

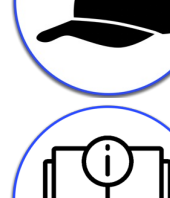












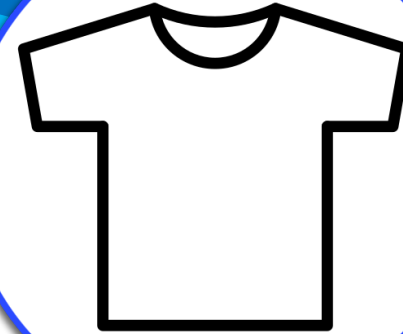
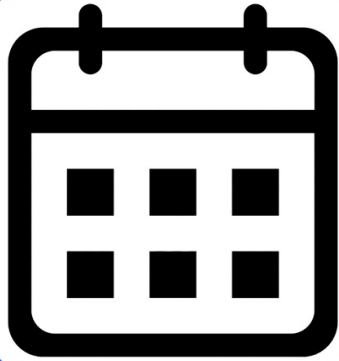
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|--|---|--|---|------------------|
| <p>1 Ensure to have light breakfast/refreshment before coming for Walkathon</p> |  | | <p>Use sunscreen and wear a hat or bring an umbrella to protect against the sun</p> | <p>8</p> |
| <p>2 Wear comfortable clothes and shoes</p> |  |  | <p>Listen to event organizers' instructions</p> | <p>9</p> |
| <p>3 Follow the designated route</p> |  |  | <p>Pace yourself and take breaks if needed</p> | <p>10</p> |
| <p>4 Stay hydrated by drinking water regularly</p> |  |  | <p>Do not litter</p> | <p>11</p> |
| <p>5 Walk with a buddy or in a group</p> |  |  | <p>Bring extra water bottle if required</p> | <p>12</p> |
| <p>6 Obey traffic rules and use crosswalks</p> |  |  | <p>Enjoy the walk and have fun</p> | <p>13</p> |
| <p>7 Be aware of your surroundings and watch for hazards</p> |  |  | | |



**IBTE
CHARITY
WALKATHON
2023**

GUIDELINES

24th June 2023
(SATURDAY)



Staff

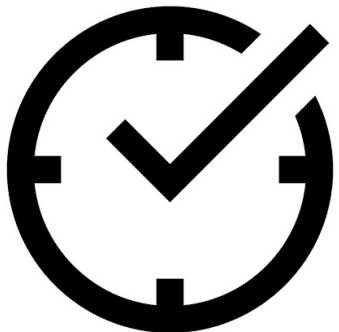
50th Anniv Shirt/ IBTE
Shirt

Student

IBTE CCA Shirt

**IBTE
CHARITY
WALKATHON
2023**

7.30 AM



Zone L,
Stadium Negara
Hassanal Bolkiah,
Berakas

IBTE CHARITY WALKATHON 2023

ROUTES

