

# WE COULDN'T DO IT WITHOUT YOU

## Everest Base Camp Hiking Challenge

2 – 20 November 2013

Welcome to your Team Macmillan E-newsletter for the Everest Base Camp Hiking Challenge. We'll be keeping in touch over the coming months with emails packed with training tips, fundraising ideas and important information about the challenge.

Since you last heard from us we've been busy recruiting for the challenge and now have a fantastic 24 hikers signed up. We've still got a few places up for grabs so if you know anyone that would like to join us please pass on our contact details.



### Checklist

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

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

All the relevant forms can be found [here](#) on your Everest Base Camp Resource page.

### Training

The challenge may still seem a long way off but we strongly recommend that you start your training as soon as possible. Past experience has shown that those who put in more training find the trek less gruelling and more enjoyable than those who do little or none.

**Training Tip #1:** If you haven't already bought your new hiking boots, the post-Christmas sales are the perfect time to get them. You'll then have nearly a year to wear them during training so they'll be well broken in and comfortable by the time you leave.

## Get in touch

Having someone to train with, bounce fundraising ideas off or discuss any other aspect of the challenge can be a big help. We've therefore attached a list of everyone on the challenge so that you can get in touch with the rest of the group.

You can also keep in touch on our Facebook page [Hiking@Macmillan](#) or follow us on Twitter [@TeamMacmillan](#).

## Fundraising

As a group you've made a great start on your fundraising. You've raised a brilliant **£28,948** so far. To keep things ticking along why not try this month's top tip:

**Fundraising Tip #1:** Put on a cracker of an evening by inviting friends, family and colleagues to an evening of cheese, minced pies and mulled wine. After all, there's really no better time for a little indulgence. And if you ask people to donate a minimum of £5 to come along, you'll be raising more than just your glasses.

We've got lots more fundraising ideas for December, just check out our [Festive Fundraising Ideas](#). We'll be sending you some personalised BGC slips so that you can pay in your sponsorship to any Natwest Bank. Look out for them in the post along with instructions on all the ways you can pay in your sponsorship.

Finally, thank you so much for signing up to the 2013 Everest Base Camp Hiking Challenge. Our overseas hikes have now raised an incredible £15million since they began, allowing us to make a huge difference to the lives of people affected by cancer. You are now part of this wonderful achievement.

Best wishes

Sarah, Kim and Margaret  
Hiking Team  
Macmillan Cancer Support

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[Fundraising »](#)

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