

JORDAN HIKING CHALLENGE 2013

Everything you need to know...

Bags & Packing

Please refer to the kit list sent with your fundraising pack. This will be invaluable when packing.

You need a 2-3 season sleeping bag as it can get quite cold at night. A cotton (or silk) liner is also useful for keeping your sleeping bag clean and providing extra warmth if necessary.

New info

You do not need to bring a sleeping mat on this challenge as mattresses will be provided.

Top tip: Mel from DA recommended stores such as TKMaxx and Decathlon for trekking kit bargains

Hold/Main Luggage

Take one large rucksack, soft holdall or suitcase containing everything you want while you're away. Airline allowances vary but if you keep to 20kg you can't go wrong. This bag (if not used as your trekking holdall – see below) can be transported securely to our final hotel at the Dead Sea with all your non-trekking gear inside. During the hike you will need a...

...Trekking holdall

This is a soft holdall or rucksack which will carry all your trekking gear while we're hiking. Support vehicles will take this bag ahead to camp each evening. If you choose to use your main bag (see above) as your trekking holdall we recommend packing a spare small bag with which to leave your non-trekking gear behind.

Hand Luggage (day pack)

Take a 25 -35 litre rucksack with a wide hip band as your hand luggage. This will also double up as your personal day pack on the hike, which will carry your water, snacks, waterproofs etc (i.e. anything you might need whilst trekking during the day).

Other top packing tips:

- Wear your hiking boots on the plane (these should have been bought and well-worn in by now!)
- Bring plastic bags to keep your clothes dry within your holdall and zip-lock type bags for valuables such as your camera or ipod.
- Make sure you can carry at least 2 litres of water with you on the hike, ideally in a platypus/camelback 'bladder' system within your rucksack.
- Bring spare batteries for torch, camera etc.
- Dry bags are great for separating your belongings and keeping things dry. A strong rubble sack/bin liner is also useful for helping to waterproof your trekking bag.
- Don't forget you can get a discount off full-priced kit when purchasing from our partners, Cotswold Outdoors (quote AF-MACCS-NC) and Snow & Rock.

Top tip:

Jordan is predominantly a Muslim country so we suggest that you wear t-shirts which cover your shoulders rather than strappy vests to avoid causing any offense. Long shorts are fine but please leave the hot-pants at home!



Life on the Jordan Challenge

Discover Adventure have put together a presentation on what you'll be getting up to and experiencing on each day of your epic challenge. Check it out [here](#)

Camping

You will be camping in large 2-person tents, which will be put up for us by the local crew.

NB Ear-plugs can be a godsend if you're a light sleeper!

Toilets/washing

Whilst in camp, you have the luxury of basic porta-loos – unheard of on most challenge events! Don't forget a head-torch for night-time visits and anti-bacterial hand-wash for hygiene purposes.

During the day, you will need to go off the track and find a quiet spot. Please remember not to leave any toilet paper on the ground. Scented nappy sacks are useful for used paper, which can be thrown away once at camp.

Water is scarce so wet wipes are invaluable for freshening up after a tough day's trek.

Water

Bottled water will be provided throughout the challenge. You will be able to top up each morning and sometimes at lunch but for the majority of the trek you will need to carry enough with you to get you through the day (i.e. at least 2 litres).

Food

All the cooking and washing up will be done for us. The meals the local crew produce for us are fantastic, varied and plentiful. Here's an idea of what you'll get...

- Breakfast – porridge, bread, cheese, eggs
- Lunch – a selection of salads, cheese, meat, fish, bread and fruit
- Upon arrival at camp - tea, coffee, biscuits
- Dinner - stews, curries, vegetable dishes, rice, fish, salads, fruit and desserts
- Snacks will be provided throughout the day to keep your energy levels up but feel free to bring a small supply of your favourite pick-me-ups to keep you going.





Fitness

The more training you do to build up fitness levels and stamina, the more you will enjoy the event – in all respects. We'll all be encouraging and supporting each other out in Jordan but this challenge will be tough, so the more training you manage to put in before we leave, the more enjoyable your trip will be. The event is not just about walking; it's also about rough camping and being in a group of 30 other people, which is not an everyday experience for many.

Don't forget to follow the training plan provided in your fundraising pack to help you prepare.

Health

Please check with your GP about any necessary vaccinations.

We recommend you bring a personal first aid kit containing these essentials; Diarolyte, aspirin, paracetamol, ibuprofen, plasters, insect repellent, blister pads and/or zinc oxide tape.

Spending money

We recommend you take a minimum of £150 with you in sterling or local currency (Jordanian Dinar) which can be purchased in advance from your bank or post office or exchanged at the airport or our hotel in Amman. You will not need much money during the trek itself but the Dead Sea coast can be expensive and there are plenty of shopping opportunities!

Costs you will incur whilst on the trip are:

- We collect a discretionary tip to show our appreciation for our local guides and crew at the end of the hike. We suggest £30 each.
- Jordanian Visa on arrival in Amman (c£18).
- Celebration dinner and two other meals (allow £50)





Weather

It is likely to be warm and sunny (potentially reaching up to 30°C) during the day but it will feel considerably cooler at night. Hence you may need good quality sun protection (factor 30 plus) and a hat. Due to the intensity of the heat it will be important to re-apply sunscreen 2-3 times throughout the day. The sun reflects off the desert floor so don't forget to do your legs too! There is also a chance it may rain, so please bring a good quality waterproof jacket (Gortex if possible) so that you're prepared. As you're likely to feel the cold at night we recommend bringing a warm layer plus a hat and even gloves.

Support

Macmillan Rep

Hayley from the Macmillan Challenge Team will accompany you on the trip. She'll meet you at Heathrow and will be trekking with you throughout the challenge. Hayley's there to help in whatever way she can, so please feel free to approach her at any stage for a chat or to learn more about Macmillan.

Discover Adventure Leader and Assistant Leader

The trip will be led by two highly experienced leaders from Discover Adventure. They will have a proven track record in the outdoor and/or adventure travel industries and are there to make sure you have the most amazing time. A leader really can make or break a trip and we are extremely lucky to have some of the best people in their field working for DA.

Doctor

We will also be accompanied by a UK based doctor. He or she will look after your health and well-being and carry a comprehensive medical kit to deal with all eventualities.

Communication

There will be radio-contact between the leaders and doctor so the DA team will always know what's going on in the group. The leader will also have a satellite phone and can make calls at any time if outside help is required.

Local support

Along the way we'll be supported by a team of local support crew. They'll carry our kit, put up our tents, cook our meals, clean up after us and provide expert local knowledge and, often, the evening entertainment! They're a fantastic bunch of hard-working, enthusiastic people so please take time to get to know them.

You

The best thing about Macmillan Challenges is the camaraderie and team spirit amongst you and your fellow trekkers. Our hiking challenges are not races. The aim is for everyone to complete the challenge at your own pace and have a great time. There's no medal for coming first so encourage and help each other along the way.

Most of all have a fantastic time and enjoy every moment!