

# walk for water

## SNOWDON CHALLENGE INFORMATION PACK



[pennyappeal.org](http://pennyappeal.org)<sup>®</sup>  
small change. big difference

Registered Charity No: 1128341

# WHO ARE PENNY APPEAL?

**Penny Appeal** launched in 2009 to make charitable giving affordable and rewardable. We work in over 30 crisis-hit countries worldwide, providing humanitarian aid to some of the world's poorest and most needy people. Our aim is to alleviate poverty in ways that cost just a few pennies each day.

Our transformational projects include providing food, emergency aid, sustainable water solutions and charity gifts that give long-term benefit. We also set up schools and mosques, care for orphans and the elderly, restore sight and much more.

That's a lot of work, but we use every penny wisely, ensuring each bit of small change makes a big difference.

## THIRST RELIEF: SOLVE THIRST FIRST!

**EVERY DAY AROUND 4,000 CHILDREN DIE FROM DRINKING DIRTY, DISEASED WATER. THAT'S ONE CHILD EVERY 20 SECONDS.**

Here in the developed world we take clean water for granted – we simply turn the tap and it is there – but in developing countries this is not an option. So many poor and needy people have no choice but to drink dirty water, knowing it could kill them.

Penny Appeal's Thirst Relief project is installing wells in countries across Africa and Asia to give communities reliable access to clean water. This means they can drink, wash, make wudu, grow crops and water their animals safely.

A nearby well also means people do not have to spend hours walking to get water, freeing up their time to work, go to school or look after relatives. All this adds up to healthier lives and a route out of poverty.

**This is why we're calling on people to climb Snowdon to build a well.**

**By conquering Snowdon, you can build a life-saving well in your name, or the name of a loved one. Sign up now and commit**

**to raising £300 so we can give another community reliable access to safe water for years to come.**

**Once it is complete we will send you a full report with photographs of your life-saving water well, complete with your dedication.**





## **INTRODUCING MOUNT SNOWDON**

**Snowdon, in Welsh, is Yr Wyddfa, which means tomb or monument. According to legend, it is the tomb of Rhita Gawr, an ogre who would kill kings and make cloaks out of their beards. He supposedly met his end when King Arthur climbed to the top of Mount Snowdon and killed him!**

Snowdon is the highest mountain in Wales and rates amongst the most beautiful mountains in the world. Whichever direction you approach it from the size and grandeur impresses. Its starfish shape radiates six magnificent ridges, each with their own special and individual characters. The deep cwmoedd (glaciated valleys) range from the easily accessible to hanging valleys only reached by complicated scrambling.

Snowdon stands 3,560 feet high. Each year 350,000 people reach the summit, some on foot and some by train. The summit has 200 inches of rain per year, and can reach temperatures of 30 centigrade in high summer, and plummet to -20 centigrade in the winter. The summit buildings at the top can be covered by ice and snow between November and April.

# GET YOUR PLACE IN THE TEAM

## BOOKING FEE

To secure your place you'll need to pay a £35 registration fee immediately. Once this is paid your place is reserved and you are committed to raising the total amount.

When booking be sure to let us know the name to go on the well plaque – this could be your name or the name of a loved one.

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Places will be allocated on a first-come and spaces are limited. The **ONLY** way to secure your place is to pay the deposit.

## BUILD A WATER WELL FOR £300

You can build a well in your name or the name of a loved one by raising a minimum of £300.

The more you raise the more wells you can build. Raising £600 will fund 2 wells, and £900 would build 3 wells to help 3 entire communities. How many wells will you build? Don't forget you can make the most of Zakat donations too, especially during the month of Ramadan.

# ITINERARY

Climbing Snowdon can be a difficult challenge, taking an average of 6-8 hours to get up and down depending on the group size.

We will arrange transport from London, Birmingham, Manchester & Bradford. There may be additional pick up locations subject to our discretion depending on minimum numbers. If you prefer to make your own way, you must let us know. Departure will be early morning on Saturday, and for London may be as early as midnight on Friday. We will confirm departure locations and times via email closer to the time.

**For any further information please contact  
The Challenges Team on 07739 363 894.**

Lastly, good luck to all our participants!  
Insh'Allah it'll be a pleasant climb for all.

# HOW TO TREK SAFELY

## BOOTS

Footwear is the most essential piece of kit when it comes to mountain climbing. It is very easy to sprain or twist an ankle if appropriate footwear is not worn. Feet can also get very sore in the wrong shoes, making for a very long and uncomfortable trek. Trainers/pumps/smart shoes are NOT appropriate as they simply do not offer the correct support. Walking shoes or boots are a MUST to ensure your safety and comfort.

Walking socks are preferable, and you should bring plasters and a change of footwear for the journey home!

## WATERPROOF JACKET AND TROUSERS

Waterproof jacket and trousers are essential for all UK outdoor activities, no matter what the time of year! A separate pair of waterproof over-trousers and a waterproof jacket MUST BE CARRIED. Very few normal trousers and jackets are waterproof, so the extra layer is ESSENTIAL.

If you are not sure of the effectiveness of your outer shell gear, try standing under a cold shower for five minutes!

## LAYERS

Even if it is sunny and warm when we set off it can still be very cold and misty at the top of the mountain!

Wearing lots of layers is the best way to maintain a comfortable temperature while walking.

Don't forget gloves, a hat and a scarf – they can make a big difference!

## FOOD - PACKED LUNCH/SNACKS

You must bring your own food for the whole day. Sandwiches and pasta are ideal high-energy foods to give you enough carbs for the physical challenge. Sugary snacks are great for when you need an extra boost.

## WATER

It is vital to stay hydrated before, during and after the trek. Try to avoid lots of sugary, energy drinks though – only have them occasionally if you are used to drinking them.

## RUCKSACK

All of the above must fit into a rucksack you can carry comfortably on the trek. Any extra things you need for the day, such as toiletries, and change of clothes, can be left in another bag on the coach.

## MOUNTAIN GUIDE

To make sure our challenge is as safe as it is enjoyable, we will be hiring an experienced mountain guide. Under no circumstances should we ignore our guide's advice.

Please note: It is the responsibility of each trekker to ensure he/she has all the appropriate clothing and enough food and water. Penny Appeal will not provide any of these items. The British weather is very unpredictable so please come prepared for all conditions. If you do not have appropriate kit you may not be allowed to take part.

# SIGN ME UP!

As soon as you're ready to sign up for our Snowdon trek, please register your details on our sign up form on the Snowdon registration page. You can also call The Challenges Team on 07739 363 894 and we will guide you through the process.

Please note, your deposit must be paid separately, and your place will not be confirmed until this has been received.

## PAYING YOUR DEPOSIT

The best way to pay your registration fee is through our website. Visit the Snowdon page at [www.pennyappeal.org](http://www.pennyappeal.org) and pay with credit or debit card using the payment box.

Alternatively, call us on 03000 11 11 11 to find out about other ways to pay.

## PAYING YOUR SPONSORSHIP MONEY

All participants are asked to raise at least £300 on top of the registration fee. The total fundraising amount must be sent to Penny Appeal on or before our trek day.

### DEBIT/CREDIT CARD

Give us a call on 03000 11 11 11 and we can take the deposit payment by credit or debit card. Be sure to tell our donor relations team what you are paying for so they can get all your details correct on our system.

### ONLINE GIVING

If you're collecting money through a JustGiving page, sit back and relax! The money will be sent to Penny Appeal automatically. When setting up the page, make sure to visit our group page and click "Join the Team" so we can see how you're getting on.

### BANK TRANSFER

Contact The Challenges Team on 07739 363 894 or [challenges@pennyappeal.org](mailto:challenges@pennyappeal.org) and we will give you Penny Appeal's bank details and what reference to put.

## GET IN TOUCH!

If you have any other questions about the challenge, or if we can help in any other way, please do let us know. Email [challenges@pennyappeal.org](mailto:challenges@pennyappeal.org) or contact The Challenges Team on 07739 363 894.

# FAQS

## HOW LONG WILL IT TAKE TO CLIMB?

It can usually be done between 10-6 hours depending on the group size.

## HOW MUCH FOOD SHOULD I BRING?

Enough for the whole climb! You will have a long coach journey on Saturday, a challenging climb and a long coach journey home. Plan what you want to eat and pack enough for all this and then bring a bit more!

## WHAT KIND OF FOODS SHOULD I BRING?

Foods high in carbohydrates, such as sandwiches and pasta, should provide the main energy to keep you going. On top of that you will want a bit of a sugar rush and quick energy boost – this means sweets and chocolate!

## WHAT SHOULD I DRINK?

You will need to be well hydrated – water is vital. Fizzy or energy drinks are not recommended and you should only have a small amount of sports drinks if you are used to them.

## DO I HAVE TO TRAIN?

You do not have to be super-fit, but you must be prepared for many hours on your feet. As long as you are active on a regular basis and have no difficulties walking you should be fine. You may want to do some power walking or even jogging a couple of times a week before the challenge to get some practice in! If you are unsure whether to take part please consult your GP.

## I HAVE AN INJURY BUT I WANT TO TAKE PART, WHAT SHOULD I DO?

We appreciate and admire your passion and dedication, but if you are injured you should not take part – we do not want you to risk further harm. There will be many more challenges and we would prefer you to wait until you are back to full health.

## WHAT IF YOU DON'T RAISE THE £300 BY THE DAY OF THE TREK?

We're sure you will raise the full amount, and we'll give you loads of support to make the target. If you're struggling please speak to us as soon as possible – we

have tons of tips and ideas to help you out. If you miss the target you may not be allowed to participate, so please do get in touch if you are finding it difficult – we really want you on our team so we can build as many wells as possible.

## WHAT IS YOUR DONATION POLICY?

All donations made to Penny Appeal go on to support our programmes. Naturally, there are essential and inseparable overheads required in delivering our projects and these are absorbed in the programme cost.

Like every charity, we have basic operating costs, but we recover these through Gift Aid, which is a tax relief from the UK Government and comes at absolutely no extra cost to our donors.

That's why it's important that if you are eligible for Gift Aid, you allow us to claim this, so we can continue to use donations in the most beneficial and effective way possible.