

Kilimanjaro Hiking Challenge
12 - 22 September 2013

Reach for the sky

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 have 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 the work of Macmillan Cancer Support.

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: We did it! Stopping for a celebratory photo on the way back down, the snowy peak of Mount Kilimanjaro now behind you...

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, Margaret or Jane** (the Hiking team) 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

The hike

Statistics show that not all group members may reach the summit of Kilimanjaro, due to the effects of altitude that everyone is likely to experience on this hike. Therefore we cannot emphasise enough that this Macmillan hiking challenge is all about the overall experience of being part of 'Team Macmillan' and the camaraderie this brings, combined with the amazing experience of being on the highest free-standing mountain in the world. You should feel proud of your achievements, however far you get.

We will walk on average 7 hours each day and for up to 16 hours on summit day. This means early starts, to allow time to have breakfast and sort our day packs, before heading off. As well as a lunch-time break, we stop mid-morning and in the afternoon. Most people will then arrive in camp around 4.30-5pm, depending on the distance, weather and altitude.

Luggage/equipment: All bags, tents, food, water etc will be carried by our incredible porters. You will only have one bag for all your personal equipment (other than what you will need in your day-pack) and this must be a soft kit-bag or hold-all.

Camping: The remoteness of our climb means camp-sites are very basic. The group will sleep in two-man tents.

Toilet/washing facilities: Yes, these are very basic too! Simple chemical porta-loos with a 'tent' pitched over them for privacy are provided in camp. While hiking, it's a

case of finding a quiet spot. Take wet wipes and anti-bacterial hand-wash.

Water: Bottled water will be provided by the crew so you can fill your platypus or water bottles regularly.

How fit should I be?

This is a very physically challenging hike and you will need to be fit to take part. The more training you do, to build up your stamina and general fitness levels, the more you will enjoy the experience. September 2013 may sound a long way off now, but we cannot stress enough the importance of this aspect of the challenge. Our advice is to start as soon as possible. A detailed training guide, based on those used by professional trainers, is included in this pack.

Other resources

If you fancy doing a bit of homework before the challenge you could check out "Kilimanjaro, a Trekking Guide to Africa's Highest Mountain" by Henry Stedman (Trail Blazer Guides) or africatransportresource.com (select Tanzania and then location Kilimanjaro National Park).



'A once in a life-time challenge. No words can sum up the time I had, the people I met and the experiences that I shared with everyone. I had the time of my life.'

Paul, Kilimanjaro 2010

Top Tip: Our guides and porters do speak English but everyone is always appreciative when we attempt a greeting or thank you in Swahili...

Hello = Jambo

Thank you = Asante

Where is the toilet!? = Choo kiko wapi?!

Left: The impressive sight of Mt Kilimanjaro dominating the landscape

Kit

Everything you may need while climbing Kilimanjaro is included on the enclosed kit list which has been drawn up in conjunction with Discover Adventure and is based on their experience of hiking in this region. If you have any queries, please call us.

If you need to buy or hire kit, do note that Macmillan challenge participants are entitled to discounts at the following places:

Cotswold Outdoors: 15% discount on all non-sale/promotional purchases. Whether buying in-store or online, just quote the discount code AF-DADV-T3. For more details, call them on 01285 643434 or visit their web site www.cotswoldoutdoor.com.

Trek Hire UK: 15% discount on all hire purchases over £70. Email sales@trekhire.com, call 01306 886333 or visit the web site www.trekhireuk.com.

Medical details

We have enclosed a detailed medical form, asking for information on any medical history, conditions or allergies that you may have. It is a condition of the trip that you provide us with details of anything relating to your health that could affect you on the trip. Do make sure you give full details – a fully qualified doctor will be accompanying us on the hike and he/she will need to know of any potential problems. Also failure to mention an existing condition may invalidate your insurance. Please return this form before **12 March 2013**.

Vaccinations

As with many overseas destinations, visiting Tanzania brings with it a risk of infection or illness. Anti-malarials are an absolute must. To find out which immunizations are required or recommended, please speak to your doctor, contact MASTA on 0906 8224 100, or check this web site for the latest information and health advice for overseas travel: www.dh.gov.uk/home/fs/en.

Weather

September is a good time of year to climb Kilimanjaro. The temperature drops by 1°C with every 200m height gain, making it difficult to give a precise guide as to how warm or cold it will be. Suffice to say, it will get very cold at night and could be well below freezing on the final ascent to the summit. It is absolutely vital to bring warm layers and proper waterproofs.

Discover Adventure

Macmillan has been working with tour operator Discover Adventure since 1997. DA has consistently delivered safe, enjoyable tailor-made trips for us, including all our Kilimanjaro Challenges. DA will be responsible for the flight and ground arrangements (tents, food, local crew etc), and will provide our tour leaders and doctor for the trek.

Fundraising

We appreciate that £4,450 is a lot of money to raise, and the target may seem daunting at times. However, we hope that the guide in this pack will give you some ideas and get you started. From our experience and

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 Tanzania.



those of previous participants, simple ideas are often the best.

Also included 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 This is 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 and the money is transferred directly to Macmillan and credited against your individual record.

Gift Aid Please 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 Details on this are in the guide, but if you have any questions, please just call us.

Please note that your first instalment of **£1,700** must be with us no later than **12 May 2013**. However, we cannot stress enough that the more you raise before the trip, the easier it will be for you – and the sooner we can put the money to work to help people living with cancer in the UK.

If you are unable to raise sufficient funds by the deadline, you have the options 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 some fantastic memories for years to come. But more importantly, your commitment to raise a minimum £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

Please remember, we are here to support you in the coming months. Let us know if you are struggling and we'll do our best to help. Fundraising is an essential part of the Challenge, but like the trek itself, it should be fun! All that remains for us to say is...

THANK YOU.

Join our hiking Facebook page at facebook.com/macmillanhikingevents - chat to other participants, share fundraising ideas and top training tips, and keep up to date with all things hiking related

