

# WORKSHEET

## **Preparing for a CATERAN Trail Walk: Questions for the children to ask themselves:**

If you are heading out with your class to walk some or all of the CATERAN Trail, it is a great idea to think about it first. Your teacher will be doing this already, but if you think for yourself, the experience will be better for you.

Ask yourself these questions:

1. If you are walking say 8 miles, how long do you think that might take? If you have no idea, what could you do in a short time and near your house or school to give you the information you need to make an informed guess?
2. If you are out walking for a number of hours in the countryside, what kind of surfaces might you be walking on, and depending on the weather, how might it feel to walk on these surfaces? What impact will this have on your choice of footwear?
3. You are going to need food and drink in order to enjoy the experience of going for a long walk. Your food will need to give you energy, and you will need to drink quite a lot and quite often. Design your own picnic.
4. The weather in Scotland can be very changeable. Think about how you will manage to stay warm when it's cold, dry when it's wet and cool when it's hot. Don't expect anyone to carry your jacket, because everyone will have their own stuff to carry.
5. This is a big adventure. By going on a big adventure, and facing sometimes difficult challenges, what do you think you might learn?

6. Do you have any questions you need answers to before the walk begins? If so, write them down and be sure to ask them in time to give your teacher, or your parent, time to answer them.

## **Walking Kit**

Before going for a big walk, it is important to prepare. Once you're on the walk, you need to be ready for changes in the weather and the ground underfoot and you need to be sure you will eat and drink enough to have energy to finish the walk. You also need to ensure you are not carrying so much that the walk is not enjoyable. A tricky balancing act!

Using the wee person, label the body to show what kit you will need from head to toe. Describe the kit – don't just write, 'shoes' but describe the best footwear you could bring for the exercise.

Be prepared to discuss your choices with the class.