

# NYS MARCHES FOR PEACE

## -- WALKER'S PREPARATION PACKET --

We are very excited that you are joining us on the March to Fort Drum from May 8 to May 17. Whether you are joining us for one day or all ten days, the information in this packet should help you to prepare for the journey.

### What to Bring

We will have a vehicle traveling with us that will carry our belongings while we walk, so no one will have to carry a heavy backpack. The weather up north is likely to still be cool, especially at night and in the morning, so it is advisable to bring clothes that you can layer.

ESSENTIAL ITEMS	OPTIONAL ITEMS
➤ Good walking shoes	➤ Sunglasses
➤ Sunscreen	➤ Flashlight
➤ Sun hat	➤ Tent (for those who want to camp outside)
➤ Rain gear (poncho, coat, pants)	➤ Musical instruments
➤ Small back pack to carry water bottle, snack	➤ A lightweight banner or sign to carry en route
➤ Sleeping bag and bed roll	➤ Hand sanitizer
➤ Pillow	
➤ Utensils (fork, knife, spoon)	
➤ Plate, soup/cereal bowl and cup	
➤ Cloth napkin(s)	
➤ Wash cloth & towel	

### Departure Location & Time & Send-Off Rally

We are meeting at DeWitt Park, located on the corner of E. Buffalo and N. Cayuga Streets at 11:15 am on Thursday, May 8. Please arrive promptly so we have enough time to pack the vehicles before our send-off rally begins. Friends and family are encouraged to join us for the send-off rally. We will depart the park at 12:00 NOON, walking through the Commons, up to the Cornell Campus via either State Street or Buffalo Street to Tower Road to Rte 366 to Rte 13.

### Transportation

**Joining the March en route:** Transportation leaves from 213 First Street each morning starting on Friday, May 9. **Departure times vary each day. Vehicles will leave promptly at the time indicated in the Marching Route & Lodging Table at the end of this packet.** If you are traveling on your own and arrive at the day's starting location after the designated time scheduled, it should be easy to locate us en route since we are staying on primary roads. Please refer to the Marching Route & Lodging Table.

**Returning from the March en route:** Transportation leaves from the lodging site each evening. Time will vary depending on the needs of the walkers returning to Ithaca that day. If you drove up on your own to the day's starting point, we will drive you back to your car at the end of the day.

**Returning from Watertown on the evening of May 17:** We will be carpooling back to Ithaca that evening. If you are planning to drive up to Watertown for the festival and are able to take marchers back to Ithaca after the festival, please let us know.

**Car Seats:** We do not have access to car seats. Therefore, if you have small children who require car seats, we will need to transfer your car seat into our transportation vehicles. Please arrive 10 minutes early so we can leave on time.

## Food & Special Diets

Water is being provided for all walkers, but **it is necessary to bring your own water bottle** since the water is being stored in oversized containers.

**Anyone marching the first day is asked to bring a bag lunch.** This is the only day that overnight walkers will need to bring a lunch.

**Overnight walkers** – Breakfast, lunch and snack provisions will be available each day. Due to our donation situation, breakfast food may be limited to oatmeal and eggs, so if you prefer cold cereal or granola, we ask that you bring your own. Each person is responsible for making their own lunch before we begin walking each day. Snacks will be available en route. Dinner meals will mostly be provided by various groups donating food. There may be some nights where we will need to pitch in with at least some of the cooking.

**Day walkers** – If you are joining us for the day, we ask that you bring a bag lunch. A limited assortment and quantity of snack food, such as fruit and nuts, will be available en route.

We are more than willing to stop at all ice cream parlors we pass!!

If you have special dietary needs, please contact our Food Coordinator, Clare Grady at 273-6257 to determine the extent that the food provided during the March is sufficient for your dietary needs.

Refrigeration during the march is limited. However, food can be delivered each morning to the marchers via our transportation crew. **Therefore, if your diet is such that you need to bring your own food, a freezer will be available in the garage at 213 First Street.** You can either prepare your food before the march and store it in the freezer, or you can have friends or family members drop off your food the night before so it can be delivered to you the next day by our transportation crew. All food containers should be labeled with your name and the date you want a particular container delivered.

## Release Forms

Everyone is asked to sign a liability release form which also includes Nonviolence Guidelines for the march. This form is available on our website at [nysmarchesforpeace.org](http://nysmarchesforpeace.org). We will collect the release forms at the send-off rally the morning of our departure. Extra forms will also be available at the send-off for those who don't have access to a computer.

All walkers under the age of 18 also are required to provide a parental/guardian permission letter. The letter can be turned in at the send-off rally.

## Focusing on Our Common Goals & Respecting Our Differences

This march represents an unprecedented journey during wartime – soldiers and veterans marching to a military base with the peace and justice community to call for the end of a current war. Although there will be a wide range of ideologies and beliefs about war, peace and justice amongst us, we share in common the belief that **this** war in Iraq is wrong. In supporting the soldiers and veterans who are resisting this war, we come together under the 3 Points of Unity that frames the mission of the IVAW:

- ❖ Immediate withdrawal of all occupying forces in Iraq

- ❖ Reparations for the human and structural damages Iraq has suffered, and stopping the corporate pillaging of Iraq so that their people can control their own lives and future
- ❖ Full benefits, adequate healthcare (including mental health), and other supports for returning servicemen and women

It's essential for us to acknowledge going into the march that some people, including some of the soldiers that we are supporting, believe that war under some circumstances is justified. Importantly, this march provides a significant opportunity for us to engage in meaningful and respectful conversation with others about our similarities and differences so we can understand each other better, enabling us to build a stronger, more effective coalition to stop this war and to stop our country from engaging in similar pre-emptive wars in the future.

To gain a more thorough understanding of the IVAW's position and the soldiers' experiences and viewpoints, we recommend the following resources:

- Read the IVAW website, particularly the section on why they oppose this war
- Watch Winter Soldier: Iraq & Afghanistan (video clips are available on the IVAW website, IVAW.org)
- Watch documentaries such as the Ground Truth and No End in Sight
- See the movie Stop-Loss

## Contact Information

To reach the organizers during the march, call: 592-7692

To reach a marcher who does not have a cell phone (emergency situations only), call: 592-7692

For daily transportation updates, such as any changes in the Ithaca Departure schedule, call and listen to the message at: 273-1779

If you have a transportation question or want to leave a message for the transportation crew, call and leave a message at: 273-1779

**Through Wednesday, May 14 only** -- If you have an immediate transportation issue and need to speak to a driver directly, call: 339-3367 or 272-1796

For updates and more information, visit our website: [www.nysmarchesforpeace.org](http://www.nysmarchesforpeace.org)