

A full-page photograph of a male mountaineer in a grey jacket and green beanie, smiling and holding a trekking pole. In the background, a massive, snow-capped mountain peak, likely Everest, rises against a clear blue sky. The text 'THE EVEREST BASE CAMP CHALLENGE 2024' is overlaid in a white-bordered box.

**THE EVEREST BASE CAMP
CHALLENGE 2024**

**DON'T DREAM IT. DO IT.
UP FOR IT?**

humanappeal.org.uk/challenges



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ABOUT HUMAN APPEAL

WHO WE ARE AND WHAT WE DO

Human Appeal is an international humanitarian and development organisation working across 19 countries in Asia, Africa, Europe, and the Middle East. We react immediately and incisively to humanitarian emergencies, and our development work has a lasting effect on people's lives in the world's poorest countries. In an increasingly fractured world, we are united by something powerful: our common humanity.

We sprang from a simple human instinct: to help other humans in trouble, regardless of creed or colour. We were created by two students in Manchester 30 years ago and now our work spans the globe. Our vision is to become a global agent of change for a just, caring and sustainable world. Our mission is saving lives, alleviating poverty, transforming and empowering local communities whilst championing humanity, impartiality, neutrality, and independence. We are inspired by Islamic faith and values, but we deliver help to anyone in need, particularly those who are most vulnerable, so we leave no one behind. We are faith-based, but not faith specific. We have faith in all humanity, and believe we can achieve great things when we work together.

LIVELIHOODS

We assist in livelihoods development for vulnerable and displaced communities to create sustainable income generation opportunities.

CHILD WELFARE & ORPHANS

We provide a one-to-one sponsorship programme in 9 countries to give children a better future, whilst keeping the safeguarding of children central to our approach.

EMERGENCY RELIEF

We provide humanitarian assistance in the context of disasters, conflicts and emergencies in the form of food security, medical aid and support to local health facilities, provision of shelter, camp management, and protection as well as water, sanitation and hygiene and education in emergency contexts.

WATER, SANITATION & HYGIENE

We provide access to clean water and sanitation, and improve hygiene practices and awareness among vulnerable and displaced communities.

EDUCATION

We improve access to inclusive and quality education for children of school age in vulnerable, marginalised and displaced communities and equip young people and adults with relevant skills and knowledge through education and lifelong learning opportunities as well as technical vocational courses and training.

FOOD SECURITY

We enhance food security through sustainable agriculture, strengthening resilience and improved nutrition amongst communities affected by disasters, conflict and poverty.

In 2021 we:

- Supported a total of 1,349,536 people in eight countries
- Sponsored 11,845 orphans in nine countries
- Fed 108,103 people during Ramadan
- Distributed Qurbani meat to 484,147 people in eight countries
- Supported 42,110 people through both long and short-term food security projects



WELCOME TO THE EVEREST BASE CAMP CHALLENGE 2024

DATE:

28th November – 14th December 2024

COUNTRY:

Nepal

FUNDRAISING PROJECT:

Smart Village - Tharparkar

**THANK YOU FOR SIGNING UP TO THE
EVEREST BASE CAMP CHALLENGE**

You are now part of a team of extraordinary people who are going to venture far beyond their comfort zone and help construct a smart village in Tharparkar, Pakistan.

This exciting challenge will see you trek to Everest Base Camp, and is among the most dramatic and picturesque sights in the Himalayas. The scenery is varied and spectacular, the lodgings and tracks are of a very high standard, and the interaction with the local Sherpa people is truly memorable.

FUNDRAISING TARGET:

Your target is to raise a minimum of £5000 by 31 October 2023. Start inspiring yourself and others by sharing your goal with your family and friends and on your social media platforms. You will have the support of our local fundraisers should you need marketing materials.

THE COSTS/REGISTRATION FEE:

The registration fee is £99. This helps towards:

- All airport and other surface transfers
- 2 nights hotel in Kathmandu with breakfast on sharing basis
- Domestic flight: Kathmandu to Lukla (roundtrip)
- Lodge accommodation during trek with main meals and tea or coffee
- Sherpa trek guide and porters
- Trek permit (TIMS card), Sagarmatha national park fee
- Celebration dinner in Kathmandu post trek
- Medical kit box and required medicine for trek (Oximeter to measure heart beat and oxygen level along with pressure measurement device)
- Consultation in every aspect of preparation, including physical and mental
- All government tax and VAT
- Everest trekking map for each trekker and company-provided waterproof duffel bag (to be carried by porter).
- Walkie talkie services during trek
- A Human Appeal Hoodie & T-shirt

INSURANCE AND OTHER ITEMS:

Must be covered by participants.



THE CAUSE: HUMAN APPEAL'S INTEGRATED VILLAGE IN THARPARKAR

A staggering 844 million people lack basic drinking water access — more than 1 in 10 people on the planet. Women and girls spend an estimated 200 million hours hauling water every day.

This is why Human Appeal is raising funds to construct a Smart Village in one of the most deprived areas in the world, Tharparkar, in Sindh, Pakistan, the 5th largest desert in the world. These villages have not had access to clean water for almost 200 years. Women and young children trek up to several hours a day, in blazing heat, to collect water from contaminated open wells. This same water leads to the deaths of thousands of children in Tharparkar.

Our collective donations of £35,000 will support a life-changing set of integrated programmes for 1000 people in Tharparkar, Pakistan, including an advanced solar-powered water well that works all day, pumping 10,000 gallons of water every 45 minutes. We will enable this village to meet their needs, not only for drinking water but also for domestic usage and livestock.

THE SMART VILLAGE WILL ALSO HAVE:

- Water supply lines extended to the doorstep of each villager's home,
- Solar-powered lights throughout the village,
- Purpose-built toilet facilities,
- Agricultural tools and climate smart agricultural seeds,
- Farming training and support to grow local vegetables, establishing domestic kitchen gardens to meet nutritional & dietary needs, saving hundreds from malnutrition
- A pair of milking goats for any widowed women,
- Livestock management training,
- Vaccinations and deworming of all existing livestock,
- Fodder for all animals.

Together we can provide the gift of clean water and be a part of saving lives and raising smiles.

P.S This is a Zakat applicable project, please ensure the people that wish to donate Zakat to this project on your fundraising page state Zakat in the comments section when donating.



THE SCHEDULE

DAY 1: (28 NOVEMBER) ARRIVE AT TRIBHUVAN INTERNATIONAL AIRPORT, KATHMANDU

Transfer from airport to accommodation for the night where you will be given your briefing. If you arrive earlier, you'll need to arrange your own transfer and accommodation.

DAY 2: (29 NOVEMBER) FLY TO LUKLA (2,840M) AND TREK TO PHAKDING (2,610M)

You will be transferred from your hotel to the airport for the early morning flight to the mountain airstrip at Lukla. This is a truly spectacular beginning to the trek as you fly over the rolling hills of Nepal with the huge Himalayan peaks visible to the north. On arrival we meet our Sherpa guides and then begin the trek following the Dudh Khosi valley to the village of Phakding.

Time: 3.5 hours

DAY 3: (30 NOVEMBER) TREK TO NAMCHE BAZAAR (3,445M)

Today there is a long and steep climb up to the trading town of Namche Bazaar. Halfway up the hill we are rewarded with our first views of Everest and Lhotse. Namche is the largest town in the Khumbu and has superb views of Thamserku (6,648m), Kwangde (6,220m) and Khumbila (5,700m).

Time: 5-6 hours

DAY 4 (1 DECEMBER) ACCLIMATISATION DAY

Today we take a rest day to adapt to the gain in altitude. There is plenty to do in and around Namche, we can take a short walk above the town to get a view of Everest. There is also an interesting Sherpa Culture Museum which is well worth a visit. We will return to the lodge for lunch and in the afternoon you can either relax or visit the bazaar.

DAY 5: (2 DECEMBER) TREK TO TENGOBOCHE/DEBOCHE (3,867M)

After a trek through Namche's town, join the main trail emerging onto a precipitous canyon wall above the Dudh Kosi. Continue to a junction in the trail then descend to the river, crossing the bridge at Phutenga, 2 hours from Namche. Ascend steeply up a forested ridge to a saddle, a little less than 2 hours away. Thyangboche's monastery lies here with its spectacular views of Everest, Nuptse, Lhotse, Ama Dablam, Kangtega, Thamserku & Tobuche.

Time: 5 hours

DAY 6: (3 DECEMBER) TREK TO DINGBOCHE (4,350M)

After a descent to the Imja Khola, we cross the river and climb gradually to the village of Pangboche. We spend two nights at Dingboche to help with the acclimatisation process. This village is in a sheltered location above the Imja Khola and is warmer and less windy than the neighbouring village of Pheriche. Dingboche village, with a view of Ama Dablam.

Time: 5-6 hours

DAY 7: (4 DECEMBER) ACCLIMATISATION DAY

Today we recommend you walk to Chukhung towards Island Peak and back to Dingboche. This greatly helps your acclimatisation by following the golden rule of "climbing high and sleeping low." The views from this valley are superb with Ama Dablam, the massive wall of Nuptse and the south face of Lhotse.

DAY 8: (5 DECEMBER) TREK TO LOBUCHU (4,931M)

From Dingboche the trail contours above Pheriche and on towards the moraine of the Khumbu Glacier and then across to Dughla. From Dughla the trail goes directly up the terminal moraine of the Khumbu Glacier before turning left past the climber and Sherpa memorial. From here the route descends and follows the western side of the valley to Lobuche. Tawache and Nuptse are particularly spectacular from Lobuche, towering almost two kilometres directly above you!

Time: 5 hours

DAY 9: (6 DECEMBER) TREK TO EVEREST BASE CAMP AND BACK TO GORAKSHEP (5,160M)

After an early start, we follow the trail along the western side of the Khumbu valley. The conical peak of Pumori comes into view on a lower ridge of this mountain we will be visiting tomorrow for the Everest view point of Kala Pattar. The trail makes a short descent onto the sandy area at Gorakshep. It should take between 2 to 3 hours walking to get to Gorakshep from Lobuche. After a light lunch, we'll walk to Everest base camp and head off for the 6 hour return trek. The trail is on rocky moraine before crossing over onto the glacier. There is a dramatic view of the Khumbu icefall from the basecamp. We will stay overnight at the lodge.

Time: 8-9 hours



THE SCHEDULE

DAY 10: (7 DECEMBER) ASCEND KALA PATAR (5,545M) AND RETURN TO PHERICHE

In the morning we climb up to the summit of Kala Patar, worth it for the great views of Everest (you cannot see the mountain from Base Camp) plus the other Himalayan giants of Pumori, Changtse, Nuptse and Lhotse. After walking up Kala Patar we return to the teahouse at Gorakshep for lunch then start our descent to the thicker air of Pheriche in the afternoon.

Time: 7-8 hours

DAY 11: (8 DECEMBER) TREK TO PHORTSE VILLAGE

Shortly after leaving Pheriche, we cross a bridge over the Khumbu River and then rejoin the trail that we took to Dingboche on Day 8. Just before entering Pangboche village, we take a different trail that contours high up the hillside and finally reaches the village of Phortse. From here, there are superb views of Tengboche monastery with Mount Kangtega behind.

Time: 6 hours

DAY 12 (9 DECEMBER) TREK TO MONJO

On leaving Phortse, we descend steeply through a birch and rhododendron forest to the Dudhi Khosi. After crossing the river there is a steady walk up to the Mong La pass at 3,963m. From here we descend to Tashinga where we join the main Base Camp trail again. We retrace our steps back to Namche Bazaar and then down to Monjo village.

Time: 6-7 hours

DAY 13: (10 DECEMBER) RETURN TO LUKLA

From Monjo we carry on the descent of the Dudh Khosi valley through the villages of Phakding, Ghat and Cheplung. At Chaurikharka we start ascending the final hill of the trek to reach Lukla. Overnight at Numbur Lodge.

Time: 5 hours

DAY 14: (11 DECEMBER) FLY TO KATHMANDU

If the weather is fine in Lukla then we will get an early morning flight back to Kathmandu. The rest of the day you are free to relax in Kathmandu or to go shopping. In the evening, dinner with halal meat organised by Nepal Sanctuary Treks.

DAY 15: (12 DECEMBER) FREE TILL DEPARTURE TRANSFER



TRAINING SCHEDULE

Three elements of the Everest Base Camp (EBC) trek will be a new physical experience.

- Your body will be trekking up to an altitude of 5,354m in 8 days
- Your knees will have to take your body back down in 11 days
- Low oxygen levels in the air

Although EBC is 5,354m above sea level, you won't be taking it on in a straight incline. There will be times we will face some declines and then some more incline. You will also be given 2 acclimatisation days, to allow your body to adapt to the low oxygen levels. To prepare for the inclines and declines, your best friends will be the stepper, squats and lunges. Decline can have a really adverse effect on your knees, so squats, lunges and the exercise bike will be beneficial. They will help you build up the muscles around the knees, and give you much-needed support.

Finally, oxygen levels. Some have tried simulators, however these are not very accessible and can be pricey. A cheaper alternative is a high altitude training mask which costs around £50. In the past however, we have opted for old fashioned cardio training. That could be any of the above-mentioned exercises, running, rowing, circuit training or even a fitness class at a gym.

Our advice is that you should be doing a minimum of two medium to high intensity 40-minute cardio exercises a week.

The greater the intensity, the easier you'll find the trek.

A SIMPLE SCHEDULE CAN START WITH JUST:

- 15 minutes stepper
- 10 minutes cycling
- 10 burpees (3 sets)
- 20 squats (3 sets)
- 20 lunges (3 sets)

As the weeks go on, you'll want to increase the time/reps of those exercises, as well as the level of the stepper and bike. You should be gradually increasing this until you are doing:

- 30 minutes stepper
- 20 minutes cycling
- 15 burpees (5 sets)
- 20 squats (5 sets)
- 20 lunges (5 sets)

If you already have a pre-existing medical condition or feel any unnatural discomfort, please seek medical advice.



THE POWER OF SOCIAL MEDIA AND VLOGGING

Use the power of social media to achieve your fundraising target and start a vlog so your followers can share your adventure. Be social before, after and especially during your challenge. People love supporting great causes and witnessing others overcome their fears.

Let people know you'd be really grateful for a few donations to get you off to a flying and encouraging start.

Continue to post every so often asking people to help you get to the next fundraising milestone, e.g. "Thanks everyone for helping me reach £160! Can anyone help me get to £200 for the Smart Village in Tharparkar? [link to your page here]." You could do this every few weeks or so when you're approaching a new milestone. Thank people publicly for their donation to keep drawing attention to what you're doing and to create enthusiasm around your cause, e.g. "Big thanks to XXX for their donations – I'm now at £200, which will provide XXX! Thanks everyone for your support. It means a lot." You could do this every week or so, depending on how often you get donations.

So, start inspiring others now and tell them you've just joined the Everest Base Camp Challenge. Be sure to tag Human Appeal!

SOCIAL MEDIA TOP TIPS:

Share your journey with your followers in real time on platforms like Instagram stories, Instagram and Facebook Live, Twitter and TikTok. Remember to tag Human Appeal.

Create urgency – highlight the importance of the cause in your fundraising posts and try to give people a reason to sponsor you right there and then.

Create momentum – constantly post about the challenge to keep reminding people and to create a buzz around the Basecamp and your fundraising campaign.

Create hooks – create "hooks" or reasons to give updates or to base a fundraising task around. For example, use your fundraising targets or training milestones, event preparations or just say thanks to those that have donated to your cause.

Make your first post about your why – talk about your reason for joining this challenge and the importance of Human Appeal and this cause.



CONTENT TIPS FOR THE EVEREST BASE CAMP

WHAT:

- Tell people about the effort you're putting in to prepare for the challenge. Share your commitment, your plans, keep it engaging and, fingers crossed, you'll be reaping the reward of extra donations.
- Share your funny or interesting stories of anything significant that happened to you during your training or event preparations.
- Take plenty of photos and videos to really bring what you're doing to life. These are great for sharing on social media. You don't need fancy equipment – you could just use your phone. Funny photos or videos always go down especially well.
- Why not film a really simple video of yourself sharing your training for the Everest Base Camp Challenge and what it means to you?
- Reportage short clips and micro-video blogging – there are so many ways to do this. Depending on what you're doing, film short clips of your preparation or training, or during your fundraising activity itself.
- Depending on what you're doing to fundraise, you could broadcast live on Facebook or Instagram. It's a great way to get people involved.
- Share reminders in the run up to your event, e.g. "I can't believe I'll be climbing / running / etc X feet this time next week. Thanks to everyone who has helped me raise £200 so far. If anyone else can help I'd be really grateful for whatever you can spare [link to your page here]."
- Just be yourself! Keep it personal. Speak naturally, as though you were speaking to a friend. Have an idea of what you will cover in your vlog but don't follow a script. At the beginning of your vlog, please tell us: your name, your reason for joining this challenge and the importance of Human Appeal and this cause.
- Other questions you may want to answer in your vlog are:
 - How have you found the training so far?
 - Has it been more or less difficult than you expected?
 - What has been the most challenging and rewarding experience so far?
 - Have you got any tips for anyone else who is training for a charity challenge of this nature?
- Inspire your viewers with your experiences, encouraging them to visit your fundraising page to donate and learn more about Human Appeal and your cause.
- Ensure the vlog always has a link to your fundraising page.



CONTENT TIPS FOR THE EVEREST BASE CAMP

WHEN:

- Remember: payday is a good time to ask for donations. If you feel like it, towards the end of the month, you can just be completely honest and transparent about this with something like "Since it's payday, can anyone spare a pound or two to support me in the Everest Base Camp Challenge for Human Appeal?" Then, proceed to thank those that have donated and supported your cause.
- Timely reminders of your story and why you're doing this and the impact you can have:
 - A week before, e.g. "A week today is the big day. I'll be climbing / running / XXX for Human Appeal. Here's a reminder of why I'm doing this [link to page]. I would be so grateful for any support you can give."
 - Day before, e.g. "Tomorrow is the big day. I'm really nervous! Thank you so much to everyone who has helped me raise £300. I'd be really grateful for any last minute donations [link to your page here]."
- During the challenge – describe the challenge as you endure it, how it is making you feel and the journey you have taken.
- Post challenge - remember to share the all-important post-event pic or video because the final moments often encourage a last-minute flurry of donations. You're going to be on a high when you complete the Ultimate Kilimanjaro Challenge, so show off your medal and snap a photo to show your supporters you did it.
- Inspire your viewers with your experiences, encouraging them to visit your fundraising page to donate and learn more about Human Appeal and your cause.
- Ensure the vlog always has a link to your fundraising page.



CONTENT TIPS FOR THE EVEREST BASE CAMP

HOW:

- Film your vlogs in landscape orientation. Can you prop your phone up on something to keep it steady? If you want to record your vlog whilst standing up and moving around, be mindful of moving too quickly. When framing your shot, think about where you are positioned within the frame. Be mindful of your surroundings when filming to ensure your personal safety.
- Think about where you are filming your vlog. For indoor filming, take advantage of any natural light in your house by recording facing a window so that the light is shining on your face. A good rule is to make sure that any light source is behind your camera – that way the light will be shining on you and not glaring into the lens.
- Make sure it's not too noisy in the background.
- Make sure that you can be clearly heard and the message and picture is clear.
- People have a limited attention span so try to keep it under 2 – 3 mins but there are no rules here. if you have a really great story, go for it!



CHALLENGE CHECKLIST

- Sunglasses (category 3 or 4) or goggles
- Soft jacket, fleece or soft-shell
- Waterproof pants, breathable clothes
- Snacks, light-weight, high calorie, high energy (optional)
- Electrolytes, powder or tablets (optional)
- Camera, with extra batteries (optional)
- Lip balm
- Sunscreen
- Hand sanitizer
- Trekking boots with ankle support.
- Thick walking socks X3 (Summer and Winter)
- Walking trousers X1/2 (Must not be cotton)
- Base Layer: X2/3 (Like what footballers wear) merino wool is advised. No cotton
- Mid Layer: Micro fleece top
- Top Layer: Full fleece or thermal/ Insulated jacket
- Waterproof jacket. This is really important! If you keep dry, you keep warm. Even a cheap £12 jacket helps.
- Trainers (to wear at campsite)
- Sun hat
- 3 pairs of gloves: Base layer, regular and mitts
- Warm hat.
- Neck buff. (Ear muffs can also be useful, or neck gaiters)
- Walking sticks (optional but strongly advised)
- Day sack
- Headtorch (optional)
- Water bottle/bladder (at least 2 litres)
- Sleeping bag (4 seasons)
- Self-inflating sleeping mat
- Whistle (optional)
- First Aid kit which must include:
 - Headache tablets
 - Anti-inflammatory tablets
 - Imodium (loperamide)
 - Sunblock
 - Penknife
 - Blister pads
 - Spare batteries
 - Spare laces
- Toiletries & toilet paper
- Underwear (6 days and non-cotton)
- Towel
- Foot powder
- Baby wipes



FAQS:

WHAT TYPE OF SUPPORT WILL WE RECEIVE FOR THE TREK?

Our local support crew is made up of local guides, drivers, porters, cooks and other support staff, depending on the type of trip. Local guides know the area well and are a great source of knowledge about local customs and lifestyles. Not all support crew will speak English well, but are very friendly and approachable. The Human Appeal crew work closely with the local crew to ensure your trip runs smoothly and safely.

IS TIPPING RECOMMENDED?

The dedicated service of the crew helps the hikers summit the mountain. It is therefore customary to tip these devoted staff of porters and other crew members who not only carry your luggage but also put up your camps on the trek and provide you with food and warm water daily. Tipping is a customary tradition where, at the end of the trek, all crew members are provided with some small tip in form of cash or gifts as a gesture of gratitude for their services. Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided with a guideline amount in advance.

All our local crew are paid wages, but bear in mind that the average wage in many countries we travel to is far below what you would spend on a normal night out. Tipping helps them raise their morale too!

TRIP SAFETY

Your safety, and that of the rest of the group, is our highest priority. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

The crew is qualified to handle medical emergencies and will be equipped with communication devices (e.g. phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate.

FOREIGN TRAVEL ADVICE

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-advice.

GROUP SIZE

Your booking is part of a group, and the fundraising targets listed on our website are based on a minimum number of participants (as shown on the challenge). Our typical groups run with approximately 10-30 participants; however, you may find your group is smaller or larger than this.

We will confirm at least 8 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible.

Minimum numbers and group sizes may vary on bespoke charity challenges.

FOOD AND DIETARY REQUIREMENTS

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we enjoy a buffet-style lunch-stop, other times we might have packed lunches. Any meals not included, usually the travelling or free days, gives you the opportunity to explore and try new culinary experiences!

We can typically accommodate most dietary requirements (vegetarian, Halal, etc.) provided you let us know well in advance. Please bear in mind there will be a more limited variety of food options compared to what you would have access to at home. Some days we may be in very rural or remote areas and among people of a different culture who may not understand your requirements; however, they will be willing to help. If you know there are plenty of foods you cannot eat, we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.



FAQS:

LUGGAGE

Your luggage, provisions and equipment are transported for you from one night-stop to the next. If there is easy road access, this is done by vehicle. If not, then porters, mules or even camels might carry your bags, depending on the destination and terrain.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft bag, rucksack or expedition kitbag. You should also bring a small daypack to carry items needed during the day as you will not have access to your main luggage until the evening.

FITNESS LEVELS

This is designed to be a challenge, and it is vital that you train sufficiently for it. We have supplied with you an exercise guide on page 6. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility, please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons, we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals.

PASSPORT AND VISA / VACCINATIONS

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the FCO's advice on entry requirements for your destination to be sure. To find out if you need a visa, you can check your requirements using the Visa Machine; please ensure you allow plenty of time.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check Fit For Travel for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

CLOTHING AND KIT

We plan our trips around the optimal weather conditions, but bad weather can happen at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list, please see previous page.

TRAVEL INSURANCE

Travel Insurance is compulsory on our challenges; we strongly suggest that you arrange insurance cover as soon as your booking. Travel insurance is compulsory on our challenges; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed. Should you need to cancel on medical grounds, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

You should also ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation.



Head Office

Human Appeal
Pennine House
Carrs Road
Cheadle
SK8 2BL

0161 225 0225

humanappeal.org.uk

Charity No. 1154288 | Company Reg No.08553893 | Scottish Reg No. SC046481