

27 t/m 30 juli 1965



49th international  
four-days marches

programma voor de militaire deelnemers / programme for the military participants

## Welcome

At the beginning of the 49th International Four-days Marches I extend a cordial welcome to all foreign military participants and to the men of the Netherlands Forces.

We do appreciate it very much that you have come in great numbers to participate in Nijmegen in this unique walking-festivity.

The routes will lead you, like in the past years, along the beautiful environs of our garrison.

The support of all military personnel will be centralised and my staff has already been preparing your billeting and your support for the time that you are our honoured guests.

Most of you will be billeted on Camp Heumensoord and the others will be billeted on schools.

If any questions would arise, please contact the Camp-commandant Heumensoord or a liaison officer.

These officers will give you all the necessary information and are quite willing to assist you in solving your problems.

The marches bring all participants together in a spirit of unity. You will soon discover the pleasant atmosphere and the comradeship of the marches.

I hope, when you return to your stations, you will have pleasant memories of your stay in Nijmegen.

Have a good time.

The Garrison Commander of Nijmegen  
The Colonel of the Netherlands Royal Air Force,  
P. J. MATERS

# To all foreign military personnel

## 1. Introduction.

You may be assured that this Headquarters will do its utmost to make your stay at Nijmegen as pleasant as possible.

You are expected to cooperate to the best of your ability in carrying out the necessary regulations.

Detachment commanders should therefore inform their subordinates about appropriate details :

## 2. Billeting.

You are billeted on either tents at Camp Heumensoord or on schools in town. At your arrival you will be issued with a campingbed which is to be handed back at your departure. You are kindly requested not to throw litter all over the place but to put it in dustbins.

This applies also for resting-places. At departure you are expected to leave your tent or school and its surroundings as clean as you found them at your arrival.

## 3. Meals.

You will be served well-prepared Dutch-Meals.

Breakfast : one hour before departure, consisting of bread packed in plastic foils.

Lunch : haversackrations and tea for lunch will be issued at breakfast. No meals will be served on the route.

Supper : from 18.00 till 20.00 hours at the camp or in schools. Cooking own food is not allowed.

Also it is strictly forbidden to take spirits into tents. Leftovers are to be put in tubs which are placed specially for that purpose. Mess-tins can be washed up in mess-tents.

## 4. Medical aid.

Medical aid is organised as follows :

- a. during the march : medical posts are sited along the route at the resting-places. Medical orderlies assigned to the detachments are to be equipped with first-aid kits.
- b. at Camp Heumensoord and at the schools, medical attention will be given.

## 5. Showers.

Showers can be taken in shower-tents from 12.00-22.00 hours. When you are billeted on schools time and place for taking a bath or shower will be announced there.

## 6. Transport.

When you are billeted on schools you have to walk to the start and from the finish ; when you live at the camp, you are

brought by transport. It is on no account permitted to use your own transport.

For sight-seeing or shopping, a bus-service is laid on, departing from the „Scheidingsweg“. Times of departure are indicated at the camp-gate.

## 7. Dress and behaviour.

Detachments may, during the march, march "at easy" ; uniforms are to be adjusted on approaching the built-up area of Nijmegen. This does not apply the fourth day : troops are to march "at attention" from an indicated point at St. Annastraat until finish and will parade for the authorities at the stand with "eyes right".

In any case you are expected to behave and dress according to regulations in your own unit and own country.

## 8. Inquires.

Inquires can be made at the camp guard, or when you are billeted on schools, at the Liaison Officer, who is coming along daily.

## 9. Lost property.

Lost property must be handed over to the camp Commander or to the Liaison Officer.

## 10. Night passes.

When you are billeted on schools, times of the night-pass in bed before 24.00 hours. On the last day the gate at the camp will be closed at 01.00 hours.

When you are billeted on schools, times of the night-pass will be announced at the school.

## 11. Telephone.

Telephone calls can be made at the Informationtent near the Guard-tent or when you are billeted on schools you can get information from the Liaison Officer. Private calls are to be paid cash.

## 12. Fire-fighting.

Be careful with fire : do not throw away burning matches, cigarettes etc. In case of fire : use the fire-distinguishers and warn the Guard.

## 13. Arrival and departure.

Detachments Commanders are requested to report immediately upon arrival at Nijmegen at the Camp Commander as well before departure when billeted on the Camp. Those who are billeted on school are to report at the League for Physical Culture.

## Your feet

Take care of your feet, you only have two of them.

To prevent footblisters, we want to call your attention to the advice that follows. The following factors play an important part :

1. Footwear.
2. Socks.
3. Foot-skin.

**The footwear.** The footwear has to meet the following requirements. Don't use brand-new shoes, but **flexible** ones, which span your feet rightly when they are at walking-temperature.

Don't grease your shoes too much, for by doing so you obstruct the ventilation.

Possible ruggednesses you'll have to remove.

**The socks.** Your socks have to be seam- and darnless.

Remove bits of fluff. Use wellfitted socks, folds in your socks will be the end of your feet. Hard spots in your socks (for instance by dried perspiration) will be made flexible by rubbing and kneading them. It's advisable to take an extra pair of socks with you on the march and change half-way the route.

**The footskin.** Make a moderate use of talcum-powder. Before the march you can harden your skin, if necessary, by patting it with a 5% formaline-solution, don't forget your heels. Have thick callosity removed before the march, for blisters which develop underneath, are very difficult to reach. The medical-corpsstaff will be on various spots along the road. They are there for you, so if necessary use them.

### TO OUR ENGLISH SPEAKING FRIENDS :

The secretary of the NCO's-Mess expresses his cordial welcome to you and gives the following information.

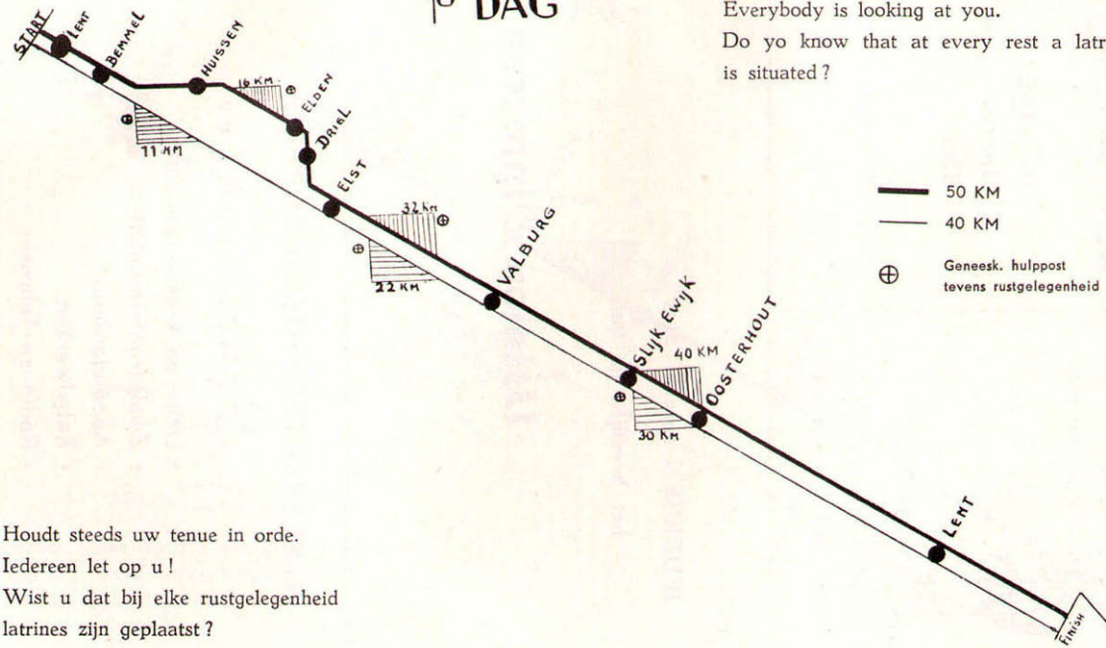
The canteen will be open from 9.30 a.m. till 12.00 p.m. every day. From Sunday (25th July) till Thursday (29th July) there will be a dance in the entertainingsroom from 20.00-24.00 hours.

The „Blisterball' will be held on Fridaynight (30th July) from 8.00 p.m. till 3.00 a.m.

Have a good time !

The Secretary.

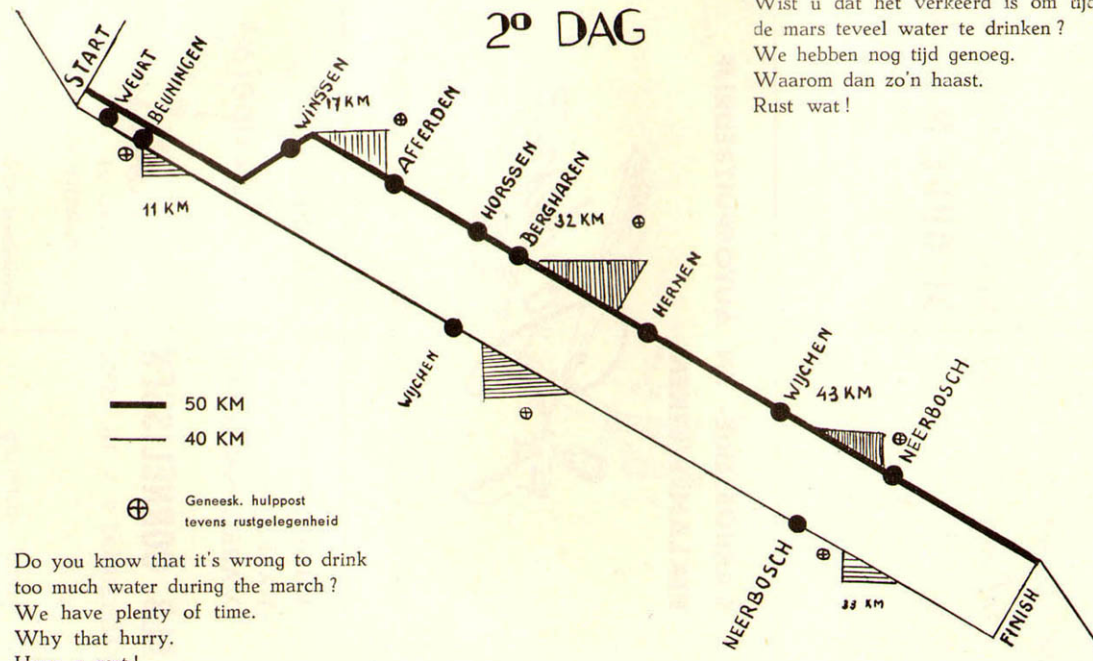
## 1<sup>o</sup> DAG



Always keep your uniform in good order.  
Everybody is looking at you.  
Do you know that at every rest a latrine  
is situated?

Houdt steeds uw tenue in orde.  
Iedereen let op u!  
Wist u dat bij elke rustgelegenheid  
latrines zijn geplaatst?

## 2<sup>o</sup> DAG

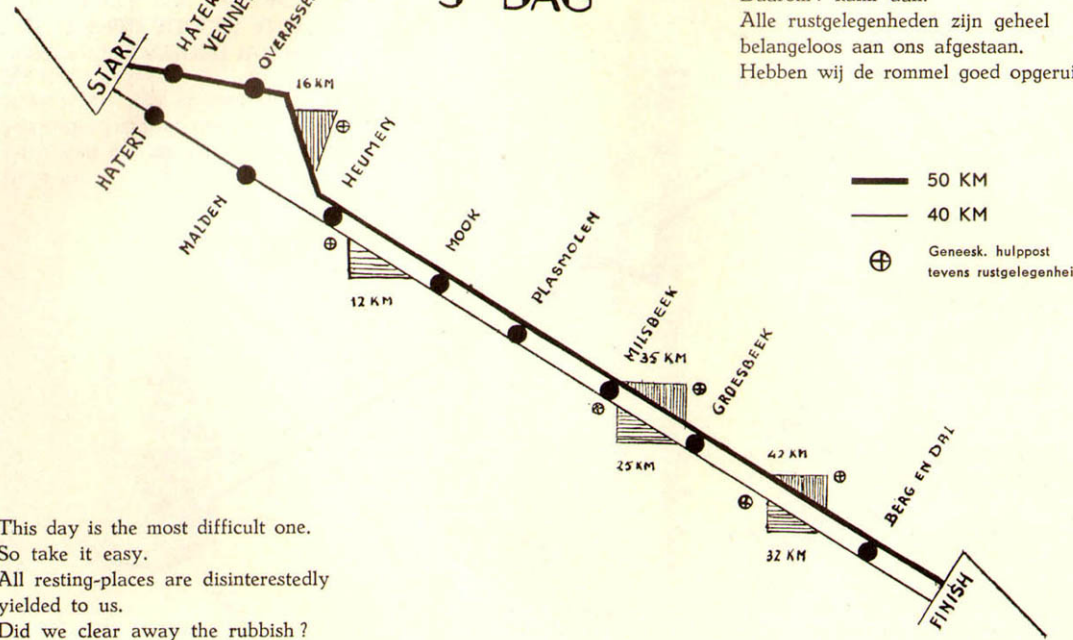


Wist u dat het verkeerd is om tijdens  
de mars teveel water te drinken?  
We hebben nog tijd genoeg.  
Waarom dan zo'n haast.  
Rust wat!

Do you know that it's wrong to drink  
too much water during the march?  
We have plenty of time.  
Why that hurry.  
Have a rest!

## 3<sup>o</sup> DAG

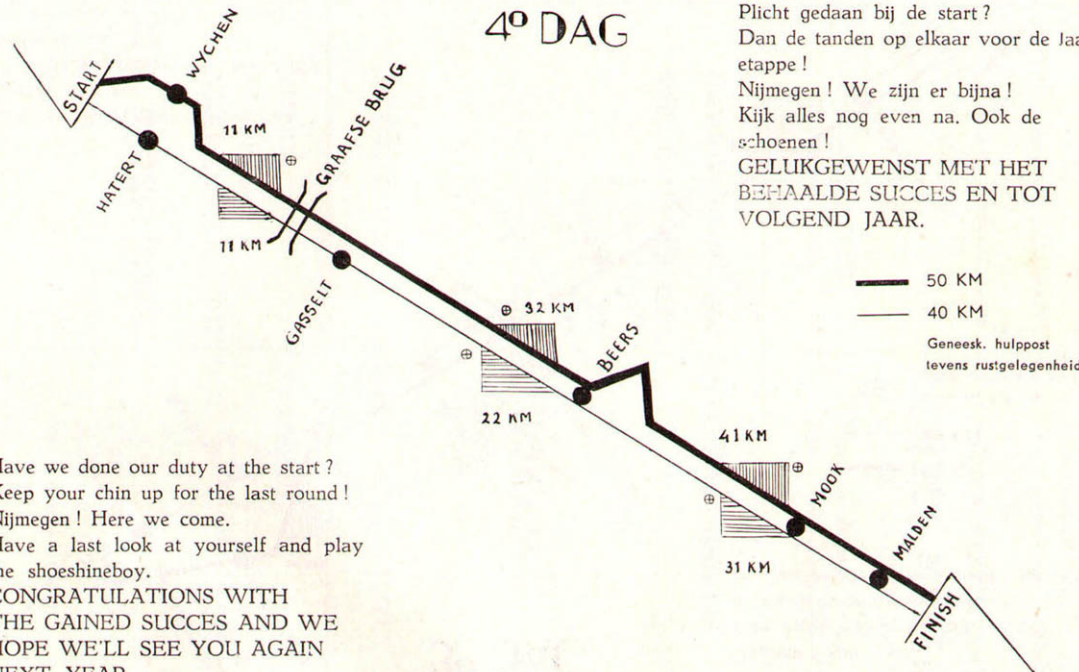
Dit is de zwaarste dag van de vier.  
Daarom: kalm aan.  
Alle rustgelegenheden zijn geheel  
belangeloos aan ons afgestaan.  
Hebben wij de rommel goed opgeruimd?



This day is the most difficult one.  
So take it easy.  
All resting-places are disinterestedly  
yielded to us.  
Did we clear away the rubbish?

## 4<sup>o</sup> DAG

Plicht gedaan bij de start?  
Dan de tanden op elkaar voor de laatste  
etappe!  
Nijmegen! We zijn er bijna!  
Kijk alles nog even na. Ook de  
schoenen!  
GELUKGEWENST MET HET  
BEHAALDE SUCCES EN TOT  
VOLGEND JAAR.



Have we done our duty at the start?  
Keep your chin up for the last round!  
Nijmegen! Here we come.  
Have a last look at yourself and play  
the shoeshineboy.  
CONGRATULATIONS WITH  
THE GAINED SUCCES AND WE  
HOPE WE'LL SEE YOU AGAIN  
NEXT YEAR.