



Habitat for Humanity®



Event Handbook
5th – 7th July 2013



ACROSS THE DIVIDE

Organised for Habitat for Humanity by Across the Divide Expeditions

Dear Hope Challenge Participant,

A very warm welcome to Hope Challenge 2013 and a big thank you for taking part!

You will experience the great outdoors, cover around 1000m of hill ascent, trek 20 kms and puzzle your way through team challenges. This fun and unique outdoor team challenge event requires a balance of fitness, strategy and teamwork. There are prizes to be won across the four different stages of the event and by the end of the weekend we will have crowned one team Hope Challenge Champions 2013.

We are sure you will form friendships with other Habitat for Humanity supporters and leave much better informed about the issues of poverty housing, understanding the challenges faced by those people who Habitat for Humanity aims to support, all over the world.

Habitat for Humanity is a worldwide charity dedicated to eliminating poverty housing. We bring people living in extreme poverty together with the expertise and resources they need to help them build or renovate their home. Our vision is a world where everyone has a safe and decent place to live. Established in 1976 Habitat for Humanity has built, renovated or repaired over 500,000 homes, giving more than 2.5 million people a safe, decent place to live.

The challenge has already started. Please raise as much money as you can before the event for the Fundraising Challenge. The team that pledges the highest total on arrival will win this stage.

Our community housing projects are a new beginning for many families. Home is far more than just a place of shelter. Not just a place to keep warm, not just a protection from the wind and rain. Our homes reflect the very essence of who we are and how we define ourselves. They can create or deny opportunity. They are where we put down roots and form memories. They are where we enjoy happy times and suffer sadness. The home is the very foundation of life; the place from which we all fulfil our potential.

Thank you for spending the weekend of 5th – 7th July exploring the beautiful Hope Valley in the Peak District and supporting the 1.6 billion people living in poverty housing around the world.

See you there!



Ian Walkden
National Director
Habitat for Humanity Great Britain

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Hope Challenge is a unique fundraising event for teams of 3 to 6, aged 16 and over, that takes place in the picturesque Hope Valley, right in the heart of the Peak District. You'll work as a team to design and construct your own shelter out of scrap materials and camp in it for two nights. "...hard work, but rewarding on many levels".

You will also experience the great outdoors, cover around 1000m of hill ascent, trek 20 kms and puzzle your way through team challenges. There are lots of fantastic prizes to be won across the 4 different stages and by the end of the weekend we will have crowned one team Hope Challenge Champions 2013.

Everything will be kicking off at 12:00 on 5th July to give you lots of time to build but you must arrive before 16:00. We don't want you building in the dark or missing out on a drink in the Drunken Hammer!



We've now made it even easier for you to fundraise with your personalised NetCommunity Page. You can upload photos, leave messages for your sponsors and track who has opened your appeals and who you need to thank. It couldn't be any simpler.

So if you're up for a weekend away with your friends and colleagues that's a bit different, challenging, team building and raising money for an excellent cause then get yourself signed up. The longer you have to fundraise the more you'll be able to raise. It costs just £50 per person to enter which includes a Habitat for Humanity T-Shirt and all your meals; refundable if you raise the suggested amount of £2,470.

If you've got any questions or would like someone to tell you and your company more, please contact us on SupporterServices@habitatforhumanity.org.uk or call 01295 264240.



So far Habitat for Humanity has served 500,000 families or 2.5 million individuals worldwide but needs your help to keep going. By participating in Hope Challenge you get a fun weekend away with friends, family and work colleagues as well as raising money to lift even more families out of poverty housing.



There are so many reasons and we've only listed a few below:

- You are raising money to put a stop to housing poverty and homelessness around the world.
- You'll be camping out in the second most popular National Park in the world!
- Excellent team building exercise.
- It's good, healthy competition.
- The event is challenging but not too challenging so everyone can get involved.
- By fundraising over £2,470 you will help at least two families have a safe decent place to live.
- Chance to win lots of fantastic prizes across four Challenge categories.
- Make new friends, network amongst similar minded people.
- Good times guaranteed.

Past participants have said:

"We had a belting weekend - hard work, but rewarding on many levels"

"A brilliantly run event and I would recommend it to anyone who enjoys a challenge!"

"A challenging weekend away at the same time as making a difference to peoples lives' who are less fortunate than us."

"A fantastic team building event and we are looking forward to going back next year."

"A moving experience for a more than worth while cause!"

"Thank you Habitat for Humanity for raising awareness and working towards solving the huge problems of housing in some of our poorest nations."

**NHBC**

NHBC (www.nhbc.co.uk) is the standard setting and leading consumer protection body for new build homes in the UK. Established 75 years ago as a non-profit distributing company, NHBC's primary purpose is to help raise standards to protect homeowners. NHBC's 10 year Buildmark warranty covers more than 80 per cent of new homes built in the UK and currently protects more than 1.7 million homes.

NHBC aims to make a positive contribution to communities on a national and international level and in 2007 became the founding partner and sponsor of Habitat for Humanity's Hope Challenge. Having fulfilled its pledge to fund 100 typical homes in the developing world, NHBC is proud to continue its support of Habitat for Humanity's work through its participation and promotion of Hope Challenge 2013.

To find out more about NHBC please visit www.nhbc.co.uk or please contact NHBC Media Co-ordinator, Nadia Bedra, on 01908 746734 or email nbedra@nhbc.co.uk.

**CB Richard Ellis**

CB Richard Ellis Group, Inc (NYSE:CBG), a Fortune 500 and S&P 500 company headquartered in Los Angeles, is the world's largest commercial real estate services firm (in terms of 2010 revenue). The Company has approximately 31,000 employees (excluding affiliates), and serves real estate owners, investors and occupiers through more than 3,000 offices (excluding affiliates) worldwide. CB Richard Ellis offers strategic advice and execution for property sales and leasing; corporate services; property, facilities and project management, mortgage banking; appraisal and valuation; development services; investment management, and research and consulting. Please visit their website at www.cbre.com.

For CB Richard Ellis's media contact please call Tilly Shirlaw on 0207 269 9352.

Friday 5th July

From 12:00	Teams start to arrive at the Event Base Camp to register, receive their goodie bags and make their Fundraising pledges
12:00-17:00	Shelter Build. Please leave ample time to get to the Event Base Camp to avoid arriving late. You don't want to build in the dark.
17:00	Latest time teams are to arrive by
18:00	Participants judge each others' shelters
18:30	Bar Opens
19:30	Dinner. N.B. Please note that there will be no food available in base camp until the evening meal. Tea and coffee making facilities will be available from 14:00.
20:30	Opening presentation & event briefing
23:00	Base Camp Quiet Time

Saturday 6th July

07:00	Breakfast
07:30	Briefing on Skyline Trek and fun warm up.
08:30	Skyline Trek Challenge
15:30	Resource centre opens (time for teams to improve their shelters)
16:30	All teams to have completed Skyline Trek
17:30	Resource centre closes and shelters are water tested.
18:30	Bar opens.
19:30	Dinner
20:30	Pub Quiz
23:00	Base Camp Quiet Time

Sunday 7th July

08:00	Breakfast
09:00	Presentation of Awards and Thank You
10:00	Teams dismantle shelters and pack cars
12:30	Event Finish



In the custom of Hope Challenge we are again going to have four amazing challenges to get you ready for and keep you busy between 5th and 7th July.

There's a wide variety of challenges for you and your friends to work through as a team. Maybe you prefer the challenging Shelter Build, the active 20 km Skyline Trek where you get to see more of the

Peak District or maybe your strength is in Fundraising. Either way you'll have chance to win seven different prizes.



The Shelter Build will start as soon as you arrive: it's best to come as close to 12:00 as possible and be finished before 17:00 when the judging begins. Although we have lots of prizes to present and packing to do on the 7th, we will have everything finished by 12:00 so you'll have plenty of time to journey home.

In addition to the four challenge prizes there are also the prizes for the best spirited team, the overall winners and the runners up. The prizes will be distributed as the weekend unfolds and are shown in the schedule.

Fundraising

A typical Habitat for Humanity home for five people in the developing world costs just £1,235. We ask teams to aim for £2,470 so that you and your sponsors could be helping 10 people escape poverty housing for good. But the more you raise, the more people you'll be helping plus there is a prize for whoever raises the most money. Last years' winners raised over £15,000!

Top Tips and Other Fundraising Ideas

As this is the main challenge of Hope Challenge it's worth taking time to plan how you're going to fundraise. We've now made it even easier by giving you your own personalised fundraising page where you can send out emails, upload photos and thank your sponsors. It's even got your own fundraising thermometer to track how far you have to go.

But don't be overcome by this challenge; there are loads of different ways of fundraising and getting your friends and family involved. You could:

- Organise a pub quiz.
- Run a curry night.
- Do a favours auction.
- Offer to car boot or eBay friends' and families' old stuff and split the profit.
- Get your company, local community and church involved in pre Hope Challenge events.
- Invite your friends to sponsor you though Facebook.
- You could even get your local newspaper or newsletter involved.

There are plenty more ideas of how to fundraise out there and you can have a look on the forum to see what other teams are doing.

Please remember to download and fill in the pledge form from appendix 1 as you'll need it when you arrive at Base Camp. This is how we'll know who has collected the most money and therefore won the Fundraising Award. So collect as many names as possible before 5th July and make sure that all the money is given to Habitat for Humanity GB by 31st July 2013.



Shelter Build

When you arrive at base camp you will have to construct a shelter out of your own materials, making sure it's sound, safe and comfortable enough for all team members. You'll need to get a good night's sleep to complete the other challenges.

We recommend that you arrive as close to 12:00 as possible to give yourself enough time to build and make adjustments to your design.

This year the judging will be done a little differently as you will all be judging each other's shelters. We're still looking for the shelter that looks the most structurally sound and shows the most initiative but this year we will also be testing how waterproof your structure is so make sure plastic sheeting is on your check list.

The Rules

- All shelter materials must be brought with you; there will be no materials to use at base camp.
- No purchased or prefabricated shelters or tents are allowed.
- No power tools are allowed in the construction of the shelter before or on the event.
- All team members must help in the construction of the shelter and sleep in it for two nights.
- Your shelter kit must be transportable by the team from the event car park.
- The shelter must be fit for purpose, i.e. safe, waterproof, warm and spacious.
- The ground should be left as you found it and all shelter materials should be removed from site at the end of the event.
- On arrival each team will be shown to an area marked out in advance. It will be in the shape of a square but you may alter the shape (e.g. into a rectangle) as long as the area stays the same.
- The shelter must be built within the marked out area (including any guy lines and pegs).
- **The size of the marked out area will be as follows:**
 - For a team of 3 = 3.0m x 3.0m
 - For a team of 4 = 3.3m x 3.3m
 - For a team of 5 = 3.7m x 3.7m
 - For a team of 6 = 4.0m x 4.0m





How the Shelters will be judged

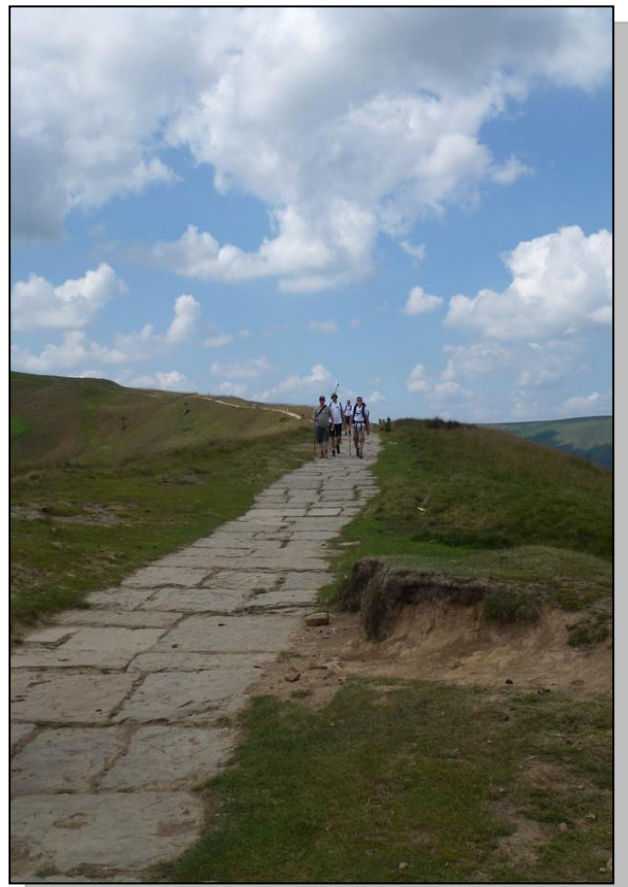
- How does it look? We're looking for quirky designs and creativity.
- Innovation - A-frames will score low. We're looking for shelters that have made the most of recycled and recyclable materials as well as those that stand out from the crowd!
- Quality of the shelter as a home for the team i.e. functional (safe, waterproof, warm and spacious) and aesthetically pleasing shelters will score highly.
- Surprise criteria will be announced on Saturday afternoon so be prepared to be tested.

Skyline Trek

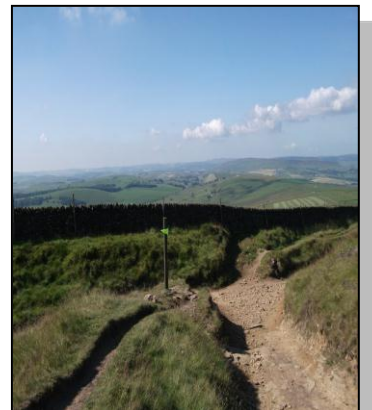
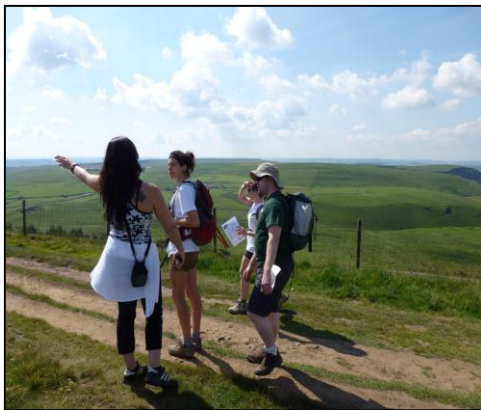
We are very excited to be developing the Skyline trek this year! This means that not only do you have extended cross country routes but you also have the option to go it alone. We have added in some unknown points for you to reach by using your own navigational skills as well as covering the usual Peak District landscape including the ascent up to Mam Tor, climbing over 300m to reach the ridge with its stunning views over the Edale and Hope Valley. It's no wonder it's the second most popular national park in the world.

But don't worry we're still planning on having a short and medium option for those of you that don't fancy the full 20 km route. More news will follow once the routes are confirmed. Along each of the routes, teams will be faced with various challenges where your logical side comes into play. Each task will be at a check point, marked out on the map provided. Marshalling staff will be along the way to ensure there are no navigational problems.

Each team task will be scored, hence the more team tasks you undertake (and the better you score) the better you will perform in the Skyline Trek. The choice of walking the Bronze (short), Silver (medium) or Gold (long) route is up to your team and you should consider your teams ability before setting out.



This challenge is not a race, however all teams must return to the Base Camp by **16:30**.



Final Morning Presentations

To say a massive thank you for your efforts over the weekend you will feast upon a luxury breakfast buffet whilst we announce those all-important results!

Scoring

Points mean prizes! All the points you gain from each challenge go towards your overall total which will determine who our Hope Challenge Champions 2013 are.

You will have the opportunity to gain points in all the challenges and we will keep the totals displayed on a score board in the main marquee. We will announce the top three teams from each stage and update the board accordingly.



All teams will need to arrive at base camp by 16:00 on Friday 5th July at the latest, and all shelters need to be completed by 18:00 when the shelter judging will begin.

By Car

- **From the South**- Take J29 of the M1 and follow the A617 towards Chesterfield. From Chesterfield take the A619 towards Buxton/Manchester. At Baslow take the A623 towards Chapel-en-le-Frith. After approximately 8 miles take the right turn signed Bradwell (B6049). Go through Bradwell and onto the main road turning left to Hope. In Hope take the right turn towards Edale. Drive past the turning into Edale village towards the next village (called Barber Booth) and follow the Habitat for Humanity and Across the Divide (ATD) event signs to the event base. The event base is at Whitmore Lea Farm, S33 7ZL. The Grid Reference of the Farm is SK 110 848.
- **From the North**- Take J34 of the M1 and follow signs to Sheffield City Centre. From the centre take the A57 towards Manchester/Stockport. After approximately 10 miles from Sheffield take the left turn towards Hathersage (A6013). After Bamford, take the right turn towards Hope/Castleton. In Hope take the right turn towards Edale. Drive past the turning into Edale village towards the next village (called Barber Booth) and follow the Habitat for Humanity and Across the Divide (ATD) event signs to the event base. The event base is at Whitmore Lea Farm, S33 7ZL. The Grid Reference of the Farm is SK 110 848.

Car Parking

Cars will be parked in a field at the Event Base. Please note there is a 500m walk from the car park to where you will be building your shelters, and you will need to carry all your equipment and possessions. Cars will not be permitted to drive up to the Camp except in an emergency. Although there are no specific security risks, items of value should not be left in vehicles, and you should ensure that your vehicle is properly locked.

By Train

If intending to arrive by train, participants will need to inform Habitat for Humanity of their arrival time at Edale Station. There is a 1 mile walk from the station to the Base Camp, and depending on numbers we may be able to help with lifts. Please note that there is little or no mobile signal in the area. Trains run at limited times from both Manchester and Sheffield. For train times and tickets please go to www.nationalrail.co.uk.

Map

This map is from www.multimap.com. The red circle shows the location of the event site at Whitmore Lea Farm, Grid Reference SK 110 848. Follow this link to see the map online: www.multimap.com/s/AdtNR4w7.



Accommodation

Your accommodation during this event is your team shelter. It needs to be sufficient to house all team members and everything you bring with you. We will have a small stock of three person tents (large enough to accommodate two people and some personal kit) in the event of a shelter not surviving the weekend. However, please be aware that teams using these tents will incur penalties that will be applied to their overall score. A central marquee will be on site for catering, dining and socialising.



Toilets and Showers

Basic showers and toilets will be provided. Please bring biodegradable shampoo and soap as showers will be emptied into the soil.

Food

Food served in camp is of a high standard, and will comprise of cooked breakfast and evening meals plus packed lunch to be carried by each team member.

Vegetarians and other dietary needs will be catered for as per your individual Participant Registration forms, but please bring any additional personal supplies you need to the event. Some basic extra snacks will be available at some check points but it is recommended that participants supplement this with their own choice of snacks.



Drinks

There will be a nightly bar in camp, 'The Drunken Hammer', selling beer, wine and soft drinks. It will be open from about 18:30 until 23:00. This will be run on a pay as you go system, so please bring some cash with you. It is highly recommended to drink in careful moderation when participating in active events. The event organisers reserve the right to prohibit participants deemed to have drunk in excess from participating in the challenge events.

There will be drinking water available throughout the day and coffee will be available via an urn at the Base Camp.



Security

Although there is no specific risk, participants should keep their valuables with them at all times. Across the Divide or Habitat for Humanity cannot take responsibility for any damage or losses incurred. It is suggested that participants ensure that they are adequately insured for losses and damages to their personal belongings.

Code of Conduct

- No cars will be permitted up to Base Camp except in an emergency.
- While walking around the Peak District stick to the public rights of way and footpaths.
- Ensure that all gates are shut once you pass through them.
- Care should be taken not to damage the site and surrounding locality.
- Clean up all rubbish and don't leave anything behind (including pieces of your shelter).
- Use biodegradable soap and shampoo in the showers as this will drain into the earth.
- Don not trespass.
- Noise will be kept to a minimum after 23:00 so as not to disturb other participants.
- No camp fires.
- No excessive drinking (the event organisers reserve the right to prohibit participants deemed to have drunk in excess from participating in the challenge events.)
- Please keep your shelter, including guy ropes, inside your allocated area and away from other participant's shelters.

Hope Challenge is set in the beautiful Peak District and we all need to take responsible action towards looking after the National Park and reserving its natural beauty for years to come. Please take note of the Country Code (1981) and the Countryside Code (2004) in order to do this.

The Country Code (1981)

- Enjoy the countryside and respect its life and work
- Guard against all risk of fire
- Fasten all gates
- Keep your dogs under close control
- Keep to public paths across farmland
- Use gates and stiles to cross fences, hedges and walls
- Leave livestock, crops and machinery alone
- Take your litter home
- Help to keep all water clean
- Protect wildlife, plants and trees
- Take special care on country roads
- Make no unnecessary noise

The Countryside Code (2004)

Advice for the public:

- Be safe - plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, and take your litter home
- Keep dogs under close control
- Consider other people

Kit Advice

Choosing the right kit can not only ensure you are happy and comfortable, but can also help you to prevent injuries or soreness and in turn help you score as many points as possible. See appendix 2 for a suggested kit list.

Clothing and Accessories

When training or packing for the event consider the loose-layered look. Clothing can be removed as needed and put back on as you rest or as the temperature drops. Breathable layers are more comfortable so consider synthetic-blend materials that wick away moisture and dry quickly when the weather is hot.

Rain gear should be breathable, waterproof and lightweight. There are a number of manufacturers that produce garments that meet all these criteria. For wet weather protection look for articles that have sealed seams to prevent leakage. Examine wrist and ankle closures to make sure they are durable. For the Sky Line Trek the teams will need good quality waterproofs, warm thin layers and spare socks.

Sunscreen

You must protect your skin. Sun damage can be painful and long-lasting, so purchase a waterproof, sweat-proof sunscreen with a high SPF number (SPF 30 recommended). Always wear a sun hat.

Shopping for Footwear

In every sport, having and using the right equipment adds to the enjoyment of the activity. Your feet consist of 26 bones, 56 ligaments and 38 muscles - an engineering wonder that will operate best when encased in a shoe that allows them the freedom to do what they do best.

When training, think about what footwear you will need on the event. Walking boots or well supporting hiking shoes are essential for the hiking.

Socks

Next to your shoes, socks are an often neglected but nonetheless essential piece of equipment. Ill-fitting socks can cause serious blisters.

There are many different types of socks available. We would recommend that you avoid tube or one-size-fits-all socks. Many people opt for cotton socks, but cotton easily absorbs moisture and can lose its shape. That said if you have trained with cotton socks over long distances and had no problems then stick with what you have.

Alternatives to cotton are cotton/synthetic blends, which can help to wick away moisture - the benefit being dry feet and the maintenance of sock shape as you walk. Feet can sweat up to a cup of water a day. During your training, and the event itself, your feet are likely to perspire more than normal. On the event, we recommend that you bring sufficient socks to be able to wear a clean pair every day.

Training for the challenges ensures you are physically prepared, are able to complete the challenge safely and will make the event more enjoyable.

Don't forget that, even if you are accustomed to exercise, you will not be used to walking for up to eight hours a day on uneven ground - sometimes on steep ground or difficult terrain. You should aim to increase your fitness levels to prepare yourself for this type of challenge.

Getting Started

Set aside plenty of time to train. You should start training at least six weeks before the event. Taking a little time to work out your training plan for the coming weeks will really pay off. It will give you an idea of what you are aiming to achieve and will help keep you motivated. We have put together suggested types of training which you can adjust to fit with your own needs.

The best way to train for these challenges is to practise each of the activities as much as possible. Walking, cycling and rowing will help train all the muscles you need as well as keeping the training interesting.

If you are a stranger to exercise, we would recommend that you build up gradually. It helps in this instance to think in terms of time, rather than distance. Several ten minute walks a day for the first few days should help you to prepare your body for the event.

Medical Check up

Before you start on a new training programme, it is always a good idea to consult with your local doctor. You may wish to take our recommended types of training along with you so the doctor knows the level of training you are hoping to do.

Injury Prevention

Walking injuries that occur are often easily prevented. Inadequate training and over-training can lead to injury, as can poorly fitting shoes and socks, incorrect walking posture, poor flexibility, inadequate hydration and nutrition.

To avoid injury, make sure:

- You warm up before starting to train and cool down afterwards.
- You stop if your body is hurting.
- You don't over-train, or try to do too much too soon. Build up gently and not exhaust yourself.
- You have the right kit - good, comfortable boots and socks.
- You use walking poles on more uneven ground.

Stretching

Tight muscles hurt and perform less efficiently and are more prone to injury. The more you strive to prevent muscle tiredness, the better off you will be. In order to help improve flexibility in your muscles and joints we recommend a thorough warm up prior to walking (in order to warm up for a walk, begin strolling at a more leisurely pace for up to five minutes).

Additionally, while walking try to stretch regularly (we recommend five minutes stretching for every hour that you walk). Try to make stretching a habit through your training. You will find that it pays off on the Skyline Trek.

The Guiding principles for stretching are outlined below:

- Always warm up prior to undertaking a long walk - walk slowly for 10 minutes or walk in pace for 3 to 5 minutes.
- Hold each stretch for 10 to 15 seconds - and never bounce or jerk in the stretch.
- Achieve your stretching position gently.
- Only stretch within your limits. If you feel discomfort, stop.
- Breathe slowly and with a normal rhythm.

TIP: Include Yoga or Pilates classes in your training strategy- this will help with your flexibility and core stability.

Types of Training

You may like to consider some of the following activities when putting together your own personal training plan:

Interval training: Distance runners use interval training as a means of improving their endurance levels, and so can you. Alternate between walking and running for up to a minute, then returning to your original pace for a few minutes.

Aerobic conditioning: Most of the aerobic training that you do must be outside - on foot or on your bike. Training entirely on a treadmill or exercise bike will not adequately prepare you for the conditions that you will encounter during the challenge. Do not neglect your hill training (and remember that where there is an uphill, you will generally be rewarded with a downhill section, though downhill can be harder on the knees).

Cross-training: Many forms of aerobic exercise can be used to help you train effectively. Sports such as running, cycling, swimming, canoeing or skiing will all help in a cross-training programme. All use similar muscle groups to those that you will use on your challenge, and will help to increase your overall levels of stamina.

Weights: You could try improving your strength by adding a weights session to your training programme. Strengthening your leg and buttock muscles using free weights or weight machines will increase your walking power. You will also benefit from strengthening other muscle groups, particularly in the abdominal and back region, as well as shoulders, chest and arms.

Leg Strength: Efficient walking requires a certain amount of leg strength. The greater your leg strength, the less tired you will be at the end of a long ride (making the Trek easier too). Work on your leg strength at least once a week either by doing weighted squats in the gym, keeping your feet parallel and about pedal width apart in order to closely simulate the pedalling action. Alternatively, do bike specific strength work by pedalling up hills in a big/heavy gear while remaining seated in the saddle. This will develop your quadriceps and gluteal muscles, the powerhouses of cycling.

Chart Your Progress: Keep a training diary in which you log the type of activity undertaken and your achievements (for example: distance walked, time taken and even how you felt at the end of each session). This will help to keep you focused, honest and allow you to map your progress. It will also help maintain motivation by showing you how much you have improved as your programme progresses.

Walking

Walkers experience one of the lowest incidences of injury among exercisers. Most injuries can be avoided with the correct kit and walking technique.

Walking techniques

To ensure that you are comfortable when walking long distances, you must pay attention to your posture and gait. The following tips will help you to walk comfortably and avoid injury:

- Stand tall and keep your head up - keep your back straight, shoulders relaxed and level and stomach muscles tight - pulling them towards your spine.
- Take a natural stride length - don't overstretch yourself.
- Touch the ground with your heel first - roll the foot forward - through the arch and over the ball of your foot to your toes then push off.
- Keep your elbows close to your body.
- Shorten your stride when walking up hill - your legs, lungs and heart have to work harder to power you up the hill. You should also keep your back straight.
- Keep your back straight when walking down hill.
- Walk at your own speed - do not feel pressurised to keep up faster members of the group.
- Walk correctly, and you'll step into camp each night on sturdy, albeit tired, legs, ready for another eight to ten hours walking the following day.

Over Training

The warning signs associated with over-training include fatigue, low-grade fever, moodiness, irritability, decreased appetite and sex drive and increased resting heart rate. If you feel lousy but still push yourself to the limits to maintain the training schedule that you have set for yourself, you may find that you are doing yourself more harm than good. Take time off. Let your body recover. You will not lose ground. You will return to training renewed and with enthusiasm.

If your training regime does lapse, don't panic! Just pick up from where you left off, if you have really lost enthusiasm do something else that you enjoy, or get someone else out walking with you!

Diet

You need to know how to eat and drink to maintain good performance and health. Food and drink are vital elements necessary to power your body when training and during the event. Eating the wrong food, or drinking too little water, can leave you feeling tired, run down and deflated. Before you start buying supplements by the case load, you should take a look at your basic diet - every day food has all the nutrients and energy you need for a good balanced diet.

- Carbohydrates are the best source of food for your muscles - eat plenty of pasta, beans, rice, whole grain, fruit and vegetables.
- Drink plenty of water - to keep your fluid stores topped up after you have been training.
- Avoid alcohol and caffeine - they make you dehydrated.
- Nibble during long sessions - for training of more than two hours you should try to eat a little as you walk to replenish your muscle glycogen. Try bananas, cereal bars or dried fruit.
- Refuelling after long walks - eat or drink carbohydrate-rich food during the hour (ideally in the 20 minutes) following a long session to experience the benefits - this is when your muscles are ready and able to be refuelled.

As you increase the distance over which you are training, you will need to ensure that you eat well, both before and after your sessions. The latter is particularly important. A word of warning though, avoid training too soon after eating. Blood will be diverted to your muscles rather than being used for digestion, which is likely to lead to stomach upsets.

We have several members of staff with first aid training and our doctors will be present and available for consultation if required.

Participants should bring with them their own first aid kit, as it is not possible to carry sufficient basic medical supplies for the whole group.

Participants wearing contact lenses may suffer slight irritation from airborne dust. In certain situations, this may result in a low-key infection. Contact lens wearers are advised to bring an adequate supply of eye wash and a pair of spectacles.

Dehydration

At all times watch out for signs of dehydration. In this respect, fluid output is as important as the input. If you are drinking a great deal but not passing water regularly, you may find you are dehydrated. Look also at the colour of your urine - dark yellow coloured urine is a warning sign that should not be ignored (with the ideal being champagne coloured urine).

Other signs of dehydration are:

Dry or sticky mucus membranes in the mouth.	Lower back pain.
Fatigue.	Headache.
Dizziness or confusion.	Mental irritation or depression.
Decreased urine output.	Water retention.
Heartburn or stomach ache.	Lack of skin elasticity.
Recurring or chronic pain.	Sunken eyes.

Heat Exhaustion

When the body is unable to cool itself through sweating, serious heat illnesses may occur. The most severe heat-induced illnesses are heat exhaustion and heat stroke.

Symptoms of heat exhaustion are:

Headaches.	Weakness.
Dizziness or light-headedness.	Confusion or inability to think straight.
Upset stomach.	Vomiting.
Fainting or passing out.	Pale, clammy skin.

To help avoid heat exhaustion, it is recommended that participants:

- Drink plenty of cool water.
- Wear light, loose-fitting, breathable clothing.
- Take frequent, short breaks in cool shaded areas to allow the body to cool down.
- Avoid eating large meals when walking in hot environments.
- Avoid alcohol or beverages with caffeine. These make the body lose water and increase the risk for heat illnesses.

Thank you for your support!

Team Name:	
Organisation:	
Team Leader Name:	
Team Leader Contact Address:	
Team Leader Contact Number:	
Amount Pledged: (Please write the amount in figures and in words)	
Please read the following and sign to confirm you have understood and accept the terms of this pledge:	
My team has raised the amount recorded above and commits to passing these funds in full to Habitat for Humanity GB by 31st July 2013.	

Equipment provided by Across the Divide

- All challenge equipment for Skyline Trek.
- All catering requirements and main meals will be taken care.

Kit to be brought by each team

- All equipment and materials to build your own shelter on arrival in the Shelter Build.
- **Sleeping gear:**
 - Sleeping Bag (2-3 seasons).
 - Sleeping bag liner (recommended).
 - Sleeping mat.
- **Clothing:**
 - Trekking trousers or shorts (light weight, fast drying).
 - T-shirts.
 - Long sleeve thermal top - to protect you from the elements (wicking dry flow are best).
 - Good quality waterproof jacket and trousers (made of breathable material and that packs small).
 - Warm tops or fleeces.
 - Warm jacket for camp.
 - Well broken in walking boots for trekking (these will also be used for shelter building).
 - Underwear.
 - Socks.
 - Sandals or trainers for comfortable wear.
 - Your own pair of strong work/gardening gloves for use during the Shelter Build.
- **Personal Items:**
 - Personal Medication (such as inhalers, tablets, etc.....).
 - Toiletries and towel (light weight, fast drying trekking towel is best).
 - Please bring bio-degradable washing soap/shampoo, as the showers drain into the soil.
 - Small freezer bags for a daily personal rubbish collection.
 - Wash kit.
 - Cash for bar.
- **Day sack in which to carry:**
 - Waterproof pen for writing on laminated instructions and maps.
 - Platypus/Camelback (recommended) or water bottles - min 3-litre capacity.
 - Torch and spare batteries.
 - Toilet paper and bag for disposal (taken to camp).
 - Warm fleece, hat and gloves.
 - Warm top for colder moments.
 - Sun screen- minimum factor 30 (preferably water and sweat proof).
 - Lip salve with sun block.
 - Sun glasses.
 - Extra personal snacks.
 - Waterproofs and gaiters for wet ground (recommended).
 - Personal First Aid Kit (see below).

- Mobile phone fully charged in dry bag.
 - Walking poles (recommended).
 - Compass (learn how to use it).
 - Map case or clear plastic bag for map and stage instructions.
 - Leave space for packed lunch.
- **Personal First Aid Kit:**
 - Insect repellent.
 - Ibuprofen or other anti-inflammatory (not for asthmatics).
 - Antihistamine tablets and cream.
 - Antiseptic wipes.
 - Plasters.
 - Gauze pads.
 - Crepe bandage.
 - Zinc oxide tape (or Leucotape which is much better).
 - Moleskin and/or "Compeed" for blister treatment.
 - Dehydration mix such as Dioralyte.
 - Small tub of Vaseline.
 - Scissors.
 - Safety pins.
 - Alcohol hand gel.
 - Any personal medication, such as inhalers etc. For all tablets follow advice given on packet and keep instructions with the tablets.



Habitat for Humanity®



Habitat for Humanity, 46 West Bar Street Banbury OX16 9RZ

Tel: 01295 264240 Fax: 01295 264230

Email: SupporterServices@habitatforhumanity.org.uk

Website: www.habitatforhumanity.org.uk

Facebook: www.facebook.com/habitatforhumanitygb

Twitter: HabitatFHGB