



BEN NEVIS

'CONQUER BRITAIN'S HIGHEST PEAK'

SATURDAY 14TH JUNE 2014

Duntrune Trekkers are supporting Rainbow Valley, The MS Centre Argyll, and The Lauren Currie Twilight Foundation by raising funds and awareness, allowing these fantastic charities to provide and continue to provide an inspirational service to many people from our local area of Mid-Argyll and Scotland.

Thank you for your support

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CLIMB

Feel on top of the world for an amazing cause. Welcome to the team. We're delighted that you've decided to feel on top of the world by joining us on our Ben Nevis event. It's a challenging event, demanding training and commitment. But it's also great fun and an unforgettable experience!

THE EVENT

Ben Nevis, Britain's highest mountain, rises from sea level on the shores of Loch Linnhe, looming 4,408ft (1,344m) above the town of Fort William. In fact the summit of 'The Ben' (as it is locally known) lies only a few hundred feet below the permanent snow line! This adventure will take you to the highest point in the British Isles, under the watchful eyes of our professional leaders.

WHO CAN TAKE PART

You must be 18 and have a good level of fitness to take part in this event. Should you have any injuries or pre-existing medical conditions which may affect your ability to complete safely, please check with your GP.

ON THE DAY

You will meet at 9am in Glen Nevis visitors centre car park, just outside Fort William. There we will conduct a safety briefing and do a kit check before getting you into your teams ready for the start which will be at approximately 9.30am.

DIRECTIONS

There is a car park situated at the Glen Nevis visitors Centre. If you are travelling by public transport, please contact us for advice on the best methods of travel.

WHAT TO BRING

CLOTHING

Mountain weather is rapidly changeable. In order to stay comfortable, you'll need to adapt your clothing accordingly. To do this we advise that you use a system of layers in order to remain warm or cool, and dry.

THE BASE LAYER

Often the most important, this is the layer next to your skin. It needs to take moisture away from your body. We would advise against the use of cotton. Look for a synthetic material that has been created and refined specifically for this purpose.

THE MID LAYER

A micro-fleece will assist in keeping moisture away from your body, and add warmth if required. Make sure this is easy to remove to prevent you overheating.

THE OUTER LAYER

This needs to be both waterproof and breathable, which will maximise the effectiveness of your base and mid layers. We would recommend Gore-Tex, although many manufacturers now produce their own all-weather materials.

FOOTWEAR

Walking boots are essential. We would advise wearing a two or three season walking boot with a good sole unit, ankle support and padding. Please make sure your boots have been correctly fitted to prevent blisters and other injuries. You must wear boots for this event – no shoes or trainers.

HYDRATION

A Camelbak type hydration system is advised for this challenge or alternatively a 2 litre water bottle.

FOOD

You will be on the mountain for between 6 and 8hrs, you will be provided with a packed lunch to eat en route. Also have some energy snacks in your rucksack to maintain your energy levels during the climb. Finally, try out your kit before the challenge to see how comfortable it'll be on the day. Remember to also pack extra clothing for your journey home.

KIT LIST

TO BE WORN:

Wicking base layer, Micro-Fleece, Walking trousers (no jeans), 2/3 Season walking boots (no trainers or approach shoes), Specialised walking socks

TO BE CARRIED:

Rucksack/Daysack, Waterproof Jacket and trousers (breathable), Warm hat and gloves, Whistle Small, first aid kit, fully charged mobile phone

OPTIONAL ITEMS:

Waterproof rucksack liner, Gaiters

We have given you a Kit List which caters for all eventualities. At the briefing, we will do a kit check to make sure you have everything you need. It's important, because if you are under-prepared, you may not be allowed to participate.

TRAINING:

The Ben Lomond Hike is a strenuous undertaking, and you'll need adequate preparation. Knowing that you are physically fit and have the right equipment will help you maximise your enjoyment of the event. Start your training with some training walks in the mountains. Use this time to assess your strengths and weaknesses, test your kit and break in your boots. Ben Lomond is classed Grade B+ (moderate to strenuous).

THE ENVIRONMENT:

We work closely with the authorities to manage the impact of our events. It's important that you play your part in this by keeping noise to a minimum, sticking to footpaths and not dropping litter.

MOUNTAIN SAFETY:

Your safety is paramount, throughout the event. You will be guided by a Mountain Leader (ML). All MLs have appropriate mountain first aid qualifications.

HOW MUCH DO I NEED TO RAISE?

Your £35 entry and registration fee secures your place and is non-refundable. This ensures that more of the sponsor money you raise will support our charities. You'll also need to

raise a requested individual minimum sponsorship of £150 or a team sponsorship (4 participants) of £500 to take part in the event. All money raised will be split evenly among the three charities. The entry and registration fee can be paid through the PAYPAL account on our website www.duntrunetrekking.org

HOW DO I RAISE THE MONEY?

Thanks to new online fundraising sites, raising money is easier than ever. We would recommend Justgiving.com. Once you've set your page up, forward your unique web address to everyone you know. Add it to the bottom of all your emails and on your Facebook page. Then all you have to do is wait for the money to go directly in to your chosen charity of Rainbow Valley, MS Centre Argyll, or The Lauren Currie Twilight Foundation. Duntrune Trekkers asks each participant to print out a screen shot of the total amount raised from your justgiving.com page so we can track your fundraising for the charity of your choice. We will also provide sponsorship forms to record details of your sponsors who don't use justgiving.com. Cash sponsorship will be collected on the day of the walk.

Disclaimer: Hillwalking and mountaineering are activities with a danger of personal injury and death. Those participating in these activities should be aware of the risks and accept the responsibility for their own actions and involvement. No responsibility can be accepted by Duntrune Trekkers, members, guests or coordinators of walks for any mishap, which may occur, during a meet.

OUR CHARITIES.



