
MAMMOTH
MARCH
HOW TO
MAMMOTH?
YOUR SURVIVAL GUIDE

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WHAT IS MAMMOTHMARCH?

MammothMarch is more than just a hike - it's a test of determination, endurance and mindset. Our non-competitive, long-distance hiking events challenge participants to hike 20 or even 30 miles (at some of our locations) in one day, surrounded by nature and fueled by inner grit.

There's no timekeeping or leaderboard. Just you, the trail and your goal: to push your limits and finish proud. Whether you're here for personal growth, to disconnect from screens, or to rediscover your physical and mental strength - you're in the right place.

When you cross that finish line, you'll earn more than a medal and certificate - you'll earn your place on the Wall of Fame and collect a stamp in your official MammothMarch Hiking Pass.

Let's go big - let's Mammoth!





SIGNED UP ALONE? NO WORRIES!

A large number of MammothMarchers sign up solo - and end up finishing alongside new friends. Whether you're seeking solitude or someone looking to connect, our event naturally brings people together.
Our community is welcoming, supportive and built around shared determination and achievement. From pre-event Facebook groups to trail-side chats: opportunities to connect are everywhere.

Tips for solo hikers:

- Join our official Facebook event page and meet fellow participants beforehand.
- Strike up conversations at the start or our rest stops - you're all in this together.
- Walk at your own pace - chances are you'll naturally fall in with others.

No team required. Just bring yourself - that's more than enough.

(A) Physical Preparation

You don’t need to be an elite athlete, but you do need to train. The distance is no joke - it’s doable, but preparation is key.

Start early and stay consistent:

- Aim for 2-4 walks per week, gradually increasing distance.
- Practice hiking on different terrain (gravel, trails, hills).
- Include one long hike per week - building up to 15-20 miles.

Don’t overtrain:

- Taper your distance 1-2 weeks before the event.
- Include rest days and focus on stretching and mobility.





💡 ***INSIDER TIP:***
You don't have to have hiked 20 miles in a single stretch before event day. Having completed 13-16 miles is a great training goal. You'll be surprised about the positive impact the day of the event has on your performance, featuring rest stops, volunteers and - most importantly - a cheer squad of hundreds of like-minded participants!

(B) Mental Preparation

MammothMarch is as much about mental strength as physical stamina. Some miles will be easier than others - and that's where mindset matters.

Tips for mental resilience:

- Break down the route in segments and set micro-goals. Think: "Just make it to the next rest stop."
- Visualize your finish. Picture the medal around your neck and the smile on your face.
- Bring music, podcasts or mantras for tough spots - or embrace the silence and let nature refuel you.

Remember: discomfort is only temporary. Pride in your accomplishment lasts forever.



> 💡 ***INSIDER TIP:***
> *Test your gear in training and break in shoes and socks well in advance. A great hike can be ruined by blisters from new boots.*

EQUIPMENT: WHAT TO BRING

Being well-equipped means being safe, comfortable and prepared for all conditions. Here's what you must and should bring:

Mandatory:

- Event ticket (digital or printed).
- Reusable drinking bottle or water bladder (no bottled water offered at aid stations).
- Fully charged cell phone (with GPS coordinates of the hiking route downloaded).

Highly Recommended:

- Comfortable, broken-in hiking boots or trail shoes.
- Moisture-wicking socks (bring an extra pair!).
- Daypack or hydration vest.
- Lightweight rain jacket (weather can change quickly).
- Sunscreen and hat.
- Blister care kit (moleskin, tape, band-aids).
- Energy snacks (bring your favorites for in-between rest stops).
- Trekking poles (optional, but helpful).

Pack light but pack smart. You'll thank yourself around mile 18.

FOOD AND BEVERAGE ALONG THE ROUTE

Keeping you fueled and hydrated is part of our job - and we take it seriously.

On a 20-mile MammothMarch you can typically expect 3-4 rest stops:

- 1-2 water stations to refill your water bottle/bladder; also featuring electrolytes.
- 2 aid stations offering a variety of snacks, such as pretzels, granola/cereal bars, bananas, apples, candy, water, energy drinks - and, of course, our renowned PB&J sandwiches.

At our 30-mile events, we offer at least one additional rest stop providing a few special treats for an extra boost.

We emphasize sustainability: no single-use bottles - refill your own!

If you have any dietary restrictions, make sure to bring your own fuel; our volunteers will be able to offer basic allergen information for our aid station items.



💡 ***INSIDER TIP:***
Top off your water bottle/bladder at our start and each refill spot: Changing temperatures and exhaustion can lead to an increased water consumption later in the day. Take smaller sips even if you're not thirsty - this is when it's typically already too late to hydrate.

YOUR EVENT DAY



💡 ***INSIDER TIP:***
"Beware of the chair" doesn't mean you shouldn't take a well-deserved break at our rest stops but sitting for too long can get you stiff, makes it harder for you to continue and puts you at risk of missing the cut-off time. However, always listen to your body: Sometimes it's smarter to call it a day at one of our rest stops.

Here's what your MammothMarch experience will look like - from start to finish.

Arrival & Check-In:

- Arrive around 30 minutes before your pre-selected start time.
- Sign our waiver and proceed to Check In with your ticket confirmation/QR code (printed out or displayed on your smartphone).
- You'll be checked in, receive our participant wristband as well as any last-minute instructions.

During the hike:

- Follow our MammothMarch course signing (flags on the side of the trail, direction & mile markers on trees, etc.)
- Use our downloadable GPS data for added navigation confidence.
- Our support team is on-hand throughout the route - you're never truly alone.
- Monitor your pace to reach the final rest stop before our cut-off time.
- Our sweeper crew ensures everyone is safe and accounted for.

Need to stop early?:

- Our shuttle service is available at most of our rest stops to bring you back to the basecamp.

You did it – you took on the challenge and conquered the miles. Now it's time to recover, celebrate and reflect.

Immediately after your finish:

- Pick up your MammothMarch medal and personalized certificate.
- Get your Hiking Pass and Finisher stamp – another achievement logged!
- Hydrate, stretch and take in the moment – you've earned it.

Recovery tips:

- Keep moving gently for the rest of the day.
- Hydrate and refuel with a balanced meal.
- Take a cool shower or soak your legs in cold water to reduce inflammation.
- Stretch or use a foam roller the following day.

Share your story:

- Post photos and reflections on social – tag us @MammothMarch!
- Sign up for your next March – because this journey is only just beginning.





CONTACT US

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Join our MammothMarch community on socials:

/mammothmarch @mammothmarch

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