



# wellaware

## What is a Water Walk?

An experiential activity where you see firsthand what it's like for those who lack access to clean water. In regions experiencing water scarcity, women and girls are responsible for water collection in 8 out of 10 households. They walk an average of 3.5 miles each day to gather water for their families, usually carrying 5-gallon jerry cans that can weigh up to 40 pounds. Children often miss school to do so, and can easily fall behind and drop out. Women's jobs become gathering water and they aren't able to focus on income generation. A Water Walk's purpose is to bring awareness to this daily burden for many.

## How it Works

1. **Relay Race** - Members of a team take turns carrying a jerry can back and forth until each member of the team gets to participate once. First team to finish wins.
2. **Obstacle Course** - Set up obstacles along the Water Walk that could act as obstacles many have to walk through to bring water home for their families (eg- gravel to show the bumpiness of the roads).
3. **Walk Along a Track** - Participants walk for 1-3 miles around a track carrying a substantial amount of water.
4. **Get Creative** - You can set up a Water Walk in any way you think would be impactful for participants.



## Supplies Needed

Lots of space to walk and a large supply of water for participants to carry. Options include:

- Jerry can(s) that you can purchase [here](#).
- One gallon jugs from a grocery store
- Any buckets, milk jugs, large containers

Psst.. have leftover unopened water jugs? You can donate them to further the impact. You can also recycle the water for plants, cleaning, and more.

## Want Well Aware's Help?

We are happy to travel, within reasonable distance, to where you are hosting your Water Walk! If your hosting site is too far, our team will work with you in hosting your very own Water Walk and send you any resources to make your team lead to feel confident.

If you're joining us in our annual campaign, Shower Strike, what better way to get your team excited to raise funds than to step into the shoes of the people you are raising funds for!

**INTERESTED IN HOSTING YOUR OWN WATER WALK?**  
**EMAIL [INFO@WELLAWAREWORLD.ORG](mailto:info@wellawareworld.org) TODAY.**