



human appeal
more than just words.

Information guide

GREAT WALL OF CHINA TREK 2014

WITH MAHER ZAIN
& OMAR REGAN

Dear challenger,

Thank you for registering for the Great Wall Of China Trek 2014!

We are pleased to confirm that your place on the trek has now been reserved and you have taken your first step in a once in a lifetime challenge.

All you need to do now is fundraise and prepare for the trek.

We are asking you to raise a minimum of £3500 in order to support our water projects in Gaza. Don't let this figure scare you. It can and has been done.

Note: a minimum of £750 must be raised prior to the trek. If this target has not been reached, challengers may forfeit their place.

In this pack you will find more details about:

- The cause
- The challenge
- How to prepare for the trek
- How to fundraise

The information in this pack should provide answers to most of your questions, but if you would like to discuss anything, send an email to: china@humanappeal.org.uk

We are here to help provide you with continuous support and advice on practical ways to fundraise.

Regards,
Human Appeal Challenges Team

The cause

Water in Gaza

In Gaza, clean water is now scarce. The territory's only aquifer is highly contaminated, so people are forced to drink water mixed with sewage. With the crisis so bad, many Gazans are struggling to survive. All funds raised will provide lifesaving, clean water for children in Gaza.

Key facts about water in Gaza

- There is a severe shortage of clean water in Gaza and the situation is reaching crisis point.
- 90–95% of the water from Gaza's underground water aquifer is not safe to drink.
- The blockade has banned or delayed construction materials needed to repair Gaza's collapsing water and sanitation network.
- Without proper water and sanitation services, 90 million litres of untreated or partially treated sewage is dumped into Gaza's sea every day.

Your registration fee

Included in your registration fee:

- Flights from London and return to London
- Visas
- 4 & 5 star hotel accommodation with daily buffet breakfast
- Halal meals as specified (on the days of hiking lunch packs are provided)
- Bullet train from Beijing to Shanghai
- Private air-conditioned vehicle for land transportation
- Experienced English language speaking tour guide
- Admission tickets for places on the sightseeing trail
- All Chinese government taxes

Not included in your registration fee:

- Gratuities to tour guide and driver (£3 per person per day)
- Expenditure of a personal nature, such as drinks, souvenirs, laundry.
- Travel Insurance

The challenge

“YOU HAVE NOT LIVED IF YOU HAVE NOT BEEN TO THE GREAT WALL”

Or so the Chinese saying goes. When it comes to epic. Nothing beats the Great Wall. This 10 day trek promises to be one unforgettable journey across China's biggest and most marvelled attractions.

It'll be a superb trek - you'll see amazing vistas and astonishing Islamic historical sites. The trek will be demanding but rewarding. Travelling amid panoramic views with likeminded people will be an unforgettable experience.

To top it off, sharing this experience with you will be internationally acclaimed performers Maher Zain and Omar Regan. But don't forget, all this will go towards providing the children of Gaza with clean drinking water. So, what are you waiting for? Book your place now.

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Trekking in China

The Great Wall is graded as a **moderate** trek.

The walking is not technically demanding and is within the capability of all who are reasonably fit. The main challenge lies with the number of steps (some of which are very steep) that we will have to climb. Each day there will be a mixture of steep ascents and descents, along both old and restored sections of the wall. We will be trekking for approximately 6-7 hours a day.

- During the day you will be expected to carry your own personal equipment. This is usually carried in a small daypack.
- You should have the capacity to carry a spare jumper, your waterproofs, a hat, gloves, snacks and 2 litres of water.
- Your main luggage will be transported by road and will not be accessible during the day.
- We ask that your main luggage is either a large rucksack or a soft duffel bag — no suitcases or wheels!

Accommodation and food

In Beijing, we will stay in a 4 star hotel, a short walk from Tiananmen Square. You will be sharing a room with 2 or 3 others on the trip.

Whilst trekking we will stay in small, locally owned hotels giving you the opportunity to observe rural life. All meals will be traditional Chinese food and you will be given a packed lunch to carry with you each day whilst trekking. All food will be halal.

Weather

The weather may vary a lot as we trek along the Great Wall. We will be trekking up into the mountains and the weather can change quickly there, so you need to be prepared for this.

Average daytime temperatures range from 12°C – 25°C in the summer

Average night-time temperatures range from 4°C – 10°C in the summer

How to prepare

Training

We will also be organising a training weekend for you in early March. You must attend this training prior to the challenge. Further details will be provided closer to the time.

The trek involves 6-7 hours of walking every day. To avoid getting stiff and sore, it is important you build up your stamina to comfortably walk up and down steep steps.

It is also important you get used to walking with the added weight of your day pack. This way you will become accustomed to how it feels wearing and walking in your kit every day.

- Start by going on 1 hour walks up and down hilly areas or stairs. Do this at least 4 times a week to build up your stamina.
- Gradually increase this to 3 – 4 hour walks on weekends with breaks in between.
- Don't walk slowly – push yourself! Exert your heart and lungs; push those legs! If you are not out of breath and your legs are not feeling the burn, you are not pushing yourself enough.
- Step machines, jogging, cycling and swimming are also good ways to exercise.

Health

We recommend visiting your GP to seek his/her advice on the full range of inoculations needed to travel in China and ensure you are adequately protected.

Whilst your guides will be carrying a comprehensive medical kit, we suggest that you bring a small personal first aid kit with you.

This should be used to treat your own blisters, headaches etc.

We suggest you bring the following: Paracetamol, Ibuprofen, Compeed, plasters, mosquito repellent, sun screen (high factor), diarrhoea tablets, rehydration sachets and a supply of any medication you would normally take.

Please contact your GP or travel clinic for the latest information.

Kit / 1



Waterproof jacket

→ A breathable, lightweight waterproof jacket which will help protect you from both rain and wind.

▲ You will not be allowed to trek without adequate outerwear



Baselayer tops

→ Breathable

→ Wicking fabric that takes the sweat away from your body to keep you dry

→ You can wear it alone or under a breathable loose fit t-shirt



Breathable loose fit t-shirts

▲ Avoid cotton

Kit / 2



Warm fleece top



Loose lightweight trousers

- Easy-dry
- Preferably waterproof

▲ No jeans or jogging pants



Walking boots

- Ankle high to protect from ankle injuries

▲ No fashionable trainers
▲ You will not be allowed to trek without adequate outerwear

Kit / 3



25 – 30 litre day backpack

→ This backpack must be capable of holding all your personal items for the day:

- 1 Water bottle (2 litre)
- 2 Waterproof jacket and bottoms
- 3 Fleece
- 4 Packed lunch
- 5 Snacks
- 6 Suncream
- 7 Sun hat / woolly hat
- 8 Sunglasses
- 9 Gloves

How to fundraise

Important

You must setup a fundraising target of £3500 on Human Appeal's just giving page www.justgiving.com/hai

To qualify for the Trek, you must raise £750 before departure (15th August 2014). The remainder must be raised by 31st December 2014.

Online fundraising ideas

- Facebook/Twitter: use this to announce your participation
- Share your fundraising page link
- Raise awareness about your cause
- Share details of any fundraising events you have organised
- Get friends and family to share your posts too!
- Email: change your email signature to your fundraising page
- Email your friends and family first – get them to help make your page actively generating funds then contact all your other contacts and tell them about your challenge asking them to sponsor you
- Ask if your place of work will promote it on their website or by email. They might even be willing to match the amount you raise!

Offline fundraising ideas

- Organise a fundraising event day: e.g. a Bazaar, a Food Festival, an Unwanted Gift Sale, Car Wash, Fashion Show, Bake Sale, Fancy Dress Sponsored Walk, Football Tournament
- Pyramid fundraising: ask 10 of your friends/family for £10, then ask them to ask 10 of **their** friends for £10. Then ask your friends' friends to ask **their** friends for £10.
- Bucket collections: apply for a council permit and do a street collection or get permission to collect in a busy local business e.g. supermarket
- Penny box distribution: give out penny boxes to friends, family, schools and mosques, then collect after 30 days, re-distribute penny boxes

Need help?

Contact us on china@humanappeal.org.uk if you need more help and advice!
Best of Luck with your fundraising!

Visit humanappeal.org.uk or call 0161 225 0225

