

Dear Fundraiser

Many thanks for your interest in being part of our dynamic Derbyshire 3 Peaks challenge trek on Saturday 19th May 2018 and helping us make positive changes to the lives of local disabled people and their families.

We have put together a pack that will give you the information that you will need to take part in the event, if there is any further information that you need please contact Rachel Walsh on Rachel.walsh@disabilitydirect.com or 01332 299449.

Firstly could you please complete our registration form (attached) along with your registration fee and send it to rachel.walsh@disabilitydirect.com or to our office:

Rachel Walsh
Disability Direct
20 Royal Scot Road
Derby, DE24 8AJ

We would like you set a fundraising target of a minimum of £400.00, enclosed is a fundraising ideas booklet to give you some inspiration to maximise your chances. If you think that you would benefit from some 1:1 support and advice with your fundraising please contact Rachel.

Members of the Disability Direct team will be walking alongside you in May and will be happy to tell you more about the work we do and how your fundraising will make a huge difference to the support we can offer.

Thank you again for your support and welcome to the Disability Direct Team!

Rachel Walsh
Bid Writer/Fundraiser
Tel: 01332 299449
Email: Rachel.walsh@disabilitydirect.com





Registration fee & Sponsorship

We have endeavoured to keep all costs to a minimum whilst providing you with an amazing adventure. There is a £80.00 registration fee for this event but this does include the following: .

- Qualified mountain leader
- Transport between Edale and the start of the course
- Food at the base of the first 2 peaks
- Celebratory bubbly at the end of the challenge (or whatever you prefer)
- Two nights accommodation with food
- Fundraising advice and materials

We do ask that you raise £400.00 as a minimum in sponsorship funding; we will support you in setting up an online sponsorship page with mydonate.bt.com as well as providing you with paper sponsorship forms. Please remember to ask all sponsors to ensure that they sign up for Giftaid, it will cost them nothing but will boost your fundraising efforts by a massive 25%! We have chosen mydonate.bt.com as our charity gets the whole contribution with no fees.

You could also consider speaking to your employers as they may have a match funding scheme for sponsorship or may be interested in supporting your efforts by raising money on the office through activities such as a 'Wear your own clothes to work day' or a cake bake sale.

If you decide to collect sponsorship money direct please pay these to Disability Direct by:

- By a cheque payable to Disability Direct (Address: Fundraising, Disability Direct, 20 Royal Scot Road, Derby, DE24 8AJ)
- Bring your cash to the office (address above)

Please note that if you raise money through mydonate@bt.com the money is transferred direct to Disability Direct so it may be easier for you to manage.

Please ensure that all money is sent to Disability Direct by 30 June 2018

Preparing for the day

This event is challenging, it is important that you have a level of endurance that will ensure your success therefore your training schedule should reflect this. A large part of the strength requires for you to successfully complete this challenge is mental strength therefore feeling prepared will help you succeed.

If you have any medical condition or concerns you should consult your GP before undertaking any exercise programme, as well as the 3 Peaks challenge.

There are many training schedules on line but this one by wired for adventure will take you on a 12 week journey into feeling ready for the challenge ahead!

www.wiredforadventure.co.uk/3peakstraining

If you are beginner make sure that you don't do too much too soon, this will put pressure on your body and may hinder your motivation, slow and steady is the best way.

Example walking programme

You could also try the following walking programme as a guide to help you on your way. Do this with a friend or family (or borrow a dog!). Make sure that you warm up and do some stretches after the walk to keep your muscles in great condition.

First of all find a route that you are happy with, if you are on your own please make sure that it is well lit and safe.

Week	Activities
1	3 x 30mins walks.
2 & 3	2 x 30 min walks. 1 x 1 hour walk.
4 & 5	2 x 30 min walks. 1 x 2 hour walk.
6 & 7	2 x 45 min walks. 1 x 2 hour walk.
7 & 8	2 x 1 hour walks (1 walk on difficult / steep terrain). 1 x 4 hour walk.
8 & 9	2 x 1 hour walks (1 walk on difficult / steep terrain). 1 x 6 hour walk.
10 & 11	2 x 1 hour walks (1 walk on difficult / steep terrain). 1 x 6 hour walk.
12 & 13	2 x 1 hour walks (1 walk on difficult / steep terrain). 1 x 8 hour walk (On difficult / steep terrain.)
14 & 15	2 x 1 hour walks (1 walk on difficult / steep terrain). 2 x 6 hour walk (on difficult / steep terrain use the weekend to see how the body copes with two days of walking one after the other as on the challenge).
16	2 x 1 hour walks. 1 x 4 hour walk

Equipment

Be prepared!

If you have the right equipment you are halfway there to completing the challenge, all you have to worry about are the beautiful peaks that you will ascend and descend comfortably! Take what you need and please don't over pack – remember that you will be carrying everything you pack for 23 miles. If you are struggling to get any of the essential kit below please contact us.

Kit List

Walking Boots: The most important bit! Choose boots over shoes as these will give your ankles the most support over the rocky terrain. Wear your boots several times on substantial walks to make sure they are comfortable and don't give you sore feet. You can also buy gel insoles which may provide a bit more support.

Spare Laces: Snapped laces can happen – bring a spare pair just in case.

Socks: You can buy specially designed walking socks (normally cost from £5-15) which are lined at pressure points to avoid blisters forming. Some walkers find it helpful to wear two pairs of socks, one thick and one thin to avoid friction. Find out what works best for you before the walk and remember to bring some spares as wet socks are not nice!

Trousers or Leggings: Walking trousers or leggings will give you better freedom of movement.

Waterproof Trousers: Hopefully the sun will shine and it will remain dry, however, this is England therefore you should expect some rain! Pack some waterproof trousers for extra cover.

Baselayer Top: Try to find a top with high wicking properties as these will move sweat away from your skin and stop you getting cold and wet (especially important when you are carrying a backpack).

Fleece/Thermals: Even in May the peaks can get very cold and windy. A fleece or merino thermal will help you to keep warm.

Lightweight Waterproof Jacket: A lightweight waterproof will keep you dry, but won't be too heavy in your backpack (and act as another layer if needed on the peaks).

Change of Clothes: Consider packing a change of leggings or an extra top in case you want to change during the challenge or need some extra warmth – remember to think light!

Walking poles: These are great both for the ascent and descent, especially on rocky terrain to help you keep balance and support your knees.

Suncream/block: It will be exposed and hopefully sunny on the walk. Make sure you regularly apply a high factor sun cream and remember, the sun can be much stronger when you are at an altitude.

Rucksack: A 10lb backpack should be sufficient to carry all the kit you will need to take up the peaks. Make sure you have a water proof one however you can buy a waterproof rucksack cover/liner to prevent your kit getting wet (although a heavy duty bin liner or bag will also do the trick).

Hat/Gloves/Headtube/Ear Muffs: Its windy up there even in May!

Whistle: If you get split from the group or are injured a whistle is a great way to attract attention.

Mobile phone: Make sure you have added emergency contact numbers and the organisers phone number.

Snacks: This challenge will use up a lot of energy, make sure you have some slow release energy snacks such as nuts, dried fruit and cereal bars to munch on.

Energy gel/Energy drink: Great for a boost of energy for those times when you need a push.

Staying overnight

Please remember to pack the following:

- Warm sleepwear
- Pillow
- Sleeping bag
- Towel
- Toiletries

Thank you for supporting Disability Direct and supporting disabled people in your communities. We are looking forward to meeting you!

