

TEAM MACMILLAN NEWS

WE ARE
MACMILLAN.
CANCER SUPPORT

Kilimanjaro Hiking Challenge 30 January – 9 February 2014

Your journey to the summit starts here

**Welcome to Team Macmillan and to your first Kilimanjaro newsletter!
We're delighted that you've signed up to Macmillan's most challenging overseas hike.**

We've taken over a dozen groups to Tanzania to climb Mount Kilimanjaro since 2005 so we can promise you that it will be an enormously rewarding - if tough - 11 days. You will return home with a fantastic sense of achievement, not just physically but also in the knowledge that you have raised invaluable funds for 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 Mount Kilimanjaro

The Macmillan team

If you have any questions or concerns about the challenge in the lead up to the hike, we are here to help. Simply get in touch with **Sarah or Margaret** by emailing **hiking@macmillan.org.uk** or calling **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

Discover Adventure

Like all Macmillan's overseas Challenges, this event is organised on our behalf by tour operator Discover Adventure (DA). Since 1997 they've 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 01722 718 444 or info@discoveradventure.com

The hike

The Kilimanjaro 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 the amazing experience of being on the highest free-standing mountain in the world. Statistics show that some group members may not reach the summit due to the effects of altitude so we cannot emphasise enough that you should feel proud of your achievements, however far you get.

We will walk, on average, 7 hours each day and up to 16 hours on summit 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 4.30 / 5pm.

Luggage/equipment While hiking, the luggage, water, food and all the equipment that is required for camping will be carried by our incredible porters. You will need to carry your daypack containing wet weather gear, camera, water etc

Camping Our route takes us through remote areas, which makes for an exciting trip but also means the camp-sites will be fairly basic. We sleep in two-man tents and eat together in larger mess 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 Bottled water will be provided by the local crew so you can fill your water bottles regularly.

How fit will I need to be?

This is a very 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. January 2014 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 Kili..

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.

Snow & Rock: 10% off all non-sale purchases. Please email us for a voucher.

Trek Hire UK: 15% discount on all hire purchases over £70. Simply mention Macmillan when purchasing.

We have enclosed two 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 **30 July 2013**. Please note this is a requirement of the challenge and failure to mention an existing condition may invalidate your insurance.

Insurance

You must organise adequate travel insurance before **30 November 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 from London to Kilimanjaro. 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 Tanzania or change your flights, this can be arranged direct with DA by completing and returning the enclosed flight extension form by **30 October 2013**. There is an administration fee of £75 for this Service

Vaccinations

As with many overseas destinations, visiting Tanzania 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 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

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



Fundraising

We appreciate that £4,450 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 £1,800 has to be with us four months before departure (**30 September 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 £4,450 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.

THANK YOU!

'The whole experience was both the hardest and most rewarding thing I think I've ever done. I'm sure I've made friends for life.'

Fay, Kilimanjaro 2012