

PRE-EXPEDITION TRAINING DAYS AND WEEKENDS



In partnership with Inspired Outdoor Events we are delighted to offer superb tailored training days and weekends that are designed for all our charity treks. You can choose to come for a full weekend of training or just join us for one day.

"Thank you for the weekend I am glad I attended. It was an immensely worthwhile experience, filled with loads of helpful tips and information. I can say with 100% certainty my challenge will be more comfortable and enjoyable due to the advice received. I would urge everyone doing a challenge to attend a training weekend."

"Had the best time ever! Thanks for all the hints and tips and for putting us through our paces this weekend! A must do for anyone taking on a Charity Challenge! Thanks so much!"

"A really great weekend - feel much more prepared for my trek now!"

LOCATIONS

The training weekends will be held in various locations in some of the UK's fantastic scenic areas and national parks, see the dates section below for details.

ACCOMMODATION AND FOOD

You can either choose the all-inclusive option which includes a bed in a hostel dormitory where you will be sharing rooms with members of the same sex. Alternatively, you can just join us for the training sessions and walks during the day and organise your own accommodation locally.

If you choose the all-inclusive option, this includes breakfast on the Sunday and two packed lunches. In the evening, depending upon what your group want to do, we will provide all the ingredients for the team to cook together in the hostel kitchen. Alternatively, we will head to a local pub to eat and give you an equivalent financial contribution towards an evening meal. If you have any dietary requirements, please ensure you let the team know at the time of booking.

DAY/WEEKEND PROGRAMME

Upon arrival you will be met by your instructors and receive a welcome brief and meet the other attendees who are heading out on overseas challenges with Charity Challenge. You will have your first set of **seminars** and learn about personal clothing and what to pack in your day bag before departing on an **afternoon trek**. The route depends upon the weather but is generally between 3 and 4 hours in lower to medium level terrain. During this walk you will have the opportunity to discuss your clothing and day bag in more detail and learn about the health and safety that goes into a challenge prior to your departure and during your trip.

In the evening you will have some more seminars and learn about some basic campcraft skills, camp administration, packing advice, hygiene cooking in the outdoors and about teamwork and supporting others whilst on your challenge. After dinner, you will embark on a **1 to 2 hour evening/night walk** so you can understand what to expect on your chosen challenge. This will give you the opportunity to experience what it is like to walk in the dark, how things seem different and how the correct use of a head torch.

For those of you joining us for the full weekend, the following morning we will leave after breakfast and undertake a **longer trek** in medium to high level terrain. Again the route is dependant on weather but is normally between 6 and 8 hours in duration. During this trek you will learn about basic navigation, pre challenge fitness training, health and wellbeing, walking techniques and have the opportunity to ask your instructors all the questions you may have. You will return to base and have the opportunity to change and ask any final questions before you depart.

SUBJECTS COVERED

The training element of the weekend is in a seminar format delivered inside and outside depending upon the subject. The various modules we deliver include:

- **Personal clothing and equipment** – What to wear and what not to wear. What to pack, how to pack it, what to wear, where to buy it.
- **Fitness and Expedition Health** – what types of training should you be undertaking for your expedition and what you can do to ensure your body is prepared for the activities you will be undertaking whilst on expedition and when back in the UK on outdoor activities.
- **Camp Craft** - Tent management, sleeping comfortably, erecting your tent, Food and Cooking
- **Health and Wellbeing** – Personal hygiene, use of sun cream, keeping hydrated, fitness training, warm ups and stretching, food and snacks.
- **Trekking Skills** – Using walking poles, walking on different terrain, spacing, walking at altitude, walking at night.
- **Map Reading and Navigation** – understanding how to read a map and use a compass and some basic navigation techniques. You will also have the opportunity to do some straightforward orienteering exercises to help develop your skills and confidence.
- **Basic outdoors first aid advice and techniques** – what to look for and what you should take with you to ensure you are able to look after yourself whilst on expedition.
- **Walking Techniques** – how to tackle rough and steep terrain and how to try and minimize the risk of blisters and muscle strains.
- **Teamwork and supporting others** – learning the importance of teamwork on expedition and some of the skills you can use to enhance your own experience and that of your fellow trekkers.
- **Basic Survival Skills** – the skills you need to ensure you and your team can remain safe and comfortable in the outdoors and get the most out of your outdoor experience.
- **Night Hiking** – experiencing the joys and issues with walking at night and what you need to do to really get the most out of walking under the stars.

INSTRUCTORS

Your instructors are highly qualified and experienced expedition leaders, mountaineers and mountain leaders. Instructors are also trained in first aid. All have led various UK and overseas challenges in different environments and are highly respected by the charity challenge market as excellent practitioners and knowledgeable trainers in all aspects of Charity Challenge expeditions.

DATES

There are a range of dates, visit the link below for details. If you have a group and would like to have your own exclusive training date at a date that suits you, please follow the link below and enquire about an exclusive weekend for your group.

COSTS AND CONDITIONS

Full training weekends are £150pp including accommodation and food. One-day training days are £70pp.

All the training weekend dates will run if there are a minimum of 10 people booked on each weekend and you will receive confirmation of this at least 4 weeks prior to the date of the course. Cancellation is not normally an issue but oversubscription can be so please book early to avoid disappointment. Places are limited to maintain safety and quality.

KEY BENEFITS

- Learn new skills and tips which will prepare you well for your chosen challenge.
- Learn about what goes on behind the scenes in putting on a challenge.
- Meet instructors who have led challenges and have the opportunity to ask the questions you want to.
- Have a great time with like-minded people.

HOW TO FIND OUT MORE AND BOOK

To find out more and book your place on any of the above training dates follow this link:

<http://www.inspired-outdoors.co.uk/outdoor-skills-training/charity-challenge-training-weekends/>