



Top 10 Firewalking Tips

Believe in Yourself

Confidence is key. Trust that you have the strength and courage to complete the walk. Positive affirmations and visualisation techniques can help reinforce your belief.

Stay Calm and Focussed

Before you step onto the embers, take deep breaths to calm your nerves. Focus on maintaining a steady and calm mindset throughout the walk.

Listen to the Experts

Pay close attention to the instructions and training provided by the Firewalking experts. They will guide you on the correct techniques and safety measures to ensure a successful walk.

Maintain a Steady Pace

Walk at a natural, steady pace. Don't rush, but don't linger either. Keeping a consistent rhythm will help you stay balanced and focused.

Look Straight Ahead

Focus your gaze on a fixed point ahead of you, not on the embers below. This will help you maintain your balance and keep moving forward.

Dress Appropriately

Wear comfortable, loose-fitting clothing. Avoid anything that could dangle or catch fire. You'll be walking barefoot, so ensure your feet are clean and free from any lotions or oils.

Stay Hydrated

Drink plenty of water before the event to stay hydrated. However, avoid overloading on liquids just before the walk to prevent discomfort.

Trust the Process

Remember that Firewalking has been practiced safely for centuries. Trust in the process and the guidance of the experts.

Stay Positive and Encouraging

Support fellow participants with positive words and encouragement. A supportive environment can boost everyone's confidence and determination.

Celebrate Your Achievement

After completing the Firewalk, take a moment to celebrate your accomplishment. Reflect on the experience, acknowledge the courage and strength it took to succeed and share with others!

If you have any further questions, please call **07341 884086** or email fhft.events@nhs.net

On behalf of all our patients, their families, and the dedicated staff, thank you for taking part and choosing to support Frimley Health Charity!