

## **Climb4Concern Carrauntoohil**

### **Fact Sheet**

#### **What date is the climb taking place?**

Saturday 13<sup>th</sup> July 2019. We'll leave Dublin Friday 12<sup>th</sup> July after 5pm and make our way to Killarney. We will climb Carrauntoohil Saturday 13<sup>th</sup> July 2019, we will then finish our climb stay over for another night and leave Sunday 14<sup>th</sup> July.

#### **How much do I have to raise?**

We require a €25 deposit. After that we look for a minimum fundraising target of €175

#### **How will I raise the sponsorship money?**

When you register on line you will automatically create an online fundraising page. We will also send out sponsorship cards and our fundraising team are on hand to help and support you all the way. Raising the target is a lot easier than it seems, embrace it for all it's worth.

#### **How much of my sponsorship money will go to Concern Worldwide?**

Your €25 deposit will cover operational costs. All other money raised from this event will go to Concern.

#### **When do I have to pay my sponsorship money?**

A Concern member of staff will be at the event to collect all sponsorship money. We ask that you put your money into an envelope with your name and address written on it clearly. Alternatively money can be lodged before the event.

#### **How do I transfer my fundraising?**

There are a few ways to transfer any money that you raise:

1. You can set up an online fundraising page on [www.showyourconcern.net](http://www.showyourconcern.net) and transfer your fundraising through there
2. You can post a cheque or a bank draft
3. You can transfer your fundraising through our Bank Account.

For more information about any of the above you can contact [info.challenge@concern.net](mailto:info.challenge@concern.net)

#### **Is transport provided?**

Yes. Our bus will depart Dublin Saturday morning for Killarney and pick up points will be organised as requested. On Saturday the bus will transport all challenger to and from the mountain. Drivers can either drive directly to the mountain or meet us in Killarney to take the bus. On Sunday, we will depart Killarney after breakfast.

#### **Is accommodation provided?**

Accommodation has been pre-booked for Carrauntoohil. If you wish to take a room then you will be notified in plenty of time the costs and occupancy. You do not have to take this accommodation you can arrange your own if you wish.

### **Who can take part in the Climb 4 Concern challenge?**

This event is open to women and men of all abilities. The minimum age to take part is 18 years of age.

### **How fit should I be?**

People of all fitness levels can take part in this event but we recommend that you train in advance of this hike so that you enjoy the group challenge.

### **What can I expect on this event?**

We will have experienced mountaineers and qualified first aiders to guide you up the mountain Concern staff will be there to support the event

All guides will carry radios and will communicate throughout the day. You will be encouraged to walk in small groups with people at your own pace so that you can stick together. There will be a guide at the front and back of the group to ensure that nobody goes off the trail.

There will be regular stops along the trail to ensure that groups are sticking together and to make sure people are taking in fluids and food.

### **What weather can I expect?**

As with any outdoor event, we are unable to predict the weather so each participant must be prepared for all eventualities. You will need to carry full wet weather gear and warm layers with you on the day of the challenge. A detailed weather forecast will be provided the day before our ascent.

### **What kit will I require?**

When you sign up we will send you our recommended kit list for this challenge. On the day of the challenge, you will need to carry your own personal kit for the day in a small rucksack which will include: your lunch, water, waterproofs, warm layers, hat and gloves, mini first aid kit, camera and phone (to call all your sponsors from the top – signal permitting).

### **Do I need insurance?**

We strongly advise all participants to take out their own insurance to cover them for the duration of this event. Concern Worldwide and the guides will not be held responsible for any accident, loss, damage or expenses etc. We advise that you take out your insurance with Mountaineering Ireland. Due to the nature of this outdoor activity, participants should accept a certain element of risk. Our guides will do everything in their power to minimise the risks, where possible. In the interests of safety all participants must abide by any decisions made by the guides.

### **We hope to see you on this challenge!**