



GYM MOUNTAIN CHALLENGES

EVERYTHING CONTAINED IN THIS PACK IS A GUIDE ONLY YOU CAN AMEND AS YOU WISH

You may not be able to get to Snowdon but that doesn't mean you can't join in 'Climb YOUR Mountain' you can replicate a mountain trek in the gym or out on the road. This pack contains:

- Challenge ideas
- Where to start
- Solo & Group challenge sheets
- Sponsorship form
- Fitness safety

There's a few options enclosed in this pack but you can tailor as you like

- Go solo or complete in a group
- In a gym or out on the road
- In a single day or over a week
- Run it or step it
- Snowdon or Everest!



Challenge Ideas

Challenges	Distance	Type	Duration
Snowdon (equivalent Llanberis path)	14.5km	Solo Challenge	One Day
Three Peaks Challenge (BenNevis, Scafell Pike & Snowdon)	Est 42km	Group or Solo	One Day
Everest (entire mountain system)	2414km	Group Challenge	One Day or over a period
Everest (starting point to base camp and on to summit)	30.57km 40.23km	Women Solo Male Solo	One Day One Day

Remember don't push yourself beyond your fitness limits and capabilities, it's not a race to get to the top, the challenge is just that you make it and in your own time!





Where to start:

- Choose your challenge
- Start training
- Choose challenge date – if in a gym tell gym and book a space if required
- Edit the poster we've provided to advertise your challenge and display everywhere!
- Tell everyone what you are doing, including us!
- Start fundraising using the sponsor form and BT MyDonate
- Edit press release and send out to local newspapers, television and radio 3 weeks before challenge day
- Challenge day - Take lots of pictures, invite as many people to cheer you along and HAVE FUN!
- Make sure you send us pictures of your challenge day we can upload to our website 😊



HMRC Charity Ref: XT31036
Company Limited by Guarantee (England & Wales) No: 07694082
Registered Office: 4B, 80 The High Street, Egham, TW20 9HE





GET SPONSORED

Everything you raise helps towards to supporting the little troopers at home...

We are the charity dedicated to British Army Children. Whether you're raising a few pounds or a few hundred pounds, it all goes towards our work to support British Army Children through the provision of easily accessible activities, workshops and events for all British Army children with a parent serving away from the family home to attend at this difficult time.

Use the sponsorship form below to collect details of your sponsors and your sponsorship money. Or use our online fundraising pages detailed in the section below.

Some people use both methods to make sure they reach as many people as possible. Save yourself time by creating an online fundraising page, which is a quick and easy way to collect donations and let your friends and family know all about your fundraising event or personal challenge; it can make your fundraising efforts easier automating the process for you and people tend to give more when they donate online. If you set a target, your page will tell you how your fundraising total has grown and how far off – or over – your target you are. You can even share your page with friends and family through email and Facebook.

BT Donate online fundraising page

You can find us on BT donate at www.mydonate.bt.com/charities/mydaddyisasoldieradventures and follow the easy step-by-step instructions on how to create your own page. Simply register for a BT donate account and follow the step-by-step instructions on how to create your own page, where you can set a target, upload photos and write a personal message. You can add your own personal touch by uploading photos and setting a personal target which your sponsors will be able to see when they check your page to donate.

The money you raise is sent to us automatically, so you don't need to do anything more. It's that simple.

By using the BT Donate service, Gift Aid is automatically calculated in all your online fundraising, just don't forget to ensure your donors select the option to include Gift Aid when donating.





Gift Aid

By returning your sponsorship form and making sure your sponsors fill in their full name, home address, post code and tick the Gift Aid box, My Daddy is a Soldier will be able to claim back at least 25% on each donation at no extra cost to you. That means every £10 you raise will be worth £12.50!

Please send your form back with your payment so we can claim these valuable extra funds.

Using the sponsorship form

You can use the sponsorship form below instead of or as well as an online fundraising page.

Once you've collected your money, please send us:

1. A cheque, payable to **My Daddy is a Soldier Adventures**
2. Your completed 'Money return form' below
3. Your sponsor form if applicable (please ask sponsors to tick the Gift Aid box and include their full name, address and postcode, so we can add an extra 25% to each donation)

Thank you for everything you're doing to support us.



MONEY RETURN FORM

Please complete this form and send it back to us along with the money you have raised so we can make sure that the money you send is correctly allocated to you.

Please find enclosed a cheque(s) / Postal order for £_____

Please ensure that all cheques are made payable to **My Daddy is a Soldier Adventures**

If your activity was sponsored then please also include your completed sponsor form (to enable us to claim Gift Aid on your contribution)

Post to:

My Daddy is a Soldier Adventures

4B, 80 High Street,

Egham, Surrey

TW20 9HE

If you have raised money via the www.mydonate.bt.com/charities/mydaddyisasoldieradventures Website this will come directly to the charity.

Thank you for your support.





SPONSORSHIP FORM

For the little troopers at home...

Help me raise £ for MY DADDY IS A SOLDIER ADVENTURES

Your details

Please use **BLOCK CAPITALS** to fill in your full name and address.

Name Address

.....

..... Postcode.....

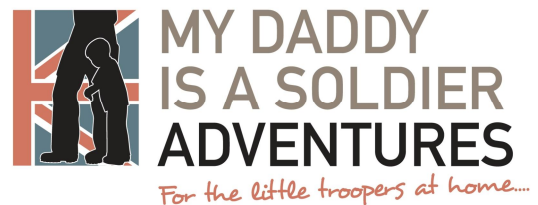
If you giftaid your donation, for every £1 you give, we can claim 25p from the Inland Revenue. To help us to maximise your donation in this way If you wish to Giftaid your donation, please tick the box and fill out your details.

giftaid it

Full name (First name and surname)	Home address Not your work address (this is essential for Gift Aid)	Postcode	Amount	Gift Aid

If you need further copies of this sponsorship form then feel free to photocopy this form or email us at fundraising@mydaddyisasoldieradventures.org

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LEGAL & SAFETY

It is essential that all fundraising events and activities are run legally and safely. Here are some guidelines:

Legal

YOU are responsible for ensuring that any event you organise complies with relevant laws, rules and regulations and that you have all necessary licences and permissions. My Daddy is a Soldier Adventures neither authorises fundraisers to act as agents for the charity or are responsible for organising, supervising or running your fundraising activities. All activities, and participation in them, are at organisers' and participants' own risk.

There are many sources of information and advice on running events and activities - local councils, police, trading standards and The Council for Voluntary Action (check on the web for your local CVA) may be able to offer support, depending on what it is you propose doing.

Safety

You must comply with the Health and Safety at Work Act 1974 (www.hse.gov.uk/pubns/law.pdf) and all other relevant subordinate legislation.

Carry out a risk assessment of the environment you plan to operate in with a view to minimising the risks involved.

Consider any First Aid requirements. Contact your local branch of St John Ambulance for advice.

Make sure that everyone is safe while attending a fundraising event or activity for My Daddy is a Soldier Adventures. Particularly keep an eye out for the safety of children under 16.

Have fun and stay safe! From all at:



MY DADDY IS A SOLDIER ADVENTURES

For the little troopers at home....

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