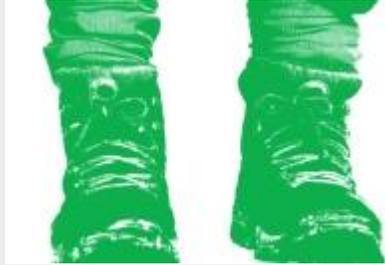


## Peru Hiking Challenge

4 – 13 May 2013

Welcome to your first Team Macmillan E-newsletter for the Peru 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 **43** hikers signed up. We've still got a few 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:

- **4 November 2012** - Send completed **Medical Form** to Discover Adventure.
- **4 January 2013** - Send Macmillan first instalment of **sponsorship** (£1,450).
- **4 February 2013** - Send completed **flight extension** form to DA if you wish to extend your stay in Peru.
- **4 March 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 still 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 haven't already bought your new hiking boots, don't delay any longer! You'll then have over 6 months to wear them during training so they'll be well broken in and comfortable by the time you leave.

## Briefing Meeting

We're organising a briefing meeting at [The Rose Pub in Vauxhall](#) between 11:30am and 1:30pm on **Saturday 19 January 2013**. Macmillan and DA representatives will be there to give you a full briefing of the challenge and answer any questions you may have. It's also a great opportunity to meet other participants before the trip. We hope to see as many of you there as possible. If you are able to join us please [RSVP](#) to let us know.

## 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 therefore attached a list of everyone on the challenge so that you can get in touch with 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 **£39,819** so far, thank you! To keep things ticking along why not try this month's top tip:

**Go green for Halloween!** Hats, wigs, T-shirts, shoes.... wear something green to work, and donate £2 to Macmillan. Buy green sweets, put them in a jar and ask people to pay a pound to enter a 'guess how many?' competition. Is your manager a Grotbags? Paint them green! We're sure all your colleagues will dig deep to see this!

We've got lots more fundraising ideas for October, just check out our [Extraordinary October](#) 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.

## And finally...

Thank you so much for signing up to the Peru Hiking Challenge in 2013. Our overseas hikes have 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. Thank you!

Best wishes

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