

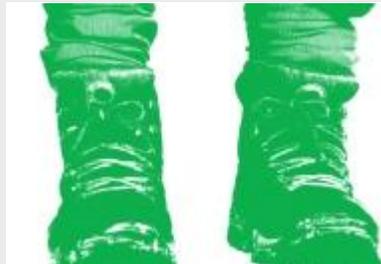
# WE COULDN'T DO IT WITHOUT YOU

## Jordan Hiking Challenge

12 – 20 October 2013

Welcome to your Team Macmillan E-newsletter for the Jordan 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 21 hikers signed up. We've still got plenty of places up for grabs so if you know anyone that would like to join us please pass on our contact details and encourage them to take part in this fantastic event.



### Checklist

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

- **By 12 April 2013** - Send completed [Medical Form](#) to Discover Adventure.
- **By 12 June 2013** - Send Macmillan first instalment of [sponsorship](#) (£1,200).
- **By 12 July 2013** - Send completed [flight extension](#) form to DA if you wish to extend your stay in Jordan.
- **By 12 August 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 Jordan 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 New Year 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 the challenge with 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 raised **£6,856.25** so far. There's a fair way to go to reach our target of £200,000 so to keep things ticking along why not try this month's top tip:

**Fundraising Tip #1:** Replicate the glitz and glamour of February's Oscar Ceremony by inviting friends, family and colleagues to an evening of sophistication. Watch the proceedings on TV with some fizz, canapés and posh frocks. 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 tips for you so check out [Fabulous February](#) for ideas of the month. We'll be sending you some personalised BGC slips so that you can pay in your sponsorship you raise 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 Jordan 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 and Margaret  
Hiking Team  
Macmillan Cancer Support

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[Fundraising »](#)

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