



# Ben Nevis Climb

Saturday  
28th May 2022

# Information Pack



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# Important Information

Date:

Saturday 28th of May 2022

Location:

Ben Nevis

Fundraising Target:

Minimum £500

Training Plan and pre-climb meet ups

Transport:

Transport to and from will be provided from  
Glasgow/Edinburgh, if required

# Registration

To join us in this challenge all you have to do is follow the link and complete the registration form

<https://bit.ly/bennevis22>

Places are limited and will be on a first come first served basis.

We have decided to limit the number of places to ensure we are considerate of the local surroundings.

# Training Plan

We will be holding 3 training days in advance of the big day, which will give you the opportunity to meet your climb buddies.

January 29th:

Pentland Hills - Edinburgh  
Meet the Team and a walk

March 13th:

Location TBC  
Basic First Aid and walk

April 24th:

Location TBC  
this will be a climb of a smaller munro

Although these are not mandatory and we appreciate location may restrict attendance we strongly advise you attend at least one to meet the team

# Kit List

## Carry items

Small rucksack to carry day items

Water proof bag liner for rucksack/items inside (black bag; carrier bag(s) or outdoor activity bag(s); small bag to carry away rubbish

Mobile phone (charged); GPS (optional); map and compass (optional)

Sun cream and sunhat (sunny conditions Summer and Winter)

Tissues/toilet roll; wipes; hand sanitiser; personal first aid kit

## Food and drink

At least 2 litres of drink, especially water

Sandwiches; filled rolls; sausage rolls; pies

High calorie snacks eg nuts; crisps; dried fruit; energy bars

Biscuits and cake

# Kit List cont'd

## Outer Clothing

Walking shoes/boots (recommendation dependent upon terrain)

Comfortable socks and spare pair

Waterproof jacket and trousers (all year, in all weather conditions)

Gloves and hat (even when the weather forecast is for hot and sunny conditions)

## Inner Clothing

**Think layers** – vest/t-shirts/thermal top & bottoms/ thin jumper/warm jacket (In the mountains, the weather and temperatures and our body heat change constantly. We need to be able to respond to that dynamically throughout the walk.)

Shorts or trousers **NB Please do not wear jeans.** They hinder movement and keep the cold and wet next to your skin.

# Fundraising

We have set a minimum fundraising target of £500 and we ask that you set up a fundraising page through justgiving you can do this by following this link



**Join the JustGiving community**

Raise money, support your friends, give to a cause. Show you care.

 JustGiving

Once you have created your page you can add your own picture and story and then share your page with all of your friends and family

For additional fundraising help and ideas you can also request our fundraising pack  
[fundraising@make2ndscount.co.uk](mailto:fundraising@make2ndscount.co.uk)



# Support

You will receive full support throughout your challenge

Free Make 2nds Count t-shirt

Transport to the climb (if required)

Marshals and First Aiders

Finishers Medal

Fundraising and training support

Meal at the Ben Nevis Inn at the end of the Climb

Any questions please email us directly

[hello@make2ndscount.co.uk](mailto:hello@make2ndscount.co.uk)



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