

30-Hour Famine Famine Walk Safety Guide

A. Things to note before enrolling

Famine Walk participants are required to engage in outdoor activities while fasting, which can be challenging for some people. Prior to enrolling, participants are advised to take their health status into consideration. Participants will take full responsibility in case of accidents. World Vision, sponsors and supporting organisations will not be responsible for any accident occurred during the event.

People with any of the following conditions are not recommended to participate in the **Famine Walk**:

- 1) Chronic illness, such as diabetes mellitus, coronary artery disease or cerebrovascular disease
- 2) Malnourished
- 3) Reduced mobility
- 4) On chronic medication
- 5) Psychological illness, such as anxiety and panic attack
- 6) Pregnancy
- 7) Gastrointestinal illness
- 8) Substance or alcoholic abuse

Remark: Please seek medical advice if you have any doubt.