

DO's AND DON'Ts WHILE DOING THE PATHFINDER MARCH



DO NOT drink alcohol prior to walking. This will cause dehydration.



ENSURE you have your 'Ordnance Survey Explorer Series Map Number 225'. The Pathfinder March leaflet is for guidance only and does have some important information for you to follow.



EMERGENCY TRANSPORT is available. Please notify checkpoints or ring the Control Office if you drop out. Training is highly recommended for this event.



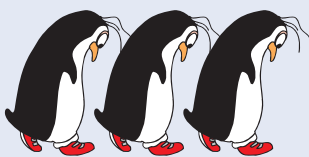
POST EVENT - Avoid driving until you have had adequate rest prior to returning home or back to unit. It's easy to fall asleep at the wheel.



It is advisable to carry rations - water is available at all Check Points. **REMEMBER DRINK LOTS OF WATER** and avoid dehydration.



RAF Wyton is a military establishment, so please make sure you have some form of identification on you. A passport, driving licence or military identification card.



On main roads please walk in **SINGLE FILE**. This is a rural area, large numbers of pedestrians are not the norm. **THINK SAFETY.**

STAY SAFE AND HAVE A GREAT DAY AND REMEMBER THIS IS THE ROUTE ROUND THE PATHFINDER FORCE AIRFIELDS.