

WE COULDN'T DO IT WITHOUT YOU

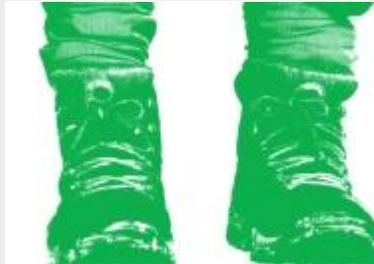
Everest Base Camp Challenge

2 - 20 November 2013

Welcome to your 2nd Team Macmillan E-newsletter for the Everest Base Camp Challenge. We hope you're all enjoying 2013 so far and that your training and fundraising are going well.

In this issue:

Your checklist
Training Weekend details
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Macmillan's latest campaign



Checklist

There are a few important deadlines to be aware of for this challenge so please take note of the following:

- By **2 May 2013** - Send completed Medical Form to Discover Adventure (DA).
- By **2 July 2013** - Send Macmillan first instalment of sponsorship (£1,650).
- By **2 August 2013** - Send completed flight extension form to DA if you wish to extend your stay in Nepal.
- By **2 Sept 2013** - Purchase DA insurance or send details of your own insurance policy to DA using the Own Insurance Form.

If you need a new copy of any of these forms simply visit your dedicated [participant page](#) to download them.

Training weekend

We are organising an optional training / briefing day in the Peak District over the weekend of 11-12 May 2013. The weekend will give you an opportunity to learn about the challenge in greater detail, to meet some of your fellow trekkers, and also to test your fitness and kit in the hills. On the Saturday night, our tour operator Discover Adventure, will be there to give you a day-by-day account of the hike and to answer any questions you may have.

The cost will be £100, which includes the following:

- One night's hostel accommodation (Saturday night)

- Packed lunch and dinner on Saturday
- Breakfast on Sunday
- Full support from experienced DA mountain guides on Saturday
- Comprehensive trip briefing from DA and Macmillan on Saturday night

If anyone would like to tackle a second walk on Sunday, DA will be happy to advise on suitable walks of varying timescales in the area. Those who have a long journey home can get on the road straight after breakfast.

Full details will be provided in your next E-newsletter but we are likely to be meeting around 9.30am on Saturday morning to ensure plenty of time for a good days walk. With that in mind if anyone wishes to book an extra nights accommodation on the Friday the hostel's contact details are:

Edale YHA, Nether Booth, Edale, Derbyshire S33 7ZH. Phone: 01433 670302

If you would like to join us, please [RSVP](#) to this email. The £100 must then be paid by 31 March 2013 to confirm your place. You can pay by cheque (payable to Macmillan Cancer Support) or by calling 020 7840 7887 with your card details.

Fundraising tip #2

As a group you've made a great start on your fundraising. You've raised a brilliant **£37,280** so far - enough to fund Macmillan nurse for 9 months, helping people living with cancer and their families receive essential medical, practical and emotional support. To keep things ticking along why not try this month's top tip:

Tell all your Facebook contacts about your fundraising and tweet the details to let everyone know. Using social media is one of the best ways to spread the word and ensures you are reaching as many people as possible. In fact, last year, 1.8 million donors on Justgiving came directly from Facebook and raised over £34 million.

Download the Justgiving Facebook app. This allows people to donate to your page without ever having to leave Facebook. And with people giving an average of 44% more when they donate, you'll hopefully see a little added generosity.

We've got lots more fundraising tips for you so check out [Fabulous February](#) for ideas of the month.

What's it all for?

If you need any more motivation to keep up your fundraising, check out Macmillan's latest Not Alone campaign at <http://www.macmillan.org.uk/notalone>. Now, more than ever, we need people like you to join our team and get involved. Through your amazing fundraising efforts and continued support, you're making a huge difference to people affected by cancer. No one should face cancer alone. And with your support no one will.

Thank you.

Sarah and Margaret
Hiking Team
Macmillan Cancer Support

T: 020 7840 7887

E: hiking@macmillan.org.uk

Fundraising »

Get involved »

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