for the trail. We recommend you carry it with you at all times. Bear in mind that you need to know where you are, even in the rain, so don’t forget to get a waterproof map bag.

FIRST AID KIT

There will be medical and nursing staff at all checkpoints located along the route, however, the team should carry a first aid kit at all times. You can avail professional support at checkpoints, but be prepared to deal with minor blisters and injuries while you are on the trail.

MOBILE PHONES

The trails pass through remote villages, hills, and forests, where network coverage is limited at times. The best thing to do is carry at least two different network carriers in your team of 4, to increase your chance of signal, and to make a timed plan with your support crew so that they know roughly when to expect you.

WONDERFUL WALKING POLES

Spreading the weight between your hands and feet can be a real benefit, and using walking poles can help you keep your balance whilst walking. Most Trailwalkers find that walking poles are an immense help, but make sure that you try them out in training so that you learn how to use them in a way optimal for you.

HEAD TORCH AND BATTERIES

You need to take a head torch with you for the night section, but remember to take spare batteries as well. Tape these to the head torch or somewhere accessible, so that if your light dies out suddenly you’ll be able to fix the issue quickly and easily.
FUNDRAISING
HOW TO FUNDRAISE

Fundraising is the first presumed roadblock when you start your Trailwalker journey; and a roadblock is exactly what it is not. The key to fundraising is starting early, as early as you start training. The golden rule? Ask and you shall receive!

Once you start, you'll be surprised at the amount of support people are willing to provide. Some people may not make monetary donations but will be ready to help you in your fundraising pursuit in other ways - any and all support is important, and should be appreciated.

THE FOLLOWING GUIDE WILL EXPLAIN HOW TO RAISE FUNDS AND ACCEPT DONATIONS AS WELL:

YOUR TEAM PAGE
Once you sign up, your team page is created on the Oxfam Trailwalker website. This page is your primary source for fundraising.

PERSONALISE YOUR PAGE
Add a photo of your team and write why you're walking. Update this page regularly so people can see how you're getting along - add pictures of your trainings, engage your donors, make them a part of this journey.

PROMOTE YOUR PAGE
Use word of mouth, posters, social media and emails to get the word out there. Add your Team Page link to your email signature too – the more you can remind people the better. Your network is your net-worth, they say.

THANK PEOPLE
Gratitude - that's the word! Make sure you thank friends and family who support you. If you do it through social media it will show up on other people's news feeds too – and remind those who haven't supported you yet.

SPREAD THE WORD ON FACEBOOK, TWITTER AND INSTAGRAM
100km/ 50km isn't something people do all the time; use posts, photos and videos to show the enormous effort you're putting in, and let people know what causes are close to your heart. It'll keep the challenge and the cause, at the forefront of people's minds and will help encourage supporters to donate generously.

Oxfam Trailwalker is not just a life-changing experience for you; it will help us change the lives of lakhs of those in need.
FUNDRAISING IDEAS
GET CREATIVE

- Use crowdfunding websites
- Get digital savvy
- Auction your art
- Hold a recycle drive
- Hold fitness sessions
- How about a movie night?

When passion and compassion combine, everything is easy!
Check out our fundraising video by clicking below:

WATCH VIDEO
FUNDRAISING

ABOUT DONATIONS

Remember, to be eligible to walk, teams need to raise a minimum of INR 80,000 (which is separate from the non-refundable joining contribution of INR 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.

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

ONLINE

Raising funds **using Trailwalker website is the easiest way** to make payments. 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.

- 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.
Here are a few basic tips that can help you prepare physically for the event. This is only intended as a guide for putting together a plan that will suit your team, and to provide tips for beginners.

For more specific advice please consult your physician or personal trainer.

**General Fitness**
Do not complicate your nutrition or training. *Eat healthy, incorporate easy walks and cardio workouts* - such as a run, bike ride or a workout at the gym - as part of your weekly routine to build general fitness.

**Believe in yourself**
It is as mental, as it is physical. *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.

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

Adequate rest
Make sure you include adequate rest time in your training plan, to allow your body to recover and prevent injury.

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.

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.

Establish a rhythm
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.

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.

Night Walking
Walking at night requires special vigilance on the part of all team members to reduce the risk of injury. Include one or two pre-event practice walks that you do at night - use a route you have done before.

Tapering
One to two weeks before the event, taper your training by decreasing your weekend walks but stay active to keep fresh for the big weekend.

Get the right gear
If you don’t have a good pair of hiking boots or trail 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. Carry a spare pair of shoes.

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. Drinking water is available at all checkpoints, do not forget to refill when you’re there.

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. During trainings with your team, you’ll learn what foods you like and don’t like, and what keeps you going. Plan well and plan for variety.

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.

DURING THE EVENT

Bring and eat a variety of foods, and a mix of fast and slow-release energies. Pack your snacks in easy-to-reach places like pockets or sides of your backpack - this ensures that you won’t need to stop in order to grab a quick bite.

It is very important to keep an eye on your team members – is everyone eating and drinking? If not offer them food or a drink; they might just be too tired to think of it themselves.

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. You may just want to sleep, but 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.
WHAT TO WEAR

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

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
• Your sun hat is your saviour

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/ trousers
• Are your shoes or boots waterproof? Do you have a spare pair?

Smart Layering

Base Layer should transport moisture away from the skin

Mid Layer continues to wick away moisture, and provides insulation

Outer Layer should be a waterproof and breathable rain jacket
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.

48/24 HOURS

Time limit to complete event

Hat or cap, sunglasses and sunscreen are absolute essentials.

Head torch and/or hand torch with ample light and good battery life.

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.
WHAT TO CARRY

Be prepared for everything! Pack your gear wisely, and divide between the team members and your support crew.

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; also include a blister care kit

Leave with your support crew:

• Duffle bag or box for storing the listed gear
• Spare shirts, pants, shoes
• 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
This walkathon will test your physical endurance. Even minor occurrences such as blisters can hinder your journey to the finish line. Seek help for these and other medical conditions at Checkpoints and Recovery Zones installed at every ≈10kms 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

**CHAFING?**
After blisters, chafing is the most common discomfort that Trailwalkers experience. It can often occur on inner thighs, groin area, armpits and nipples as a result of friction caused by body parts rubbing together or clothing rubbing the skin. Don’t shy away from this, tackle it head-on using tips below:

- **Sweat**
  Keep hydrated during training, drink lots of water during the event, and ensure you drink sufficient fluids after exercise. This will help you to perspire freely. When you stop sweating the remnants dry into salt crystals, which creates more friction.
- **Skin-tight shorts**
  Bike shorts are designed to give a skin-tight fit that will prevent chafing of the lower body or thigh area; rather useful for the challenge.
- **Goo up**
  Apply Vaseline to any chafing areas to reduce friction and prevent rubbing. Tape up or wear fabric plasters over nipples to prevent them from rubbing or bleeding.
- **Wick away**
  Wear a snug-fitting base layer of clothing that pulls perspiration away from your body. Aim for synthetic clothing, and steer away from cotton which does not wick moisture and may cause chafing.

**CHECKPOINT FACILITIES**
Checkpoints will be installed at approximately every 10km of the 100km trail. There will be Recovery Zones equipped with mattresses for weary Trailwalkers to stretch out and relax.

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 at designated checkpoints (we strongly recommend carrying sleeping bags)
TRAILWALKER
KEY MILESTONES

From the time you register, to the day of the final walk, we have put together a list of milestones to ensure that you do not miss out on anything important.

- Register your team of 4
- Set up your team page on Oxfam Trailwalker India website
- Go out for short walks to check how well your shoes fit - buy new if needed
- Schedule team walks and planning sessions
- Start identifying your support crew who know you well, and will be available during the dates of the event
- Plan your fundraising events - think about innovative team and individuals events - get your family, friends and support crew involved
- Plan timings of the route. What time are you aiming for? When do you plan to arrive at each checkpoint to meet your support crew?
- Keep active on social media to share all progress with your contacts, and keep pushing on your fundraising
- Book transport and accommodation for the event weekend, if needed. We recommend you to do this well in advance as the options are limited.
- Plan your gear kit bags - one to carry with you and another to leave with the support crew
- Plan and purchase all food and goodies for your journey
- Make the last push to make sure you have raised the minimum fundraising amount before the closing date
- Taper your training in the last two weeks before the event
- Arrive, and thrive! It’s time to experience the #Best48Hours
EVENT RULES
Heads up Trailwalker! There are rules that you make along the way, but there are some that you are expected to follow. Here’s a quick list of guidelines that your team must abide by.

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. Provided **identification bibs** to be worn at all times during the event.

8. If support crew or **any person other than a registered team member** is found wearing team bib, it will lead to team disqualification.

9. **Injured or exhausted Trailwalkers must be brought to the nearest checkpoint for assistance.** If the injury is serious, contact emergency personnel (details on bibs).

10. 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.

11. 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 event.**

12. 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.

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

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

15. Teams and their support crews must **respect residential and local parking regulations.**
There are a number of areas along the route where you will come in contact with roads. **No road will be closed so you should take extra care.** Ensure you are obeying all traffic signals at all times, especially at night and when you are tired.

It is advised to **follow the 100-meter strategy**, meaning that at any given point, team members are no more than 100 meters apart. This not only ensures your team's safety, but also keeps every member's morale up. **At night, always walk together.**

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

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.

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**RULES FOR WITHDRAWAL**

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.

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.

In order to withdraw, participant/s must fill up a **retirement certificate** at any CP.

A team with less than four members, **cannot continue without a copy of the retirement certificate** which must be presented at each remaining check-point. The **bib and RFID band of the retired member will need to be returned at the Finish Point** by remaining team members.

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.
YOUR SUPPORT CREW

You need to organise a support crew for your team, and we strongly recommend that there are at least two members. It will be an epic adventure for them too.

WHAT DOES THE SUPPORT CREW DO?

Your support crew is responsible for keeping you supported physically and emotionally throughout the whole 48/24 hours of Trailwalker. They will drive a vehicle between checkpoints to meet you, provide you with food and encouragement, and probably drive you home as well. They don’t need to be trained medics – we will provide medics at every checkpoint. They don’t need to be trained psychologists either but it helps if they know you well enough to see what you need, and sort things out for you!

HOW TO RECRUIT YOUR SUPPORT CREW?

A successful support crew feels like a part of the team – if you have two support crew members, think of you all as being a team of six and include them in your planning sessions, or the odd training walk. Highlight that this is going to be a big achievement for them as well – so if anyone you know is on the lookout for a challenge, but doesn’t fancy walking, then this could be the thing for them.
TAKE CARE OF YOUR SUPPORT CREW

As a part of the team, the support crew will be managing a lot during the event weekend. As much as they are responsible for a seamless experience for you, you will need to take cognisance of their needs too.

Prepare your support crew for driving across different terrain and around narrow country lanes. Do a full vehicle check before you set off to make sure that your lights, windscreen wipers, etc, are all functioning.

Make sure they are catching enough sleep, to be able to drive back home with you. Please do not think about getting behind the wheel yourself, unless you’ve taken sufficient rest.

What vehicle will you use?
It’s up to you whether you take your own car or borrow one. Whatever you decide, you’ll need enough space for the whole team (in case of drop-outs), as well as for the support crew and all equipment. Few roads on the driving route are rocky and rugged, and narrow, so we recommend choosing your vehicle accordingly for better maneuverability.

Important: Watch out for tired walkers - all support crew and participants must take extra care in and around checkpoints, as there will be a number of vehicles and pedestrians moving about in a limited area. Any walkers found to be covering any distance on the trail by car/vehicle, will be disqualified.
SUPPORT FROM US

In this journey, you can count on us for all necessary support. We pay utmost attention to ensure your Trailwalker experience is one that you’ll never forget!

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 medications and painkillers while on trail.
PHYSIOTHERAPY

Oxfam Trailwalker is a test of fitness levels. Therefore, we’re providing a team of expert physiotherapists at the checkpoints 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

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 CP.

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

You may have some questions regarding your participation at the event - these FAQs will help you with all your queries. In case you can’t find the answer you’re looking for, please call the Oxfam Trailwalker helpline 86919 86879 (for Mumbai) or 77604 29426 (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 trailwalker-bengaluru@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 and for 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 system only accepts American Express, Master and Visa cards; it does not accept 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, FAQs, trail information, health tips, nutritional advice, details about Oxfam India’s work and much more.
Follow us on Facebook, Instagram, LinkedIn & 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* for three meals per day (**only available for Bengaluru 2020 edition**), 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 INR 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.
MORE
ABOUT US

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 our website:
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.

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

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

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 time to experience the #BEST48HOURS
WHO IS OXFAM?

Oxfam was formed in 1942 as Oxford Committee for Famine Relief. What started in Great Britain as a war relief effort, eventually spread to other countries. Today, we are an international confederation of 19 Oxfams with partners in over 90 countries to end the injustices that cause poverty. Oxfams around the world are working together to reduce poverty and injustice.

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 the issues of Gender Equality, Sustaining Livelihoods, Education, Health and Humanitarian Relief. **Oxfam India’s vision is to create a more equal, just, and sustainable world. The overarching vision of Oxfam India is “Right to Life with Dignity for All”.** Oxfam India will fulfill its vision by partnering with others to become a more influencing organisation. It will continue to work with community-based organisations and their networks and mobilise the power of people through them. It will also seek to engage a broader public in its work to convert them into active citizens that support and fund our causes.

*Today, there are 19 members in the Oxfam International Confederation.*

- AUSTRALIA
- BELGIUM
- BRAZIL
- CANADA
- DENMARK
- FRANCE
- GERMANY
- GREAT BRITAIN
- HONG KONG
- THE NETHERLANDS
- INDIA
- ITALY
- MEXICO
- IRELAND
- NEW ZEALAND
- QUEBEC
- SOUTH AFRICA
- SPAIN
- SPAIN
- UNITED STATES OF AMERICA
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.

We work closely with a Sustainability Partner at Oxfam’s annual Trailwalker fundraising events, who undertake pre-event, during-event and post-event Environmental Impact Assessments each year in Mumbai and Bengaluru, and have provided detailed reports suggesting that Oxfam Trailwalker is both environmental friendly and sustainable.
For any queries, please feel free to contact us:
Mumbai - trailwalkermumbai@oxfamindia.org
Bengaluru - trailwalkerbengaluru@oxfamindia.org

Helpine Numbers: Mumbai - 86919 86879 | Bengaluru - 77604 29426
trailwalker.oxfamindia.org

13-15 DECEMBER 2019
MUMBAI

7-9 FEBRUARY 2020
BENGALURU