

THE LONGEST WALK - Walking Guide

All walkers will need the following:

- 2 pairs of walking shoes
- Breathable socks
- First aid; moleskin, foot cream, and blister bandages!
- Florescent walking safety gear
- Rain gear
- Camping gear
- Proper walking clothing for various environment
- Refillable water bottle
- Twenty dollars per day for food and gas when necessary
- Personal transportation to and from the walk
- If you bring your own vehicle, you are responsible for gas and maintenance unless preauthorized.

Walkers Instructions:

- Respect Mother Earth, yourself, and one another!
- Walk in Great Spirit Mode!
- Walk in file, single when narrow shoulders exist. Do not cross the road.
- No cell phones, music players, headsets, or smoking while walking.
- Respect the territory you are traveling through.
- Clean up along the way. We are part of the Clean-up Mother Earth Campaign.
- Perform your daily responsibility.
- Clean up and leave the area we occupied in better condition than when we arrived.
- Be prepared to camp and or share sleeping quarters with others.
- You will be asked to leave if you are not fully participating.