

« Walk for Life! Immediate end to nuclear power »

August 18th - 25th 2012

Cadarache – Marcoule – Tricastin

Practice form/recommendations

Participants in the « Walk for Life » are expected to be self-supporting whether they participate solo or as part of a group. Participants are encouraged to consider sharing resources and to support one another throughout.

There will be two designated vehicles throughout the Walk for Life for emergencies.

Weather in Provence during August is often very hot with occasional summer storms (see list below). You are encouraged to equip yourself in advance even though the Walk for Life will follow secondary roads which often go through villages and small towns with various shops.

For your convenience here is a list of items the Walk's organisers deem useful and even necessary for the "Walk for Life"

. Light and comfortable walking shoes, Good quality socks, A yellow high visibility jacket, Light raincoat or umbrella, Cap or hat (wide rimmed) , Change of clothing, a good sweater and pair of jeans for the night in case of rain or cold temperature... Sunscreen and small water spray to cool the face, Flashlight, Facial tissues, paper towels,

. Personal first-aid kit:

salt against dehydration , ordinary and special plasters (for blisters) , disinfectant cream , surgical spirit, tincture of calendula + apis mélfica homeopathy (insects' bites), arnica (bruises) , small utensils (penknife etc), sleeping bag/bedding , energy food and dried fruits, water and fruit juices (can also be purchased throughout the walk when passing through settlements)

And, of course, any music instruments are welcome for the evening stops.

To facilitate planning and the smooth running of the Walk **please complete the following by ticking the appropriate** and email it to CAN84 (collectifantinucleaire84@hotmail.fr)

Your intended means of travel:

- on foot | on roller skates | on bicycle | on horse/donkey etc
- other (please specify):

Participation: please tick any that apply (for more information of the various stages please visit the website*):

Day	Date (August)	Morning	Afternoon	Evening
Saturday	18 th			
Sunday	19 th			
Monday	20 th			
Tuesday	21 st			
Wednesday	22 nd			
Thursday	23 rd			
Friday	24 th			
Saturday	25 th			

Number of participants: _____

* www.coordination-antinucleaire-sudest.org