



Wheezy Walkies 'Companion' Pack

Right Guys...here we go...I thought I'd make a little document for all of you lovely people that have offered to walk with me during my little trek.

Whats Occuring?

Well, if you've got to here without having some idea then you've no idea what you're getting into!!

The Walk

- Ok, the walk is around 1000km(sounds a lot but spread over 6 weeks it is possible).
- I will be starting at 'Minehead, Somerset' on June the 1st. I will then simply follow the coast path along through N. Devon, N. Cornwall, S.Cornwall, S.Devon and then finally Dorset, finishing at South Haven Point just before the ferry crossing to Poole.
- The average daily mileage is around 15 miles and I will aim to be walking, at a steady pace for between 7 and 10 hours a day (including ice-cream, cream tea and hot chocolate breaks).
- The walk has a huge variety of terrains, some of it follows roads, other sections involve rocky steps and some is long stretches of grass tracks.

Overnight

- But Jamie, I hear you shout, how are you going to sleep. Well, I will be carrying with me a lightweight 2 man tent and plan to camp on the majority of the nights.
- Some of these will involve some wildcamping (technically illegal but can try and hide my pitch).
- Other nights, I have been kindly offered a patch of grass by friend, family or just general public out of the kindness of their hearts.
- On a few occasions, I may spend the night in one of the YHA hostels enroute allowing me to give some of my kit wash and re-align my spine!
- I will try to carry a minimal amount of pre bought food, instead trying to stock up in villages I pass through en-route. As such, fayre will not be of the highest caliber but will be chosen to give me maximum energy.

The Charity

- As I hope you have all realized I am doing this walk for both personal satisfaction and to raise sponsorship for Asthma UK.
- AS such, I have been provided with various fundraising bits and pieces and will be trying to raise some cash, even whilst walking.

YOU

- And so we come onto you guys.
- As I have always maintained, I look forward to sharing this adventure with friends, family and others with similar passions to me!
- However
 - Please do not think that it will be easy.
 - I don't want to scare you off but just be aware that weather and terrain on the Coast Path can be very challenging and changeable.
 - If you do not feel that you are suitably fit to attempt multiday, why not try a shorter leg and then carry on if you like it?
 - Saying this, I am confident that many of you are fitter than me and will therefore have no major issues.
- I will be carrying two phones with me at all times.
 - 1, my smart phone, will be used for photos, blogging and tracking. This helps me keep folks at home, including other potential companions up to date as to where I am.
 - 2, a nokia, will be used for communication with important people at home, people wanting to join in the walk and emergency services (should anything happen)
- I understand that wildcamping isn't everyone's cup of tea and as such, I would completely understand if you would rather go to a b&b or campsite and rejoin me in the mornings to walk.
- If you do want to walk with me, why not try and get your friends and family to sponsor you too? I would of course appreciate money going to my Wheezy Walkies fun (and I will credit your name), but you can of course also do it for your own charity of choice.
- Kit-
 - I will be using a 60L Gelert Rucksack, that has served me for many years
 - My tent will most likely be a Vango, unless I choose to splash out.
 - I will be taking my pocket rocket stove and Calor gas canisters to heat both food and water.
 - My boots are Demon- a relative unknown in the boots world. However, In the last 4 years they have been fantastic. I would advise that any boots you choose to wear, especially for multiday walking, have Vibram soles.
 - I will also be taking a Leki walking pole to help on harder stretches.
 - Sleeping bag will be a lightweight 2 Season + liner and carrymat will be some kind of self inflating thing.

- Clothing- The Key Thing
 - Up to you of course
 - Could be 8 deg and pouring with rain or 30 deg and burning sun.
 - I will have underwear (duh!), a wicking tshirt, a thermal vest, a Gelert fleece layer, a heavier fleave, my waterproof jacket (lightweight but high quality).
 - As for the legs:
 - Ronhill trousers, walking trousers, waterproof trousers, ¾ shorts and some knee length shorts.
 - Socks- I tend to go for medium thickness wicking ones (kinda pricey but very good
 - As for other accessories I will have my sunnies, two buffs, a thermal hat and my sun hat
- I will carry a well stocked 1st Aid kit and also insect repellent and strong (30-50) sunblock.
- So, if you are interested, please keep an eye on the blog and email (jamiewg.hayward@gmail.com) or call (07860550873 – before June 1st), (07773756732- during walk)

Thanks for your continued support!

Jamie Hayward