



## The 5 Peaks Challenge, Q&A

### How big is the group?

There will normally be a minimum of 30 people in order to run the event and a maximum of 192 people taking part to comply with the Institute of Fundraising standards to minimise the impact on local communities.

Individual teams will be no larger than 12 people to minimise the impact on the wilderness environment in which the challenge is taking place.

### What will the accommodation be like?

On the evening prior to the start of the event you will need to arrange your own accommodation. We have a number of recommended local hostels in Fort William where you will be able to stay.

Once you complete the event it will be too late in the day to make our way home from Wales so we have a celebration meal in Betws-y-Coed to mark your achievement and a few celebration drinks! You will need to make arrangements for staying in Betws-y-Coed on the night the challenge concludes. Again we will give you a list of recommended hostels, hotels and B&Bs. In all you will be looking at £15 - £17 per night for hostel accommodation and slightly more for B&B in Betws-y-Coed.

### Do we need to take our own sleeping bags?

You won't need your sleeping bag for the bunkhouse as they will provide you with the necessary linen and many cases ask you not to use sleeping bags.

You will need your sleeping bag or bag liner for the minibus to keep you warm as you try to get some sleep in transit.

### What are the toilets and washing facilities like?

You will have indoor toilets at the bunkhouse and visitor centre at Glen Nevis when you climb Ben Nevis.

There will be outdoor toilets available at the bottom of Scafell Pike and there is a toilet block at Pen-y-pas at the bottom of Snowdon. Upon completion of the event you will have the opportunity to take a shower and freshen up before the celebration meal.

### Will my valuables be safe?

We will do everything to provide you with adequate safety for the group and security of your possessions. Although, we do believe in the rule if you don't need it, don't bring it. This is also due to the limited space that you will have during the challenge.

### What is the food and drink like?

If you are on a fully catered 3 Peaks then you will have hot meals that have been designed by a sports nutritionist and prepared by professional caterers to ensure that you have tasty meals that meet your energy requirements and keep your morale high for a tough challenge.

You will be provided with all the drinking water that you need for the challenge. You may wish to supplement with snacks that are high in energy.

You will need to provide your own packed lunches for each of the mountains to keep your energy up.

### Who will be leading the group?

You and your team mates will navigate your way along the routes up the mountains, with OS Maps and route cards that we provide.

However there will be mountain guides placed at different junctions along the route. They are all qualified mountain guides and are mountain first aid trained. The lead instructor will be responsible for everyone on the hill and will have the final decision on the itinerary and whether groups can summit on each mountain, giving thought to things like bad weather conditions.



### **How fit do I need to be?**

Training and fitness is definitely required for this challenge which is rated as tough. As long as you lead a fairly active and healthy lifestyle you should be able to complete the challenge with enough time to prepare. See the notes on fitness for more details.

### **What happens if I fall ill, can't keep up or there is an emergency?**

We have qualified first aid mountain guides on the hill to attend to any emergency. We have satellite phones which give us permanent telephone cover to allow us to call mountain rescue should the need arise. Your teams will be tailored to ensure people have a similar walking pace where possible.

### **What is included in the cost of the event?**

Your registration fee includes:

- 3 Peaks T-shirt
- Mountain Whistle
- Bivvy Bag
- Rucksack Liner
- Donation to national parks for the parks upkeep

You will also find that each team will be given group equipment to help them complete the challenge:

- Group Shelter
- Mountain First Aid Kit
- 3 mountain Maps (1 per mountain), Route Cards and Compass
- 2 x VHF Radio
- GPS Unit

Depending on the event provision taken by your charity you will have the following included:

- New minibuses and fuel included
- Fully catered; 2 dinners and 2 breakfasts
- MIA mountain guides

### **What is not included in the cost of the event?**

Your essential kit list, which include hiking boots are personal to each individual so we ask that you provide these yourself.

Personal Travel Insurance is not included for you on the event. If you require this then you will need to purchase this from a provider.

You will need to bring along packed lunches for each of the mountains and supplementary snacks for your challenge to give you the necessary energy that you need.

Although we provide your transportation we need volunteer drivers to drive the minibuses for you. If you know any friends who wouldn't like to climb the mountains, but would enjoy taking part in the challenge by driving your team bus then let us know.

### **Do I need spending money?**

You won't need much money, but you will need some for your dinner in Fort William the night before your challenge begins and a little bit extra for the end of the challenge for incidentals. £40 should suffice.

### **What do you do to protect the environment?**

All our events are carbon offset so that you know the event is carbon neutral.

We make donations from our income to the national parks. They keep the paths from eroding and look after the mountains we enjoy on our challenges.

We keep groups to a minimum to reduce the effects that our challenges have on the land whilst also being considerate to the local communities.

**We're sure not every question you might have has been answered here – if you have any questions not covered please contact us at [info@gbcharityevents.co.uk](mailto:info@gbcharityevents.co.uk)**