

EVEREST BASE CAMP 2015

26 September to 13 October



The **Shardale Group** is proud to be sponsoring two Lancashire User Forum members (one female & one male) to undertake the Everest Base Camp Mountain Trek.

You will be accompanying two members of the Shardale Team on this 'EXTREME' challenge. All sponsorship monies will be donated to **Red Rose Recovery**.

Interested?

To apply for nomination or to get further details of this once in a lifetime opportunity contact:

katrina@redroserecovery.org.uk

To apply to undertake this challenge you must already be physically active and lead a healthy lifestyle. You must be prepared to engage in a regular, self-directed training programme at least 3 months prior to departure to build up your stamina and endurance levels. Due to the rough terrain, high altitude, and basic living conditions this challenge is rated 'EXTREME'. Applicants with a history of COPD, DVTs or similar respiratory or circulatory conditions will be excluded on health and insurance grounds. Similarly if you have a history of panic attacks or have experienced difficulties with vertigo then this challenge is most probably not for you. You will be required to provide your own equipment such as a large and small rucksack, hiking boots, sleeping bag rated for all seasons, and appropriate clothing for mountainous conditions. You will need to have a valid British passport and acquire the necessary vaccinations prior to travel. You will only need a small amount of spending money for personal shopping as all travel costs, visas, travel & health insurance, trek accommodation, food and day to day expenses are to be financed by the Shardale Group. You will need to be prepared to engage in activities to support fund raising on behalf of Red Rose Recovery and consent to your image and relevant personal details being used for promotional purposes on behalf of Red Rose Recovery.

Further details of the Everest Base Camp Trek itinerary can be found at the Charity Challenge website:
<https://www.charitychallenge.com/expedition/1930/Everest-Base-Camp->