



*your questions answered.....*

### **Is this trip for me?**

ABSOLUTELY!! This trek is suitable for people of all ages (minimum 17 years old). The one thing everyone will have in common is a sense of adventure and the desire to help their local Children's Hospice. Most people will sign up as individuals meaning you will all be in the same situation!

### **How fit do I need to be?**

This trek has been designed to be challenging, but achievable by anyone as long as you train. Remember, you are trekking for three consecutive days and in hot temperatures – the fitter you are the more you will enjoy this Challenge. Trekking training tips can be found on the Global Adventure Challenges website to put you in the right direction.

### **Where will we stay?**

The first and last night we will stay in a 3 star Hotel; twin share with en-suite washing facilities. Whilst on trek, we will be camping – all tents will be provided but participants are expected to bring their own sleeping bags and sleeping mats.

### **Do I need specialist kit?**

We will supply you with a suggested kit list of what to take once you register to take part. Apart from some broken in trekking boots and sleeping bag, and maybe some trekking poles, you do not need any specialist kit.

### **Do I have to carry my own luggage?**

No. All participants will only have to carry a day pack (for items such as sun-screen, water, sun hat, camera etc) and your main piece of luggage will be transported by camels on trek. Whilst in Quarzazate, it will be transported by vehicle. Remember, it is only 6 days in total so travel light!

### **Food matters - what's provided?**

All meals will be provided whilst on trek as well as breakfast whilst staying in Quarzazate. Bottles water will be provided free of charge on trekking days. We can cater for all dietary requirements so long as we know in advance – just fill in the appropriate section on your Registration Form enclosed. Moroccan food is very varied and nutritious with plenty of vegetables. Please tell us in advance if you are vegetarian or need a special diet.

### **Can I stay in Quarzazate after the Challenge?**

All extensions are strictly limited, subject to availability and are given on a first come first served basis. Those wanting to request an extension should contact Global Adventure Challenges on 0870 460 8991 as soon as possible. There is a £60 + VAT charge for having your return airline ticket extended.

### **What sort of back-up is there?**

There will be a strong support Team with a professional Global Adventure Challenge Expedition Leader from the UK, as well as local guides and Berbers. Full, comprehensive medical kits will be taken and Satellite Telephones will be used to ensure your safety and security at all times.

### **What happens if I get tired?**

There will be regular rest stops where we can drink and eat some snacks – there is no problem if you need to take more rest stops. A guide will be bringing up the rear of the group ensuring no-one is left alone – remember though, this is not a race!

### **How do I go about raising £1,775 sponsorship?**

Once you have signed up you will receive a fundraising pack from your Children's Hospice in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way. To give you a rough idea, here are a few tips on how you could raise £1,000.....

- Ask 20 work colleagues for £10 = £200
- Collection at Supermarket = £200
- Ask 10 friends for a £15 donation = £150
- Hold a summer BBQ and charge 20 friends £10 = £200
- Sweepstake on a sporting event at work/pub = £200
- Ask your employer to sponsor you = £50

### **I am interested. What do I do now?**

Places are limited and go on a first served basis so try to register as soon as you can! You will need to fill in the enclosed Registration Form and Medical Questionnaire and post it back to Global Adventure Challenges along with the Registration Fee of £149 and Insurance payment of £25 (all payment options and costs are explained at the end of the Challenge Itinerary). Once your Registration is received, Global Adventure Challenges will write to you sending you further information on what to expect from this awesome weekend adventure! Your chosen Children's Hospice will also be in contact to discuss your fundraising.