

CARE 3 Peaks Challenge 2010

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Frequently Asked Questions

What is the CARE City 3 Peaks Challenge supported by City AM?

In this challenge you will climb the highest mountains in England, Scotland and Wales in a target time of 24 hours! First you will ascend the mighty Ben Nevis (1,334 m) in Scotland on the Saturday afternoon. Next up will be Scafell Pike (978m) in the Lake District, followed by the final mountain, Snowdon (1085m) in Wales on the Sunday afternoon. After completing the challenge, you will enjoy a celebratory meal, awards ceremony and party. This is a great way to test your physical endurance, team work and determination.

How many people do I need to take part?

Each TEAM must consist of 4-6 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. You will also need at least 1 support crew to drop you off and pick you up at the start and end of each day.

How fit do we have to be to take part in the CARE City 3 Peaks Challenge?

You have to be reasonably fit for this 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.

Do we need to book accommodation?

Yes - you will need to book accommodation for the Friday and Sunday nights. Once you have registered we can advise of the best options to suit your budget near the start (Fort William) and finish (Llanberis) locations.

Will I need insurance cover on the CARE City 3 Peaks Challenge?

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

What kit will the team need?

A detailed kit list will be provided when you register to ensure that you are dressed appropriately and prepared for the event. Teams will also go through a kit check prior to each stage of the challenge.

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Is it necessary to have walking boots when participating in the CARE City 3 Peaks Challenge?

Yes - you need boots that offer good ankle support, have 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 at the top. It is important you carry your waterproofs with you on the mountain.

Do we really need walking poles and head torches when participating in the CARE City 3 Peaks Challenge?

Yes - we realise these are an additional expense, but experience shows they are a very worthwhile investment. 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 be assisted off the mountain, averting a full-scale rescue.

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

Will I need to carry water on the routes during the CARE City 3 Peaks Challenge?

Yes - every team member should carry at least one litre of water on each mountain.

Ensure your water bottles are full for the start of each route. Natural sources of water, if any, will be pointed out to you at the start briefing. It is advisable to use purification tablets for water taken from mountain streams. Water is not available at the start point so please fill up at your accommodation before arriving at the base.

What kind of food should I take on the event?

You will not have time to sit down and eat full meals. On the route itself, carry lightweight high-energy foods such as nuts, muesli bars and chocolate. 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

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with energy gels/drinks, and you then choose to use them on an event you may find that you end up with an upset stomach. For an event of this length energy gels/drinks should only be used in conjunction with more substantial savoury foods.

What sort of transport do we need for the CARE City 3 Peaks Challenge?

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 things you can – 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 funds. Ask your suppliers, clients 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 enables them to sponsor you online. Contact your local press – newspapers, newsletters and websites – with details of what your company is doing. This can help raise the profile and increase your potential. We will support you in your fundraising. We also offer fundraising workshops to help your team really make the most of all opportunities.

Where does our sponsorship money go?

The money you raise will go directly towards CARE's work. 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 Please find below examples from our work:

- £50 – could buy a healthcare worker in Cambodia a bike allowing him/her to reach even the most remote parts sharing life-saving information about nutrition, malaria, HIV and pregnancy
- £6000 – Could purchase home care kits to restore cleanliness and dignity to **100** chronically ill AIDS patients for up to 3 years
- £20,000 - could help **36,000 children** receive an education for 1 year in CARE's school improvement expansion programme in Uttar Pradesh

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

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

We support a number of environmental and community initiatives in the places where we run our challenges. Here are some examples:

- Through the Glen Nevis Visitor Centre and the Nevis Partnership, we have funded rucksack tags that educate visitors on how to protect the environment
- We support the Lakes National Trust and Lake District National Park initiative – “Fix the Fells”.
- We support both the Lochaber and Llanberis Mountain Rescue Teams
- Through Climate Care, we offset all fuel emissions from both participants and staff

We ask all teams to limit vehicle numbers to one per team to ensure minimum impact on the local environment and local communities. We run litter collecting competitions on with the aim of leaving the mountain cleaner than it was found. For more details on how we reduce our impact on the environment visit www.carechallenge.org.uk/environment/environment.html

What support will we receive?

- Advice & support on fundraising, training and general preparation
- Team manual in the post, which includes all the information you will need
- Access to the online resources , which includes all of the information you will need
- Fundraising workshop and event briefing prior to the event, if required
- Fundraising materials
- Navigation days, if required

What is provided for me on the challenge?

- Support staff
- Event and safety briefings
- Mountain guides at designated checkpoints
- Radios
- Medics
- Post event party – a celebratory meal and prize giving on the Sunday night

Why should I choose CARE International and the CARE Challenge team?

We are a small, efficient in-house events team with over 15 years' experience in running events. We don't outsource the running of the event to any 3rd party event organisers, meaning more of your funds will go where they are needed – to CARE's projects.

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- CARE works in 70 countries with more than 59 million poor and marginalized people each year to find a way out of poverty.
- CARE has staying power. Our mission is to create lasting and long-term change in the poorest communities. This often means instigating radical changes to the wider systems of government or business that keep people trapped in poverty from one generation to the next.
- CARE puts money where it is needed. 90% of our income goes directly to our overseas programming work.
- CARE is always amongst the first to respond when disaster strikes. We make sure the aid gets to precisely where it is needed most.
- CARE has an unparalleled track record of working with communities to help them find sustainable ways of making a living.
- CARE places great emphasis on local presence. Over 90% of our staff is employed locally to ensure that we are really responding to local cultures.

What are the next steps?

If you have any other questions please contact us. To register your team, please visit www.carechallenge.org.uk/3peaks. Once you have registered, you will be sent information in the post and will have access to the online resources. We will also be in touch to welcome to your challenge!

Tel **020 7934 9470**
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