



THE CLIMB

!

While we're in isolation we can still make a difference. Taking on The Climb will help us support people living in poverty facing the threat of coronavirus. However if you have *any* doubt about your health or have a medical condition that could be affected, *including* coronavirus symptoms, please do not take part in this challenge.

STARTER SHEET

Your first steps...

- 1 Choose your mountain:** Ben Nevis, the Four Peaks (the combined height of Snowden, Ben Nevis, Scafell Pike and Slieve Donard), or Kilimanjaro
- 2 Do the maths:** Use the table below to calculate your steps per day. You can choose whatever combination suits you – just make sure it's a challenge, but achievable. If you're not sure, do a trial run and see how many ascents you can do in 30 minutes. Then see what that would mean per day using the chart below.

Ascents + Steps = per day	Total steps	Beginner				Suggested		Experienced	
		28 DAYS		21 DAYS		14 DAYS		7 DAYS	
BEN NEVIS 1500M	7277	17 ascents	255 steps	23 ascents	354 steps	35 ascents	525 steps	69 ascents	1035 steps
FOUR PEAKS 4000M	23,051	55 ascents	825 steps	73 ascents	1095 steps	110 ascents	1650 steps	220 ascents	3300 steps
KILIMANJARO 6000M	31,922	76 ascents	1140 steps	101 ascents	1515 steps	152 ascents	2280 steps	304 ascents	4650 steps

If you want any help in tailoring the challenge to your staircase, time available and ability then please get in touch with teamtearfund@tearfund.org or **020 3906 3390**

- 3 Sign up and fundraise:** If you haven't already, sign up for the challenge then begin spreading the word. We'll set up a JustGiving page for you when you sign up. Use social media and your contacts to encourage people to donate to help people living in poverty in the face of the coronavirus



Before you start...

- Make sure you're warmed up and ready to go
- Wear sturdy, comfortable footwear
- Keep hydrated and have water nearby
- Clear your mountain path by removing any tripping hazards
- Use the handrail to support you when needed
- Always have someone else nearby just in case

TOP TIPS

- The first few days will be hard! Try easing into it and increasing your steps over time
- Have a tally chart at the top of the stairs so you can count as you go
- Listen to your favourite music, audiobooks or podcasts to pass the time
- Make sure you have some water to hand and take regular breaks
- Share photos and videos of you completing the challenge on social media to encourage your friends to donate or even to take part too
- Keep a daily record of your progress – you can use the table below or make your own

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Steps remaining				
Your weekly goal				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

DISCLAIMER: Please remember that whilst Tearfund is grateful for your support, you are responsible for your own health and welfare during this challenge. You should seek medical advice prior to taking part where appropriate. You should stop the challenge immediately if you feel unwell. Tearfund cannot be held responsible for any liability arising from the The Climb challenge.