

GLAMOURPUSS PRODUCTIONS

A Million Cats March
August 12, 2017

PARTICIPANT TIPS AND ROUTE MAP

Sun Safety

Summertime can bring us elevated warm weather conditions! Here are some tips for this:

- Wear light-colored clothing and breathable fabrics.
- Wear sunglasses that protect against both UVA and UVB rays.
- Use sunscreen with a high SPF.

Hydrate

We cannot stress enough that hydration is extremely important, especially in warm summer conditions.

Drink plenty of liquids before, during, and after a walk. Here are suggested guidelines for staying hydrated:

- 4 hours or less prior to the walk: Drink 1–2 cups of fluid (250-500 mL)
- 2 hours or less prior to the walk: Drink ½ –1½ cups (125–375 mL) of fluid if you have not produced any urine or only a small amount of bright yellow urine.
- During the walk, keep fluids with you to drink along the way.
- Drink enough to replace water lost through sweat.
- Drink more fluids immediately after the walk.
 - If you drank enough during the walk, let your thirst guide you through the rest of the day.

Water is typically the best choice for drinking before, during and after the walk. Liquids such as milk, chocolate milk, 100% (unsweetened) fruit juice, and sports drinks can be included.

Avoid carbonated soft drinks, regular (e.g., sweetened) fruit juice, fruit drinks, lemonade, and energy drinks that contain a lot of sugar or caffeine, as they may cause stomach upset and discomfort while walking.

Nourish

Prior to arriving at the Million Cat March, be sure to have a small, balanced meal.

- Have a small meal **1–3 hours before the walk**. Suggestion:
 - A serving of oatmeal with nuts
 - A slice of toast with peanut butter
 - Fresh Fruit
- Have an easily digested snack **30–90 minutes before** the walk. Suggestion:
 - A banana
 - Half a bagel or an English muffin
 - Yogurt

Try different foods at different times to see what works best for you.

Route Map



