



Welcome to Elfsborgsmarschen

This document is to help you prepare in the best possible way.

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March Lengths

Many think that 20 km is easier because it is half the length of 40 km, but we need to inform you that they are way different in how they are set up. Let's go through them.

40 km

For anyone that wants the real Elfborgsmarschen as the prerequisite for Nijmegen, the 40 km for 2 days is the way to go. This will get you into and around the city of Gothenburg. But it is also only set up for marching on pavement and close to roads. With 10kg extra on your back this can set a strain on feet and legs that you weren't expecting. This takes a lot more preparation to be ready where boots need to be walked in and the backpack is correctly fitted to your body.

Some key items to have with you:

- Tape for you feet
- Chafing patch
- Easy to fill water bladder/water bottle
- Something to eat that has energy in it
- Socks to change
- Battery pack/charger for charging phone/watch (See maps section)
- Hat/cap, something to shade your head in the sun

Some not as necessary:

- Hearing protection (if road sounds bother you)
- Sun glasses (shade your eyes, you will be out a long time)

For the 40 km we have 2 manned checkpoints during the march. First one is usually located around 15 km and the second one is at 30 km. There are beverages (cold water, hot water, juice) and some simple food (example: bananas, pickles and some freeze dried food). A portapotty or equivalent will be in close proximity to the Checkpoint.

The **most important step** when arriving at a checkpoint is to **always check off your name on the list** that you have arrived at the checkpoint.

Other than that we also have medical personnel at the checkpoints to check if you feel you have an injury. Also drivers to take you back to the start in case you need to quit because of injury etc. Just take note that when everyone has passed through a checkpoint it will be taken down, so don't backtrack if you have an injury since it will maybe be gone when you get back, call it in!

20 km

For a not as long but just as challenging march our 20 km is more in rugged terrain with a lot more elevation differences. Here you get the more scenic route of the forest and not as strainful for your feet and legs as on pavement.

Some key items to have with you:

- Tape for you feet
- Chafing patch
- Larger/multiple water bottles/bladder (at least 2 litres!)
- Something to eat that has energy in it
- Socks to change
- Battery pack for charging phone/watch (See maps section)
- Toilet paper
- Hat/cap, something to shade your head in the sun
- Sun glasses

Most important to note here is that there in best case can be an unmanned water station during the way, which means you have yourself to rely on. Here it is even more important to have a phone with you with GPS localization.

Single/Combo Days

If you want a single day of marching there is the possibility to. No matter if you want to walk only on Saturday or Sunday there is the possibility to march.

Combo days are if you want 40km on the Saturday and 20km on the Sunday or vice versa.

No matter if you take a single day or a combo, please refer to the above text about the different lengths.

Dogs

All four legged friends that will be your companion on the walk are always welcome. You know what your dog can and can't do, which is why we will never stop you from bringing the dog! Just remember what kind of surface is primary on both lengths and that it can get really warm.

Be mindful of other participants that maybe aren't as comfortable with dogs, the march is open for all military branches and civilians as well.

We do not carry any animal focused medical aid so make sure you have it with you.

Maps

As standard we have our maps online in GPX format. These are compatible with a lot of apps/gps equipment already on the market. We also have Google Maps as a backup, but the GPX format is preferred.

Example of an app: Garmin Explore App

Paper Maps

By some demand from previous participants paper maps will be made for those who request. But even if these are ordered you still need to have the GPX map loaded to your phone to make sure that in case you take a wrong turn you can get back on track by yourself.

Typical day procedure

A typical Check in will be according to following procedure:

- Arrive at check-in location before starting time (location very close to start)
 - Crew will check what was ordered and make sure you get all the info and equipment surrounding it.
 - You will get your armband or other identifier for entire event
 - You get info about where the start takes place
- You make yourself ready with maps
 - Also make ready your own equipment
 - Make sure you have the Maps loaded on your phone/GPS (even if you have paper maps)
- Stand at the start
 - There will be a short briefing to attend to general info about the day and security briefing
 - March starts
- Marching
 - You walk the march
 - Check in at Checkpoints as you arrive
- Finish
 - You Check in at the Finish
 - You take your well deserved rest and get ready for the next day

Times to know

Remember that this is general information for reference for all coming Elfsborgsmarschen, when coming closer to the event that year you will get more detailed information.

Friday

17:00 - Check in opens for early arrivals

18:00 - Dinner is served. Later arrivals will get reheated food.

22:00 - Light out!

Saturday

06:00 - Breakfast is served (until about 07:00)

06:00 - Check in opens for the day

07:00-:45 - 40 km briefing and start

09:00 - 20 km briefing and start

09:30 - 40 km Checkpoint 1 opens

12:00 - 40 km Checkpoint 1 closes (or when everyone is checked off the list)

12:00 - 40 km Checkpoint 2 opens

15:00 - 40 km Checkpoint 2 closes (or when everyone is checked off the list)

18:00 - Finish closes, dinner is served about this time

22:00 - Lights out!

Note: The Saturday could be in combination with a party for the local Home Guard, so you could be up later. We always respect the lights out for people who want to sleep, and so should you. Do as little noise as possible and only talk outside of the sleeping quarters.

Sunday

06:00 - Breakfast is served (until about 07:00)

06:00 - Check in opens for the day

07:00-:45 - 40 km briefing and start

09:00 - 20 km start

09:30 - 40 km Checkpoint 1 opens

12:00 - 40 km Checkpoint 1 closes (or when everyone is checked off the list)

12:00 - 40 km Checkpoint 2 opens

15:00 - 40 km Checkpoint 2 closes (or when everyone is checked off the list)

18:00 - Finish closes, clean up starts

21:00 - Sleeping quarters is closed for clean up

What to pack

This is very individual for every person but there are a couple of things that are always good to have!

- Extra socks
 - change them every chance you get. Injuries come from wet skin and chafing. Change them out and put the old ones somewhere they can dry
- Rain Clothes
 - Gothenburg is usually called Little London where rain can come from nowhere. Getting wet isn't a big deal, but keep your morale up and keep dry!
- Battery/charge pack
 - Charge your phone, it is a life line and should not be overlooked since walking with an active GPS locator drains battery faster than you are accustomed to.
- Water bottles/bladder
 - Any typical lazy day you should drink about 1.5-2.5 dl every hour. But in warm weather and exercise it goes up drastically to 1.5-2 litres per hour. Drinking cold water helps to keep the temperature down, but for efficient uptake in the body it is supposed to be just under the temperature of the body. Have a thermos with you with some warm water and take a small sip when you get the chance. Don't wait to become thirsty before you drink!
- Something sweet
 - Sugar keeps energy levels up. Coffee works as well in combination.
- Food
 - This is very individual, but some people get hangry (hungry and angry) if they don't get food. Have something good with you that is easy to pack and what you look forward to eating! It keeps your morale up and gives you a small checkpoint of your own.
- Hearing protection
 - Very individual, but walking close to roads for an extended period of time can get irritating for some people. Pack some hearing protection to have something to drown out the noise. But remember to take brakes away from road noise when you get the chance.
- Extra undergarments
 - Sometimes things just don't sit right so have a backup in case there is potential to get irritated skin.

Sleeping equipment

Some people will sleep over and that will be in a somewhat open barracks style. We supply NATO-beds for everyone but you still need some parts yourself.

- Sleeping Pad
 - Keeps your body heat and is a little more comfy
 - If a NATO bed isn't good for you bring a good sleeping pad that works on floors
- Sleeping bag, or equivalent
 - To be able to sleep comfy in combination with your sleeping pad
- Pillow
 - Completely optional, but recommended to make sure you get a good night's sleep.
- Hearing protection
 - There will be more people around you and some people snore. If you have a hard time being in the same room bring some in-ear protection to make sure you get a good night's sleep. We will try to separate as good as we can with the available space we have.
- Shower equipment (towel, soap, shampoo)
 - You will have access to showers, take the opportunity to get clean and fresh before going to sleep

Companions (Dogs etc.)

As a military march we always make sure that companions are to get well deserved rest. We arrange alternative sleeping if bringing a dog that is to be joining you on the march. This can differ year to year depending on location. Please talk to the crew before to make sure you get an alternative and can plan for it.

Usually this will be closer to the crew and not other participants where we are sure dogs are allowed to be, but as such you need to know that the crew might be up and about when you are sleeping so take correct precautions making sure that the dog gets a good night's rest.

Normal pacing

We walk at different speeds and have different preferences. But if you want to keep a rule of thumb as soldiers are trained:

50 min March	10 min rest	50 min March	10 min rest	50 min March	1 hour rest
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This will mean that you will get into the finish after 10 hours if keeping 1km/10 min (6km/h) on the 40 km, but of course you should keep the highest pace everyone can hold comfortably. As our checkpoints are at 15 km and 30 km you should arrive at a checkpoint for the 1 hour rest. Normally you will be starting at 07:00 and the last call at finish is at 18:00 so you have 11 hours.

The pacing should be planned as you would be walking for even longer for the entire group. Not too fast and not too slow.

NOTE! This is when everything is perfect with your gear. If you have something new with you, do a 10 minute march and everyone checks that nothing feels off (like any hot spots in boots or from the backpack). Take a 5 min break already to make sure the person gets squared away before proceeding.

The meaning of the 10 min rest is to make sure people drink and change socks. Air out the boots and rest the feet.

Non-standard pacing

The march is for everyone, even some that use it as training for different events. Like running or speed walking, everyone is welcome. But to note is that all the scheduling is made for Normal Pacing, please inform crew if you intend to hurry through the course and be sure that you regularly give info when you pass checkpoint locations.

This will mean you potentially miss out on some of the benefits of the Checkpoints.

Medals

Elfsborgmarschen's medal

If you complete Elfsborgmarschen you are awarded with a medal symbolising the amount of times you have completed it. We have Bronze (0-4)/Silver (5-9)/Gold (10+) where you get your next increment of finishing the year's Elfsborgmarsch.

This is awarded to everyone participating, including civilians.

Soldier medals (Sweden)

This is only available for Swedish active military personnel.

If you have something close to these requirements and need a signature for your own country's version of the medal please contact the crew. But we can only sign for what we know are the requirements.

As a Swedish soldier you are expected to adhere to the [Normal pacing](#).

You are also expected to carry gear on your person as you've been taught (example First Aid in your right leg pocket).

These requirements need to be fulfilled:

- 1 day of at least 6 hours of "work"
 - 1 day of 30 km (40 km checkpoint 2) is enough if it takes at least 6 hours
- 10 kg backpack
 - At least 10 kg
 - This excludes water (weight of bladder or bottle without water can be included)
 - Excludes any food
 - You can do a weigh in at start, at the checkpoints and at finish

Common Mistakes:

The day can start with sunshine where you have light clothing and later on it can rain where you put on your rain clothes. Do the weight correctly and make sure you do not have water in bladders etc. When doing the final weigh in (or at checkpoints) remember what you have removed from your pack!

Uniforms

This is a military and civilian march. Uniforms are a very natural part of the military and this chapter is to help with some questions.

Swedish Uniform

All Swedish uniforms are welcome. No matter if you are in the army, navy or airforce. Just clear it with your command that you wish to participate in uniform at our event and you are all set!

Remember that you represent the armed forces in civilian surroundings, so carry yourself and the uniform with dignity.

Foreign Uniform

We love that you want to represent your own country and your service!
But there are always some formalities to be aware of.

Always clear it with your command that you are allowed to carry your country's uniform during the march. If you have questions please feel free to contact us.

And when it's all cleared, we hope you have your country's flag with you being waved high!

Food

At Elfsborgsmarschen there is a possibility to order food ahead of time at the registration. Always pay before the deadline to make sure it is ordered.

A simple "menu" will be included the closer we get to the event in case you have an alternative diet.

Breakfast

Is usually a selection of eggs, müsli, yoghurt, coffee/tea, sandwich with different toppings etc. It's a simple breakfast with self serving and nothing too exclusive.

Lunch

You will be walking during this time and there will only be simple fruit and other eatables at the checkpoints. If you really crave lunch, have something with you or find somewhere close to eat.

Dinner

Served at the end of day and is with focus on carbohydrates and energy. Could be burgers with toppings and some salad or a Swedish typical korvstroganoff with pasta.

An alcohol free drink is included for dinner.

Alternative diets

Vegan, vegetarian, gluten intolerant, lactose intolerant etc.. If you have an alternative diet by choice or not, we can always try to help. We aren't really in a position where we can make many different kinds of foods as standard, yet.

But we can always try to help you by preparing food you bring with you, we have places to store it in the refrigerator/freezer.

Just talk to the crew at check-in to make sure it gets put in the right place, please just mark your food with your name.

Even if you have chosen not to go with our food service and have pre packaged food with you in a container, we will still store it for you if you wish.

Drinks

As a bonus we will have the bar open friday and saturday evening for anyone craving a beer or cider (age limit of 18 for alcoholic beverages).

Non-alcoholic drinks are also served.

Security measures

Here are the measures we take and that we want you to take.

We strive after keeping our participants safe in all kinds of situations, still there is need to help one another and to make sure you are yourself prepared.

Contact

At the start of your march you will get a contact number. This number will be important to write down as it is the primary connection to crew and the security officer at Elfsborgsmarschen event. This number is to be used primarily or in conjunction with some of the following situations in the coming sub headlines.

But there are still some apps that will help you on the way:

SOS Alarm - Swedish alarm app that dials 112 for you with GPS localization on.

Signal/SMS/Phone - So you can get in contact with security officer/crew

As a precaution every person that is participating in Elfsborgsmarschen will get an armband at check-in. This is so that first responders will know who to contact in case something happens to the crew to make sure we can help you from our side as well.

Injuries/ongoing crime

In a worst case scenario as an injury that needs professional medical attention or police. Your primary is to **call 112** either by calling regularly or using the SOS Alarm app if you don't know where you are.

When the situation has died down and there is time for it, please inform the crew about it in the easiest way.

Light injury

If you have a light injury, such as a slightly sprained ankle, and feel like you need help. If you can't walk any more contact the crew with your position and we will come and get you. If you are able and close to the checkpoint please inform them that you're not feeling so well, there will be trained medics at every checkpoint that can help. If they feel like your injury needs professional medical help we will drive you to the Emergency Room.

If they feel as if you should not put any more strain on your body they can make sure you get back to the start/finish.

Light headed/nausea

There will be sun out and you will put strain on your body. Do never forget to drink water, rather too much than too little. And drink before you get thirsty!

But even the best can get light headed, inform people around you if you are travelling in a group. If you only feel slightly light headed send a message/call to the crew with your location, we will ask you questions and if we feel the slightest hesitation we will try to find you with one of our vehicles.

If you find another participant, always say hello to make sure they are OK, if you think that the person isn't feeling well please help them in contacting the crew. And if you feel that the person needs professional medical help **call 112** or through the SOS Alarm app.

Dogs injury

If your dog gets injured in any way, we do not have anything specially made for animal aid. As also most of our medical crew are not accustomed to helping animals with their injuries. Please have your own medical supplies for the injuries you think the dog can acquire during the length you have selected.

We do have cars that we can come and get you and your companion. But for safety reasons, if the dog needs to go back to base, so must you. We are not able to have a crew watching the dog, especially when it's all new people for the dog.

Last words

As you have gotten to the last page we want to make sure that you check our Facebook for the latest information. Remember that this document is made as a general informative text and that some things change over time, information for participants will always be sent closer to the event. Such as but not limited to: Sleeping quarters, food, time, parking, maps etc.

Hope this helps you in preparing for Elfsborgsmarschen and other marches in getting the focus on the challenge and not on everything around it. Make sure you enjoy yourself and take the time to see beautiful Gothenburg! Don't just focus on the end result but take in everything about the path there.

Thank you to all newcomers and veterans of Elfsborgsmarschen for supporting us!

Facebook link: <https://www.facebook.com/elfsborgsmarschen>