



Sunrise to Sunset 100km Woman's Walk

Mia 0766560067 I Louise 0823389830

info@sunrisetosunset.co.za

Sunrise to Sunset 100km Magalies Biosphere Woman's Walk EQUIPMENT CHECKLIST 2024

Comfortable day back pack: Make sure your backpack is adjusted for your body.

Sleeping Gear: All is provided at Ons Dorpshuis Guesthouse

Clothing: Hiking shorts, tank top/t-shirts, and tracksuit pants/gym tights. Walk in the longest pants you have as well as gaitors/kamaste. The grass is long and we have ticks and grass seeds etc to deal with here. Comfortable shoes to wear after the hike, hiking shoes (**worn in**), and two pairs, if possible, in case they get wet. Socks (thick and thin). Extra pairs to pack a dry pair in the bag each day. Sweatshirt (something warm for evening). Beanie, underwear.

Toiletries: Sunblock/sunscreen, UV lip protection (very important), Tabbard and tick repellent, personal toiletries. Small towel (only if you want to swim at pools)

First Aid and Personal medication: Zinc oxide tape, tweezers, Dettol, antibiotic ointment, antihistamine/anti allergic ointment like Antisan, pain pills, anti-inflammatories, needle and thread, surgical spirits, petroleum jelly, arnica oil for aching muscles! I suggest using l-glutamine to help with muscle pain. (<https://www.dischem.co.za/biogen-l-glutamine-100g-132>) Medication as necessary for yourself, e.g. for headaches, cramps, stomach problems, **allergies (Epipen)** asthma inhaler, etc. Second skin plasters, at least one "toe condom"

Walking: Sunglasses (if you walk with them), sunhat, camera (plus spare batteries or just use your phone), sarong, raingear, bandana, swimming costume; swimming slops, **water bottles or the 'Camel Back' from your backpack – to carry at least 3 liters of water for drinking along the way**, plastic bag for wet costume or carrying trash, there will be trash collection points at certain points. Remember your TOILETPAPER or tissues!

Food: We supply all your breakfast, lunch and dinners but if there is a specific food, snack bars, dried fruit, nuts or biltong that you would like to bring along, there are bar fridges in the rooms to store such items– We provide a diverse spread in the mornings for breakfast and lunch packing as well as fruit which you can pack. Bring own plastic container (ice cream bucket, etc) for your food along the way. We will supply tin foil and 2 plastic bags per day to pack food.

Questions:

1. **What about food?** Self-serve breakfast and lunch to pack early in the morning. Coffee & tea facilities are in each room (kitchenette) and also available to non-central accommodation hikers after your daily walk. You can prepare food for the walk (See itinerary) (own container). To pack a wonderful breakfast, bring an empty glass/ plastic (just because it's lighter to carry) jam jar with screw top. The square ones with Woolworths jam works well. Pack in it a cut banana/other fruit, some granola on top, decant the yogurt on top of that...screw closed and enjoy on top of the mountain. No plastic waste, no banana peels etc to deal with - luxury in a bottle!

Water is provided at a bulk point at the guesthouse as well as a few water-points along the route, but you must take own water bottles / bladder. It is a good idea to bring special snacks that you are used to whilst practicing or doing long walks.

2. **How much baggage can I take?** In this case, no limit, as you are staying in a guest house. Do keep in mind that you are sharing, 2 people per room and the closet space is limited.



facebook.com/sunrisetosunset100km



100kmwomanswalk



Sunrise to Sunset 100km Woman's Walk

Mia 0766560067 I Louise 0823389830

info@sunrisetosunset.co.za

3. **What about transport?** The group will be traveling with a bus each morning to the starting points. More details at the opening function. For Rustenburg residents, should you not travel by bus to the starting points, please make sure to be in time for roll call. **NB – If you miss the bus in the mornings, you miss the days walk!
4. **Can my friends and family visit me at the central accommodation or perhaps stay overnight with us?** Please understand this is a full time focus on you, the hike, the group logistics and 'fundraiser' activities. The time available during the day is absolutely limited to 2 hours between 16h00 and 18h00 for you to recover, survive and socialize. At dinner again where we handle logistics there is a small window of opportunity to mingle with the hikers. Family are welcome to book accommodation at Ons Dorpshuis Guest House or any other establishment on our RATA (NPC) members' list. We do suggest that you plan to have family leisure or holiday time from the last day of the walk and as long as you want after that, seeing that we are linking to the school holidays. Please contact 073 718 3985 San Mare Pretorius to assist with reservations or suggestions. Family members and friends are welcome to join at the opening function and end ceremony, this MUST be pre-arranged for catering purposes and is for their own account. To book for extra persons contact Mia 0818179416
5. **Alcohol?** We do not have a bar at Ons Dorpshuis Guest House. Support the Candy Corner where you can buy basics like: cola, chips, chocolate/snack bars, NUY and other wines etc. This is a newly formed BEE company in the hospitality industry.
6. **Toilets on the trail?** There are some, indicated on the itinerary. Many are well maintained, but do take toilet paper with you. Some parts have no facilities for majority of the day. We do not bury or put any paper under rocks in the veld as there are many baboons and other animals that could get to it. Be very sure to bring everything out with you. Take a few extra zip lock bags for paper and waste.
7. **What about my special dietary needs?** We will try and cater for your dietary needs according to what you indicated on the registration forms. If there are specific foods you prefer to eat, which might not be catered for, you can bring it along and prepare as necessary. All rooms have kitchenettes.
8. **What about access to medical help?** This is a wilderness walk and we are far from medical help and will be relying on each other and our collective first aid knowledge. We do have a First Aid trained staff member walking with us and another on the support crew. We also have an ambulance service on standby at accessible points to deal with blisters and certain ailments. Please ensure that you bring along whatever medication you feel you may need.
9. **What about water?** Safe water to drink, sponsored spring water on tap at Ons Dorpshuis Guest House for all participants. We suggest that you fill up each afternoon because mornings will be too much of a rush and you can also refrigerate your water overnight. There are water-points along the way but always ensure that you start the day with at least 3 liters of water on you.



facebook.com/sunrisetosunset100km



100kmwomanswalk