

Jordan Hiking Challenge 12 – 20 October 2013

Your journey to Petra starts here

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

Building on our hugely successful first trip to Jordan last year, we're delighted that you've signed up to join us for 2013. It will be the adventure of a lifetime and you will return home with a fantastic sense of achievement. Not just because of your physical efforts, but also in the knowledge that you have made a big difference to the lives of people affected by cancer.

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.



Left: The incredible and imposing site of the Monastery, Petra

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

Discover Adventure

Like all Macmillan's overseas Challenges, this event is organised on our behalf by tour operator Discover Adventure (DA). Since 1997 they have 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. If you'd like to speak with a Discover Adventure representative at any stage please contact 01722718444 or info@discoveradventure.com

The hike

The Jordan Hiking 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 amazing historical sites in the world.

We will walk, on average, 8 hours each day. This means an early start, to allow time to have breakfast, sort our day packs and be on our way. As well as a lunch-time rest, there's a stop mid-morning and another break in the afternoon. Most people will then arrive in camp around 5pm.

Luggage/equipment While hiking, the luggage, water, food and all the equipment that is required for camping will be transported by vehicle.

Camping Our route takes us through remote areas, which makes for an exciting trip, but also means the camp-sites will be fairly basic. That said, the food will be plentiful and very good. The group will sleep in two-man tents.

Toilet/washing facilities Water is limited in the camp sites. We recommend you take wet wipes and an anti-bacterial hand wash that doesn't need water. Toilet facilities during the day are simply a case of finding a quiet spot but chemical porta-loos are provided at camp.

Drinking water Will be provided by the crew so you can fill your water bottles regularly.

How fit will I need to be?

This is a 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. October 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.

We've also enclosed a comprehensive challenge guide / event itinerary with more information about the hike itself.

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 Jordan..



Kit

Everything you need while on the trek is included on the enclosed kit list, which has been drawn up in conjunction with Discover Adventure.

If you need to buy or hire kit, Macmillan challenge participants are entitled to discounts at:

Cotswold Outdoors: 15% off all non-sale purchases. Whether buying in-store or online, quote the discount code AF-MACCS-NC.

Trek Hire UK: 15% discount on all hire purchases over £70.

We have enclosed three Macmillan T-shirts for you to wear whilst training, fundraising and on the Challenge itself.

Important forms and deadlines

With an event of this scale there are a number of important things to remember and action over the course of the next few months.

Medical details

The enclosed medical questionnaire must be completed and countersigned by your GP before **12 June 2013**. Please note this is a requirement of the challenge and also, failure to mention an existing condition may invalidate your insurance.

Insurance

You must organise adequate travel insurance before **12 August 2013**. You can either purchase the DA insurance or provide details of your own policy using the relevant side of the insurance form enclosed.

Flights and extending your stay

We will fly direct from London to Amman. 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 Jordan or change your flights, this can be arranged direct with DA by completing and returning the enclosed flight extension form by **12 July 2013**. There is an administration fee of £75 for this service

Vaccinations

As with many overseas destinations, visiting Jordan 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)

All of the relevant forms are included in this fundraising pack so please keep them safe. If you do need a replacement you just let us know at hiking@macmillan.org.uk.

Social media

A great way to keep in touch with the Hiking Team, your fellow trekkers, and previous Macmillan participants is to join our Hiking Facebook group [facebook.com/macmillanhikingevents](https://www.facebook.com/macmillanhikingevents)

You can also follow the Challenge Team on twitter at [twitter.com/@TeamMacmillan](https://twitter.com/TeamMacmillan)



Fundraising

We appreciate that £3,300 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 £1,200 has to be with us four months before departure (**12 June 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 £3,300 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 Challenge was simply mind blowing! Every corner you turn brings another stunning view to rival the previous. You can never get bored with some of the most beautiful scenery the world has to offer. The whole thing was simply amazing from start to finish - a total life changing experience. Thank you.' Paul Matthews
Jordan Trekker 2011

THANK YOU!