

walk for water

SCAFELL PIKE TREK CHALLENGE
INFORMATION PACK

SATURDAY 18TH JULY 2020



pennyappeal.org[®]
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.

WALK FOR WATER

Millions of people all over the world struggle on a daily basis to get safe, clean drinking water. Women and girls in developing countries have to walk around 3.7 miles on average to collect water and carry it home. They make this walk in the blistering heat or the bitter cold because if they don't, their families won't have water to drink. Young girls skip school and women miss work to make this walk because if they don't, their families won't have water to wash or cook with.

They walk 3.7 miles for water.

How far are you willing to walk for water?

With Penny Appeal's Walk for Water, every step you take will help our Thirst Relief project install sustainable water systems in developing countries across Asia and Africa. This provides families with safe and reliable access to clean water to drink, wash, make wudu and grow their crops with.

Nearby water solutions mean that the women and girls who had to previously travel around 3.7 miles every day, now have the time to work, go to school or care for their families. A water system can help these families break free from the poverty cycle.

With Penny Appeal's Scafell Pike Trek, you can walk so they don't have to.

Take on the Scafell Pike Trek and join Penny Appeal on our Walk for Water! By signing up and raising £300 for our Thirst Relief appeal, you will build sustainable water systems for poor families in developing countries.

Sign up today, raise the funds, make the trek and build a life-saving water solutions for people in need!

You will be fundraising towards:

- Rainwater Harvesting Systems
- Handpump water wells
- Deep water wells
- Hygiene Education
- Sanitary Latrines
- Solar Panel Water and Power Centres





WELCOME TO SCAFELL

Scafell Pike is England's highest mountain at 978 meters. This English giant is located in the beautiful Lake District National Park in Cumbria, and sits at the centre of the Southern Fells. Scafell Pike is a beautiful and complex mountain that offers climbers a range of rocky footpaths and steep summits to conquer.

Out of all of England's lofty crags and rolling hills, Scafell Pike is true mountain royalty. Thousands of hikers take on the trek up Scafell Pike each year and any one of them could tell you that this is a rewarding yet challenging climb. Reaching the peak will take you on a scenic 8-mile journey, with spectacular lake views, lush Cumbrian scenery and astounding mountain terrains. It will take around 6.5 hours to complete your trek of Scafell Pike, but the mountain will only take a moment to leave you breathless.

GET YOUR PLACE IN THE TEAM

BOOKING FEE

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

The registration fee is £35 which includes transportation from three regions and mountain guides.

MINIMUM FUNDRAISING £300

By raising just £300, you will help us to build a range of water solutions across Asia and Africa, including rainwater harvesting systems, handpump water wells, deep water wells, and latrines.

The more you raise, the more we can build. Raising £600 can provide 200 people with access to clean water through our rain water harvesting system. Raise £1200 and you can supply clean water to 2200 people. Go that extra mile, if we raise £20,000 we can build an solar power water and power center which can benefit an entire community!

ITINERARY

Climbing Scafell Pike is not a challenge that should be underestimated!

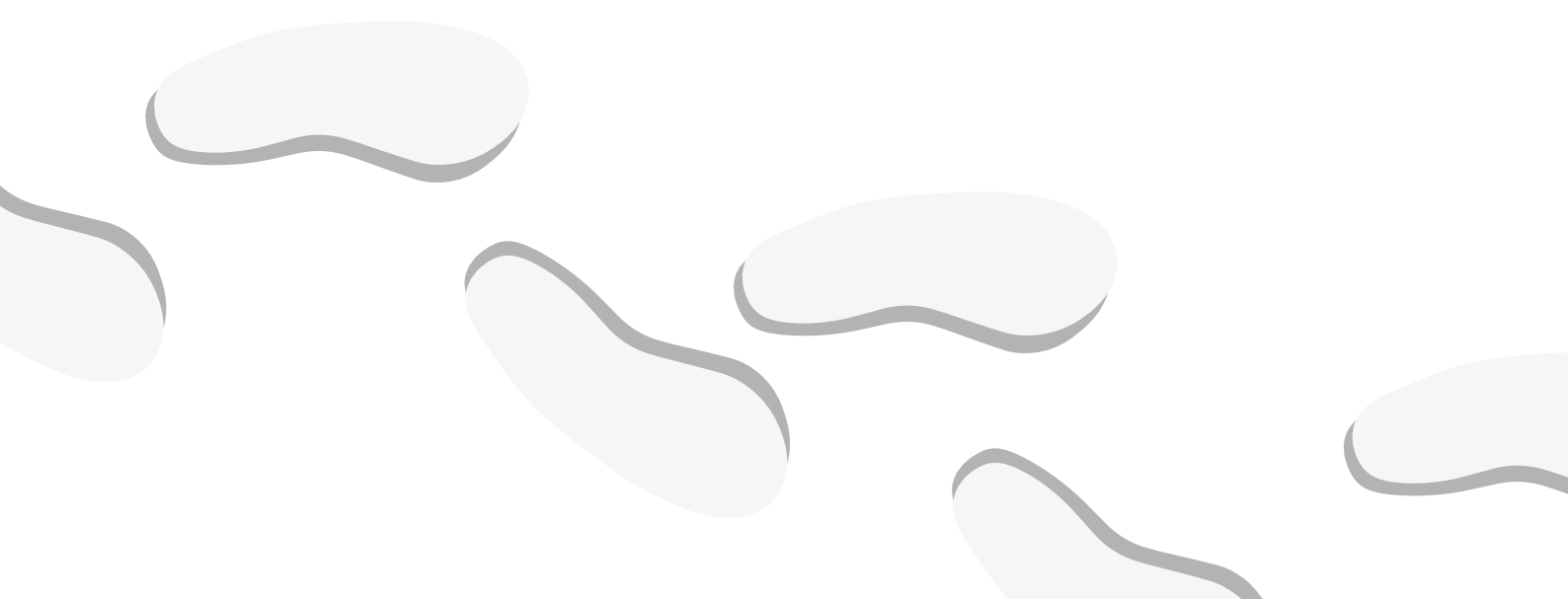
This one-day trek will take an average of 6.5 to 7.5 hours to complete, depending on group size and pace. We will take you through the rocky terrain and keep you motivated the whole way up to the peak, where there are plenty of opportunities for some beautiful pictures.

Transport is provided for the Scafell Pike Trek from London, Birmingham, Manchester and Bradford. We will contact you with pick-up locations and times closer to the day of our trek, but if you prefer to make your own way there, just let us know. We will leave in the early morning on Saturday (London as early as 1AM) and will be returning later in the evening

If you would like additional information on our Scafell Pike Trek, please contact the **Challenges Team** on **07739 636 894** with any queries you may have.

We hope you have an amazing time reaching the peak of Scafell Pike on your Walk for Water with Penny Appeal!

We will communicate itinerary and final instructions closer to the event



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

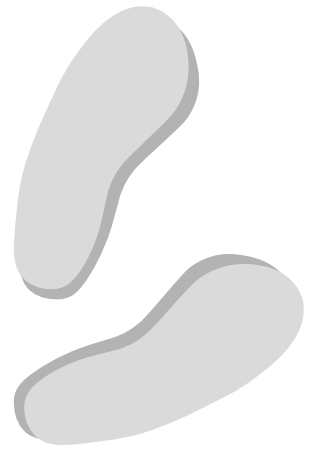
All of the above must fit into a rucksack you can carry comfortably on the trek. Any extra things you need for the day, such as toiletries, and change of clothes, can be left in another bag on the coach.

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.

FUNDRAISING IDEAS



ONLINE DONATIONS:

The quickest and easiest way to collect donations and sponsorships is to set up an online giving page. You can create your own Justgiving page by simply clicking 'start fundraising' on our campaign page to get started <https://www.justgiving.com/campaign/scaffelpiketrek> and we will see how you are getting on.

SPONSORSHIP FORMS:

Print out the Penny Appeal [sponsorship form](#) and ask your friends, family, neighbours and colleagues to sponsor you for taking on the challenge.

SOCIAL NETWORKING:

Make the most of your online networks like Facebook, Twitter, YouTube, Instagram etc. A thought-provoking, informative or funny update could go a long way and bring in extra donations.

Be sure to join us on our social media networks too (Search for @pennyappeal and teamorangepa) and we'll spread the word and keep you updated.

EVENTS AND ACTIVITIES:

If you need an extra boost to your sponsorships and donations why not host an event or activity. A cake sale at work, non-uniform day at school or a masjid collection could help you reach your fundraising target.

SIGN ME UP!

As soon as you're ready to sign up for our Scafell Pike trek, please register your details on our sign-up form [here](#). You can also call the challenges team on 07739 363894 and they 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 Scafell Pike page at <https://www.justgiving.com/campaign/scafellpiketrek> and pay with credit or debit card using the payment box to the right.

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 raised a month before your challenge.

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. Setting up your page is very easy, simply click 'start fundraising' on our [campaign page](#) to get started and we will see how you are getting on.

BANK TRANSFER

Contact us on 07739363894 or taksima.ferdous@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 or contact us on 07739 363894

FAQS

HOW LONG WILL IT TAKE TO CLIMB?

It can usually be done between 6-10 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 I 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 a range of water systems across Asia and Africa

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.

CAN I COLLECT ZAKAT DONATIONS FOR SPONSORSHIP?

Yes, our water solutions projects are built in remote villages where all inhabitants are zakat eligible. Penny Appeal will ensure that 100% of your funds will be spent in line with its 100% zakat donation policy.