

Walk 50 miles with your dog this October 2026 FAQs

We've put together this list of FAQs to help you get started and make the most of your challenge. From bandanas, t-shirts and dog bowls to fundraising tips and tracking your miles, you'll find everything you need here.

If you can't find the answer to your question, don't worry – you can always ask in the challenge [Facebook group](#) or contact our friendly fundraising team at events@mssociety.org.uk

1. What is Walk 50 miles with your dog this October?

A free fundraising challenge where you complete up to 50 miles with your dog this October, at your own pace and in your own way. And raise money in support of everyone living with MS.

2. How do I sign up?

Register here: <https://givp.nl/register/61EeRxIM>, activate your fundraiser and claim your free dog bandana!

3. Do I need to be on Facebook to join the challenge?

No, you do not need to be on Facebook. Register here: <https://givp.nl/register/61EeRxIM>, activate your fundraiser on [JustGiving](#) and claim your free dog bandana!

4. Does it cost anything to take part?

No, it's completely free to join!

5. How old do I need to be to take part?

The event is open to all ages but aimed at adults so please just be aware that we only have adult size t-shirts available. Also, under-18s must be accompanied by an adult.

6. Do I get anything for taking part?

Yes – you'll get a free MS Society dog bandana when you sign up. You'll receive an MS Society t-shirt 🧢 upon your first donation, and you'll receive a very fetching MS Society collapsable dog bowl when you raise £400! 🐶

7. How do I complete the challenge?

You can complete up to 50 miles however it suits you and your pup – a mile a day, a few longer walks each week, or even one big walk. It's your challenge, your way.

8. Do I need to walk every day?

No. You can break down the miles however you choose, just aim to reach 50 miles by the end of October.

9. Do I have to track my miles?

We recommend using a fitness app, smartwatch, or simply making a note on the Challenge Tracker that will be provided with your bandana. Tracking your miles is just for you – we won't need to see your walk details!

10. Can I run instead of walk?

This is a walking challenge, but if you'd like to run instead that's ok too – what matters most is that you're taking part and fundraising to help stop MS.

11. Can I take part as part of a team?

Yes! You can walk solo, with family, or as a team. Just make sure each participant registers separately to receive their free dog bandana.

12. How do I fundraise?

As part of [registering online](#), you'll activate your fundraiser. Please then share your fundraising page far and wide in support of the 150,000 people living with MS in the UK.

13. Do I have to raise a certain amount?

There's no minimum, but we suggest setting a target of £150 in support of the 150,000 people living with MS in the UK. Plus £150 could fund the collection and analysis of blood samples from five people with progressive MS.

14. What will my fundraising achieve?

Every pound you raise will help to fund MS services, support, and research. Together, we can stop MS.

15. When will I get my dog bandana?

Once you've signed up and filled out the form, your dog bandana will be posted out to you. Please allow up to 10 working days for delivery.

16. When will I get my MS Society t-shirt?

Once you have received your first donation, we'll post your t-shirt out to you. Please allow up to 10 working days for delivery.

17. When will I get my MS Society collapsable dog bowl?

We will be sending out dog bowls during October and November.

18. Can I join if I'm outside the UK?

You're very welcome to take part from abroad but unfortunately, we can't send bandanas, t-shirts or dog bowls overseas.

19. Who can I contact if I have more questions?

You can ask questions and get support in the Challenge [Facebook group](#) or email our events fundraising team at events@mssociety.org.uk.

Thank you.

By taking on the Walk 50 miles with your dog this October challenge, you're doing something amazing. Every mile you run and every pound you raise brings us closer to a world free from MS.

Your support means so much to the 150,000 people living with MS in the UK. Together, we can make a real difference.

Good luck with your challenge – we'll be cheering you and your four-legged fundraising partner on every step of the way! 🐕 ❤️