



CLIMB SNOWDON

An Eid Gift from the UK - Raising funds for playgrounds in Kashmir
Saturday 10th July

ENTRY FORM

Name _____ Age _____

Address _____

_____ Post Code _____

Tel _____ Email _____

Emergency contact _____

Medical conditions _____

CONSENT

I, hereby agree that 'UK Care For Children', 'The Islamic Society of Britain', 'The Young Muslims UK', 'XEVENTS' or any other organisations or individuals involved with this activity are not responsible in any way for my safety and well being on this trip.

I also agree that the £10.00 booking fee is non-refundable.

I understand that I must raise a minimum of £25.00 in sponsorship for the registered charity 'UK Care For Children'. Failure to do so will mean I may not be allowed to go on this expedition.

Signed _____

Date _____





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SPONSORSHIPS

- Minimum target for each climber is £25.
- Where possible, ask the sponsor to use the donation form enclosed in the pack. This will allow the charity to reclaim an extra 28% from the UK government.
- Cheques payable to **“UK Care For Children”**. Registered Charity No. 1124927

Name	Amount £	Tel/Email	Collected
Total			

Bring this form along with cheques and any other proofs of sponsorships to the pick-up point.





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CLIMBER'S GUIDANCE

What to Wear?

The weather is unpredictable and the climber must come prepared. The summit can be cold and rain can appear quite suddenly.

Upper Body	The 3-layer system is recommended: <ol style="list-style-type: none"> 1. Breathable T or long sleeved shirt (e.g. football or rugby shirt) <u>Not cotton</u> 2. Fleece or thin wool jumper 3. Waterproof and windproof Coat
Legs	Jeans should NOT be worn – they get very heavy and dry very slowly if they become wet. Walking trousers or shorts should be worn. Again, avoid cotton. Bring waterproof over-trousers if you have them.
Footwear	Good quality walking boots are best (providing good support above the ankles). Walking shoes will be OK, but you are more likely to get wet feet and less protected from ankle sprains. Trainers are NOT recommended, but could be acceptable as long as the weather is good and the slopes dry.
Head & Hands	Woolly hat to keep out the wind. Cap to keep off the sun and prevent dehydration and sunburn (can be used instead of a woolly hat). Light gloves are recommended if it is cold or raining.

What to Bring?

A rucksack carrying the essentials is advised. However please only carry the essentials as the rucksack will feel very heavy as you get tired on the climb. The rucksack may be needed to carry unworn clothing if the weather is good. Bear in mind it will be about 10 degrees colder and windy at the top.

- 2 x 500ml bottles of water or Energy drink
- 2 x Energy bars (chocolates, flapjacks or similar)
- Pack lunch (e.g. sandwiches, banana, dried fruit, etc.)
- Essential medication
- Pack of Wet-Wipes and tissues
- Spare laces

A separate bag is advised. This will stay on the coach and should contain:

- Spare Clothing (trousers, top, socks, shoes) – in case of rain etc
- Food for the journey home

