



# BLOOD, SWEAT & COMPASSION

## THE KILIMANJARO CHALLENGE



### What if I don't know anyone else?

There are a maximum of 29 places available on each trip allocated on a first-come, first-served basis. The majority of participants will not initially know each other but by the end you will have made close new friends united by the unforgettable experiences that you have shared. So you really should not be concerned about signing up alone. There will be a Compassion representative on the trip and the guide ratio is very high with one guide for every two challenge participants to ensure your safety. The minimum group size to allow the trip to take place is 16.

### Who can apply to go?

Anyone over the age of 18 who wants a once-in-a-lifetime opportunity to support Compassion and our LDP students in Kenya at the same time as trekking up a UNESCO World Heritage site in Tanzania! Interested participants over the age of 65 will need to provide a medical form signed by a doctor.

### If I've been accepted, what information will I receive?

You will receive a comprehensive information pack providing full details for the challenge. It will include ideas on training and fundraising, how to prepare and what to take, and outline the challenge itinerary with details of what you can expect on the trip itself. In addition, you will be able to contact a dedicated trip manager to discuss details of the challenge and your preparations, and to discuss any outstanding questions or concerns you might have.

### Is there a commitment following the conclusion of the trek?

No. Challenge participants will be given the opportunity to remain in contact through correspondence with the LDP students whose lives they have impacted. However, this is optional and by no means compulsory.

### What food and accommodation will I be provided with, and how much do I have to carry?

On the challenge itself you will stay in high quality mountain tents designed for three people but each of which will only be shared by two. Before and after the challenge, you will be accommodated in a high quality local hotel – again sharing an en-suite room with one other person. You will be provided with breakfast, lunch and dinner throughout and the quality of food on the trek itself is exceptional with a wide variety of meals and food types.

You will have an opportunity to leave other unrequired items securely at the hotel whilst you are away. During the trek, you will only carry a daypack. Your remaining possessions (up to a maximum of 15kg) will be carried by the expert local porter team.

### Who is organising the trek?

Compassion's partner for undertaking Blood, Sweat & Compassion challenges is RightFoot. RightFoot works directly with trusted and highly reputable local organisers on the ground to ensure a high quality experience throughout. They have firsthand experience of the challenge and will provide you with all the information you need before, during and after the trip. RightFoot is a certified member of the Travel Trust Association (membership number U9074) which guarantees full financial protection for your booking.

For further information, please visit [www.compassionuk.org/blood-sweat-compassion](http://www.compassionuk.org/blood-sweat-compassion) or contact Ben Hamilton at RightFoot via [ben@rightfoot-uk.com](mailto:ben@rightfoot-uk.com)

This brochure outlines the Blood Sweat & Compassion challenges. It should be read in conjunction with the RightFoot Adventures Limited Booking Terms and Conditions.



**12 JANUARY  
AND 1 MARCH 2012  
TWO OPPORTUNITIES THAT  
WILL CHANGE YOUR LIFE**



# BLOOD, SWEAT & COMPASSION

THE KILIMANJARO CHALLENGE

# JOIN WITH COMPASSION AND TREK TO THE ROOF OF AFRICA

12 JANUARY AND 1 MARCH 2012  
10 DAYS THAT WILL CHANGE YOUR LIFE

## What is Blood, Sweat and Compassion?

Blood, Sweat & Compassion is your opportunity to transform lives by taking part in an exciting international adventure with Compassion. It began in 2010 as a response to the earthquake in Haiti when Compassion UK CEO, Ian Hamilton, led a group to the summit of Mount Kilimanjaro to raise £250,000 for a much-needed new hospital.

## Who will benefit?

Each year thousands of students graduate from Compassion's Child Sponsorship Programme. Among them are a number who aspire to continue their education and training at university but often lack the resources to do so. Compassion's Leadership Development Programme (LDP) provides them with an opportunity to attend university and receive Christian leadership training. By joining the Blood, Sweat & Compassion Kilimanjaro Challenge you will directly support students to undertake this exciting and transformational programme. This is more than the chance to experience one of the most iconic mountains in the world, it is an opportunity to raise up tomorrow's leaders and transform lives.



## Be a part of Blood, Sweat & Compassion

- Raise money to directly support Compassion's Leadership Development Programme and release young adults from poverty in Jesus' name;
- Witness first hand where your fundraising is going, meet those who will benefit, experience and be a part of Compassion's work on the ground;
- Meet and join fellow Compassion supporters in raising money to achieve a united goal;
- Take part in a once-in-a-lifetime adventure Challenge, test yourself, and achieve something truly amazing and unforgettable;
- Have the opportunity to make a long-term connection with those whose lives you have helped to transform through regular progress updates and personal correspondence;
- Have loads of fun!

## What is the next Challenge?

There are two ten day trips departing on 12 January and 1 March 2012 both to Mount Kilimanjaro in Tanzania. You will fly from London to Nairobi, Kenya and spend a day seeing Compassion's work and getting to know the LDP students you are supporting. You will then fly to Kilimanjaro Airport to begin the challenge itself. The six-day expedition will take you on the Rongai route to Kilimanjaro's famous 5,895m summit, allowing fantastic opportunities for acclimatisation and the chance to experience the dramatic Mawenzi peak and stunning Saddle. You will take on the demanding ascent to the summit prior to returning to your high quality hotel a day later. The return flight to the UK will also be via Nairobi.



## How much does it cost to go? Is a deposit required? And how much do I need to fundraise?

The cost of this trip is £4,400. You need to pay the deposit of £500 when you sign up and have met the balance of £3,900 two months before the start of the trip. Of this total, at least £2,000 will be used directly to support the LDP students and the remainder covers the cost of your trip. You should see this as the minimum amount to raise. But don't worry, we will give you lots of fundraising ideas and every additional pound will also go towards support for LDP students.



You can meet the balance of £3,900 yourself, fundraise the whole amount, or choose a combination of the two. Please note, however, that those wishing to fundraise an amount that will cover trip costs will need to make this absolutely clear in their personal fundraising literature. To help you achieve your fundraising target, you will be able to create your very own personalised fundraising page on the Compassion website.

## What is and is not included in the total trip cost?

Trip costs include flights and in country travel, accommodation, breakfast, lunch and dinner throughout, expedition costs and National Park entrance fees. It does not include your mandatory insurance cover, transport to and from the airport of origin, visas, vaccinations, tips or other expenses of a personal nature.

You will be provided with further information outlining all of the equipment you will need. Most notably, this includes a comfortable and worn in pair of walking boots, appropriate clothing and a sleeping bag. Some equipment can be hired on request and at your own cost.

## How fit do I need to be? Could I make it to the summit?

Make no mistake, reaching Kilimanjaro's summit is a gruelling and physically demanding challenge. However, it is also truly achievable and, with the right approach, anyone can succeed. Generally, the biggest hindrance is not actually lack of physical fitness but high altitude illness. Almost all participants will experience some symptoms but being aware of this in advance and responding appropriately will minimize its effect – namely, walking slowly and taking plenty of fluids and rest. You will be provided with more information about high altitude illness in your confirmation pack.

Those with prior medical problems or concerns should seek advice from a doctor first. With some advance physical preparation and mental determination you truly can achieve this magnificent goal.



**WHAT WILL IT COST?**  
TRIP COST: £2400  
+  
MINIMUM FUNDRAISING: £2000  

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TOTAL: £4400