

Top Tips!

What to Bring

Now we know that spending your evening and night-time awake out in the open air, or watching the sun rise over London is perhaps not your usual way of spending a weekend, therefore, we thought we would put together a list of **What to Bring** to help keep you energised, happy and smiling throughout the MoonWalk.

If you need any more tips, give the Volunteers Team a shout...they'll be happy to advise!

1. **Thermals & Layers** – even though the MoonWalk London takes place in May, temperatures can drop down low overnight. Even though you might be busy moving around, we want to make sure you stay nice and warm till the sun comes up so a thermal layer can be really useful. We'd also recommend you bring some extra woollies to keep those extremities cosy throughout the event!
2. **Change of Socks** – a game changer! As much as we all hope for a night of clear and dry skies, living in England means the weather is as always unpredictable! A spare pair of socks is a fantastic way to keep both you and your feet happy if the heavens open!
3. **Portable Phone Charger** – it is important that you are able to get in touch with the Call Centre at any time, which means you need to keep your phone alive throughout the event so bring a portable phone charger with you.
4. **Bumbag** – everyone is allowed to bring one small bag to keep in the Volunteer Bag Store. However, a bumbag is a super way to keep all your essentials (treats and snacks!) on you throughout the MoonWalk.
5. **Sunglasses & Sun Protection** – bring your sunglasses! Perfect for you to watch that beautiful sunrise over London. We know it may seem a bit weird, but that early morning sun can be really warm too so bring your sunscreen... protection always comes first!
6. **Water Bottle & Snacks** – it is important to stay hydrated to keep your body fuelled and nourished to keep you going through the night. We'll be providing Volunteers with hot soup and sandwiches, but please bring along all your favourite snacks and treats to keep your hunger at bay!