

WE COULDN'T DO IT WITHOUT YOU

Kilimanjaro Hiking Challenge

12 - 22 September 2013

Welcome to your first Team Macmillan E-newsletter for the Kilimanjaro Hiking Challenge. We'll be keeping in touch over the coming months with e-newsletters 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 we now have a fantastic **28** hikers signed up. We've still got a couple of places up for grabs so if you know anyone that would like to sign up to the challenge 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:

- **12 March 2013** - Send completed **Medical Form** to Discover Adventure.
- **12 May 2013** - Send Macmillan first instalment of **sponsorship** (£1,700).
- **12 June 2013** - Send completed **flight extension** form to DA if you wish to extend your stay in Tanzania.
- **12 July 2013** - Purchase **DA insurance** or send details of your own insurance policy to DA using the **Own Insurance Form**.

Please find all the relevant forms attached for your reference.

Training

The challenge may 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 need new hiking boots, now's the 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 attached a contact list so that you can contact the rest of the group.

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

Fundraising tip #1

As a group you've made a great start on your fundraising. You've raised a brilliant **£18,252.12** so far. To keep things ticking along why not try this month's top tip:

September 28 brings Macmillan's flagship event, [World's Biggest Coffee Morning](#). Why not organise your own coffee morning at home, or at work. Ask everyone to bake something and then get together for a coffee and some cake for a small donation.

We've got lots more fundraising ideas for September, just check out our [Spectacular September](#) sheet of 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 Kilimanjaro Hiking Challenge in 2013. 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

T: 020 7840 7887

E: hiking@macmillan.org.uk

[Fundraising »](#)

[Get involved »](#)

[Donate »](#)

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604).
A company limited by guarantee, registered in England and Wales company number 2400969.
Isle of Man company number 4694F. Registered office: 89 Albert Embankment, London SE1 7UQ.