

CARE 3 Peaks Challenge - Frequently Asked Questions

What is the CARE 3 Peaks Challenge?



The 3 Peaks Challenge is the classic UK mountain challenge. Climb the 3 highest mountains in Scotland, England and Wales in 24 hours - a true test of teamwork, strength, and stamina.

The event starts in the Scottish Highlands on Saturday afternoon where you and your team will take on the mighty Ben Nevis (1,334m). Then it's time for your Support Crew to take you down to the Lake District for an early morning ascent of Scafell Pike (978m). The final mountain for you and your team to tackle is Snowdon (1,085m) in North Wales on Sunday afternoon.

All that remains is to find the energy to join the party and prize giving, enjoy a hot meal and well-deserved drink, while we all celebrate everyone's amazing achievements over the weekend!

A classic mountain challenge that will leave you with a huge sense of achievement and something to be really proud of.

How many people do we need to take part?

Each group must consist of **4-6 team walkers**, one of which will need to be an experienced map-reader and navigator. Within the team you will also need to appoint a **Team Leader** to co-ordinate the group and liaise with us throughout the planning and preparation phase. You will also need **2 Support Crew** members to drive you between the mountains.



How fit do we have to be?

You have to be reasonably fit for a 3 Peaks Challenge, although nearly anyone can take part providing they follow the twelve-week training programme that we provide. Try, where possible, to include hill walking in your team's preparation as this will build the team's confidence and help all walkers get into shape.

Will I need insurance cover on the event?

As an event organiser, we have public liability insurance. Although not compulsory, you are responsible for obtaining any personal injury insurance you may require.

What kit will the team need?

A detailed Kit List will be provided when you sign up to ensure that all teams are dressed correctly and prepared for the event. Teams will also be asked to show specific items of kit prior to each mountain.

Is it necessary to have walking boots?

YES - you need boots that offer good ankle support, specially constructed soles and are able to offer protection against the elements. We recommend Gore-Tex lined fabric boots as they meet all of the above requirements. Your boots must be on or above the ankle. Low and mid cross trainers will not be allowed.



Is it necessary to have full waterproofs?

YES - even in the height of summer, conditions can change. Just because it is sunny at the bottom of a mountain does not mean it will be sunny by the time you reach the top. For example, Ben Nevis can have snow on the top all the year round. It is important you carry your waterproofs with you on each mountain.

Do we really need walking poles and head torches?



YES - we realise these are an additional expense, but drawing on our experience from previous years they are a very worthwhile investment.

Using current statistics, walking poles will remove 437.5 tonnes of pressure off your knees over a 3 Peaks Challenge. **Each team must carry at least two pairs of walking poles.** With the assistance of walking poles an injured person can also be assisted off the mountain helping to avert a full-scale rescue.

Head torches are invaluable for night time ascents or descents, or when visibility is poor, since they allow you to keep both hands free. Every team member must have a head torch and spare set of batteries.

Will I need to carry water on the routes?

YES - every team member should carry at least one litre of water on each mountain of a 3 Peaks Challenge. Ensure your water bottles are full for the start of each route. Natural sources of water, if any, will be pointed out at the start briefing. It is advisable to use purification tablets for water taken from mountain streams. Water is not always available at the start point.



What kind of food should I take on the event?



You will not have time to sit down and eat full meals. You will need a good Support Crew to provide a quick, hot, high-in-energy meal when you return from the mountain, such as pasta or noodles. It is therefore a good idea for your Support Crew to be equipped with a mobile stove and kettle. Cooking facilities will not be available at start points. On the route itself, carry lightweight high-energy foods such as nuts, muesli bars and chocolate. NB Please remember time can be a very important factor on the event especially between the second and third mountains so teams should move on as quickly as possible.

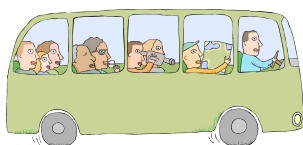
If you are planning to use energy gels/drinks please use them on training walks so that you know what they taste like, whether you enjoy them and lastly but most importantly to let your body adapt to them. If you do not train with energy gels / drinks and you then choose to use them on an event you may find that you end up with stomach cramps and upset stomachs. For an event of this length energy gels/drinks should only be used in conjunction with more substantial savoury foods. The food that you use is best to be along the same lines as what you have prepared for the event with and it is a bad idea to substitute foods that are an unknown quantity at the last moment.



Do we need to book accommodation?

It is up to you and the team to book your accommodation on the event. Once you have registered we can advise of the best options to suit your budget for the night before the event in Fort William and on the Sunday night in Llanberis.

What sort of transport do we need?



We recommend hiring a minibus for your team (maximum 15-seater) or a people-carrier.

How much does our team have to raise?

The minimum fundraising target for each team is £6,000 which includes all of your registration fees.

How can I reach and exceed my fundraising total?

There are many, many things you can do – **online auctions, quiz nights, five-a-side football tournaments, golf days, dress down days, car washing** – these are some of the more popular ways in which teams raise their fundraising total.



Ask your suppliers, clients, customers, and your own personal network of contacts. The following website, www.justgiving.com/carechallenge is an easy and effective way to tell everyone about what you're doing, and gives them the opportunity to sponsor you on-line.

Contact your local press – newspapers, newsletters and websites – with details of what your company is doing. This can help raise the profile of your fundraising and increase your potential.

We will be with you every step of the way, supporting you with all your fundraising questions and we also offer Fundraising Workshops to help your team really make the most of all your fundraising opportunities.

Where does our sponsorship money go?



The money you raise will go directly towards helping us to **end poverty in over 60 countries, reaching more than 55 million people each year.** Over 90p in every pound we receive will go directly to our overseas programmes, so you can be confident that your money will be reaching those who need it most.

To find out more about CARE's work visit www.careinternational.org.uk

What does the CARE Challenge Team do to reduce their environmental impact?

The CARE Challenge Team donates 2% of the surplus made from their series of challenges back into the areas used for the events. Examples from 2007 are –

1. Through the Glen Nevis Visitor Centre and the Nevis Partnership, CARE Challenge has helped fund an awareness programme by the use of rucksack tags educating general users how to act in the Ben Nevis environment – regards disposing of rubbish, sticking to the path, toilet breaks, memorial/cairn etiquette and fire hazards.

2. For the last couple of years the CARE Challenge Team has supported the Lakes National Trust and Lake District National Park initiative – “Fix the Fells”
3. Major donor into a new playground for the Borrowdale School – supporting the communities in the valley that we start Scafell Pike from on the 3 Peaks Challenge.
4. Supported both the Lochaber (financial support for the building of the teams new base) and Llanberis Mountain Rescue Teams
5. Major donor through the Forestry Commission in North Wales for a children’s orienteering course in Beddgelert Forest.
6. Offset all fuel emissions from both participants and staff, through Climate Care.

The CARE Challenge Team has set a limit of one vehicle per team to help ensure minimum impact on the local environment, the environment in general and local communities.

The CARE Challenge Team runs litter collecting competitions on each of the mountain stages of an event with the aim of leaving the mountain cleaner than it was found.

What support will we receive?

- Dedicated member of staff in the Challenge Team to support you in all of your needs throughout your preparation, on the event and when you have completed your challenge
- Team Manual
- Meet the Team & Fundraising Workshop
- Access to the Online Resources, which includes all of the information you will need
- Fundraising resources and support
- Event Briefing
- Navigation days, if required

If you have any other questions or would like to register your team, please contact the Challenge Team

Tel **020 7934 9470**
Email **challenge@careinternational.org**
Web **www.carechallenge.org.uk/Events**

