



Fancy Dress

# Fire Walk

Monday 30 October 2017

**More Information  
and FAQs**

Scottish Charity Number SC006914

# The science

The science behind the reason we are able to fire walk is simple and be explained by a combination of factors;

- Carbon based embers conduct heat very poorly. Both hardwood and charcoal are good thermal insulators
- Embers have a very low heat capacity, so although they are very hot there is actually not much energy to be transferred to the foot
- The walker's feet cool between steps. Blood is a good conductor of heat and bloodflow quickly conducts heat away from the soles

## FAQS

Q - Is it real fire?

A - Yes. Burning at a mean temperature of 1236°F! You will be walking across hot embers not actual flames.

Q - What does it feel like, will it burn?

A - Experiences vary. Some report that it is freezing cold, whereas others say it is 'like walking on warm carpet.'

Q - What should I wear?

A - As it's a fancy dress fire walk we encourage costumes - remember to keep it comfortable and ensure you are able to remove all clothing from the knee down for the walk

# Fundraising

We are asking all participants to try to fundraise whatever they can for this event.

To make your fundraising easier, we suggest making it easy for friends and family to support your fundraising efforts by setting up an online fundraising page. You can set up a page at [www.everydayhero.com](http://www.everydayhero.com). Then all that's left to do is share your page through email, Facebook or Twitter.

Our friendly team are on hand for any fundraising advice you might need and will ensure to give you the most up to date guidance on fundraising laws and best practise.

## contact information

If you have any unanswered questions please don't hesitate to get in touch with our fundraising team who will be happy to help:

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[www.edch.org.uk](http://www.edch.org.uk)