

TEAM MACMILLAN NEWS

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CANCER SUPPORT

Everest Base Camp Hiking Challenge 2 – 20 November 2013

Your Everest Adventure starts here!

Welcome to Team Macmillan and to your first Everest Base Camp newsletter. We're delighted that you've signed up to one of Macmillan's overseas hikes.

This will be our 1st trip to Base Camp and we are very excited to embark on this adventure of a lifetime with you. You will return home with a fantastic sense of achievement, not just physically but also in the knowledge that you have raised valuable funds for Macmillan Cancer Support.

We will send you regular updates over the coming months leading up to the Challenge. Our aim is to make sure you have all the support you need regarding fitness and fundraising, as well as lots of information on the hike itself.



The Macmillan team

If you have any questions or concerns about the Challenge, or any ideas you wish to discuss with us, we are here to help. Simply get in touch with **Sarah, Margaret** or **Kim** (the Hiking team) either by emailing us at hiking@macmillan.org.uk or by calling us on **020 7840 7887**.

Office hours are Monday to Thursday 9-5 and Friday 9-4.30

Macmillan Cancer Support, 89 Albert Embankment, London, SE1 7UQ
Questions about living with cancer? Call free on 0808 808 00 00 or visit macmillan.org.uk

The hike

As with all our Macmillan hikes, the Everest Base Camp Challenge is as much about the overall experience of being part of 'Team Macmillan' and the camaraderie this brings, as it is the stunning scenery and our journey to one of the most iconic places on earth.

We will walk on average 7 hours each day. This means early starts, to allow time to have breakfast and sort our day packs, before heading off. As well as a lunch-time break, we stop for a breather mid-morning and in the afternoon. Most people will then arrive at the teahouses around 4.30-5pm, depending on distance, weather and ability.

Luggage/equipment You will need a soft kit-bag or hold-all for all your personal equipment during the trek. This will be carried by our Sherpa porters and Yaks, along with the food, water and other camping equipment. You will also need a smaller day-pack to carry everything you'll need with during each day e.g. camera, waterproofs etc. Please see attached kit list for more information.

Accommodation Whilst trekking we will stay in local teahouses (simple but comfortable mountain lodges). The teahouses are plain and simple and are run by individual families. The most common 'best memory' of a trip to Nepal is the warmth and hospitality of the local people and the evenings spent in the teahouses along the route but please do not expect the same standards as you would in the UK!

Toilet/washing facilities Water for washing is very limited so you must take wet wipes and anti-bacterial handwash. The teahouses will have

basic toilet facilities but while hiking, it's a case of finding a quiet spot or using the basic facilities available in the local villages that we pass.

Water for drinking is collected along route, boiled and sterilised, so you can fill your own water bottles regularly.

How fit will I need to be?

This is a particularly challenging hike and you do need to be fit to take part. You will need to commit to a considerable amount of training. Experience has shown that the more training you do, the more you will enjoy the experience. November 2013 may sound a long way off now, but our advice is to start as soon as possible. A detailed training guide is included with this pack.

Kit list

Everything you need while on the trek is included on this list, which has been drawn up in conjunction with Discover Adventure and is based on their experience of hiking in this region. If you have any queries, please contact us.

If you need to buy or hire kit, do note that Macmillan challenge participants are entitled to discounts at the following places:

Cotswold Outdoors: 15% discount on all non-sale/promotional purchases. Whether buying in-store or online, just quote the discount code AF-MACCS-NC. For more details, call them on 01285 643434 or visit their web site www.cotswoldoutdoor.com.

Trek Hire UK: 15% discount on all hire purchases over £70. Email sales@trekhire.com, call 01306 886333 or visit the web site www.trekhireuk.com.

Top Tip: If you need to buy new boots, get them well in advance and make sure they are well worn in. Wear them round the house, to work, not just when out training – this way they will be comfortable by the time you leave for Everest Base Camp.



Medical details

We have enclosed a detailed medical form, asking for information on any medical history, conditions or allergies that you may have. It is a condition of the trip that you provide us with details of anything relating to your health that could affect you on the trip.

Do make sure you give full details – fully qualified doctors will be accompanying us on the hike and they will need to know of any potential problems. Also, failure to mention an existing condition may invalidate your insurance.

Please return this form, signed by your doctor, to Discover Adventure before **2 May 2013**.

Vaccinations As with many overseas destinations, visiting Nepal brings with it a degree of risk of infection or illness. You must therefore speak to your doctor or travel clinic nurse, or contact MASTA on 0906 8225 100 for the latest information and health advice for overseas travel
(www.dh.gov.uk/home/fs/en)

Weather

November is a great time to hike through Nepal. The minimum average temperature in Kathmandu is 7°C rising to a maximum average of 23°C. However, it will get considerably colder as you climb higher and you may be exposed to some very bad weather and sudden changes of conditions. Be prepared for all weather and temperatures - there is nothing worse than being wet and cold.

Discover Adventure

Macmillan has been working with tour operator Discover Adventure since 1997. DA has consistently delivered safe, enjoyable tailor-made trips for us. DA will be responsible for the flight and ground arrangements (accommodation, food, local crew etc), and will provide our tour leaders and doctors for the trek.

Travel We will fly from London to Kathmandu and then onwards to Lukla. Full details on the flights, departure times etc will be supplied nearer the time of the trip. If you wish to extend your stay in Nepal or change your flights, this can be arranged direct with Discover Adventure. There will be an administration fee of £75. The more notice you give DA, the more likely you are to arrange the dates you prefer. DA also offer travel insurance tailored to this event.

Call DA on 01722 71844 or email info@discoveradventure.com.

Training weekend

We'll be holding an optional training weekend in Snowdonia in Spring/Summer 2013. This is designed by Discover Adventure and Macmillan to help you prepare for the Challenge. It will give you an opportunity to test your fitness, ask questions, and meet your fellow trekkers. Full details of the weekend will be provided in your next newsletter.



Fundraising

We appreciate that £4,350 is a lot of money to raise and the target may seem daunting at times. We hope that the guide in this pack will give you some ideas to get you started.

From our experience and those of previous participants, simple ideas are often the best. Check out the *Little Book of Fundraising Ideas* at macmillan.org.uk/fundraisingideas for inspiration.

Also included in this pack are forms to order *fundraising materials*, balloons, posters etc, and *collection tins*. Please allow plenty of time before any event for items to be posted out.

Justgiving/Virgin Money Giving

These sites are a great way to boost your fundraising and publicise what you are doing. Details on how to set up your page are in the fundraising guide. The money is transferred directly to Macmillan and credited against your individual record.

Gift Aid Do ask everyone who donates off-line to fill in your sponsor form. For every £1 donated, Macmillan can claim another 25p. While the money cannot be added to your individual total, it will help make a real difference.

Sending in donations Please note that your first instalment of £1,650 has to be with us **four months** before departure (2 July 2013). However, please send money in as soon as you have it. It's much harder to fundraise after the trip, and we can put the money to work to help people living with cancer that much sooner.

If, for any reason, you are unable to raise sufficient funds by the four month deadline, you have the option to:

- transfer to a later trip
- make up the shortfall yourself
- cancel and forfeit your deposit.

What is it all for?

You will be asked more than once in the coming months why you have chosen to take part in a Macmillan Challenge. Of course, the trek itself is hugely rewarding, and will leave you with unforgettable memories for years to come.

But more importantly, your commitment to raise £4,350 really will make a difference to the lives of people living with cancer in the UK. The money you raise will help Macmillan to provide the expert care and practical support that they and those close to them, most need.

We are a source of support, helping with all the things that people affected by cancer want and need. We provide practical support, emotional support, financial help, and we are a force for change.

One in three of us will get cancer. Two million of us are living with it and this number is rising. We are all affected by cancer. We can all help. We are Macmillan.

And finally

Best of luck in the coming months. Remember that we're here to support you so please let us know if you need any help or advice along the way.

"The sense of pride I have for what I had achieved – raising funds, training, and the trekking – is enormous; the friendships are rich, the experience truly awesome"

Joanne, Peru 2011



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Simply go to twitter.com/@TeamMacmillan

THANK YOU!