



# Big Steps for Small Feet: Scafell Pike for Sands 2023

Participant Guide

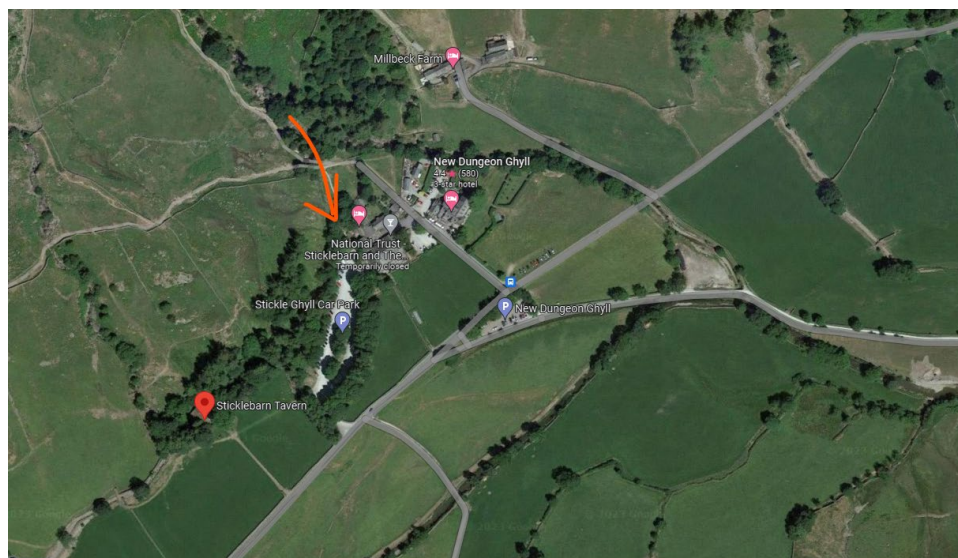
## Welcome

With only one week to go until your Big Steps for Small Feet Hike for Sands, please find enclosed important information ahead of the big day!

### Location

Your base for the trek will be in the valley of Great Langdale. Please arrive for 7.30am on 24<sup>th</sup> June 2023. The address for the registration point is:

Sticklebarn  
Great Langdale,  
Ambleside  
LA22 9JU



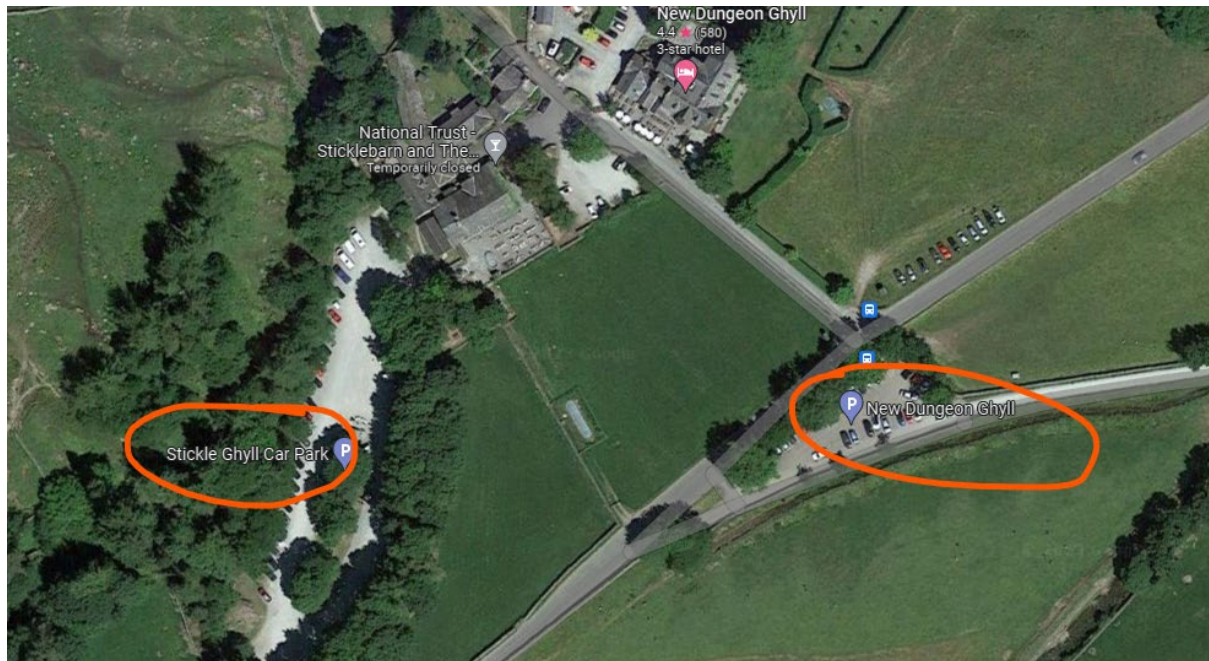
Please note that the registration point will be outside on the patio area of the Sticklebarn. The building will be closed, but you will have access to the toilets.

When you arrive, you will be greeted by the representatives from Charity Challenge. They will check you in and give you a numbered card to your t-shirt. You will have received some ribbons through the post from us by then, you are welcome to write your babies' name(s) to these and attached to your backpack ready for your climb. After everyone has arrived, and before you set off, **we will provide a full safety briefing**, so it is important that you arrive on time as to not delay the climb.

Your challenge will commence around 7:30am.

## Parking

Pay and display parking is available both at the National Trust car park at the Sticklebarn or in the National Park car park directly opposite. Please note this is a pay and display car park and charges do apply. Card payment is accepted but we would recommend you also bring ample change.



## Weather

The weather rarely forces us to cancel events however it can and often does have us wearing full waterproofs even when the weather forecast is sunny – this means that you should hope for good weather but **prepare for bad**. We will check the forecasts 48 hrs before the event date and unless it is forecast very heavy rain and strong winds we will go ahead. In the event of an electrical storm we will cancel the event.

## Food

You will be provided with a packed lunch at registration which you will need to carry with you. We also encourage you to bring your own sweets and snacks to get you through the challenge according to your own tastes. Please ensure you arrive with a minimum of 2L water in bottles so that you are ready to begin the challenge. There will be no refill points on the trek.



## Your Kit List

Equipment of good quality and durability could make the difference between a fantastic challenge experience and an uncomfortable one.

### RUCKSACKS AND BAGS

- ☐ Day sack 30-40L
- ☐ Waterproof liner (a black bin bag is excellent)\*

### FOOTWEAR

- ☐ Walking boots with ankle protection and excellent deep tread for grip
- ☐ Hiking socks

### CLOTHING

- ☐ Waterproof and breathable jacket (Gore-Tex or similar recommended)
- ☐ Waterproof overtrousers
- ☐ Windproof softshell or fleece jacket
- ☐ Lightweight fleece top
- ☐ Wicking t-shirt
- ☐ Trekking trousers (not jeans)
- ☐ Underwear light and loose
- ☐ Warm hat
- ☐ Sun hat
- ☐ Gloves (preferably waterproof)
- ☐ Change of clothes for after the challenge\*
- ☐ Hiking shorts\*

### TREKKING EQUIPMENT

- ☐ Water bottles/bladder (min. 2 Litres)
- ☐ High energy snacks (tracker bars, dried fruit, chocolate, nuts etc)
- ☐ Dry-bags (or plastic bags) for keeping clothes and documents dry
- ☐ LED Head torch plus spare batteries (we attempt to always finish before dark but sometimes this isn't possible and you should be prepared)
- ☐ Sunglasses\*
- ☐ Walking poles\*
- ☐ Camera\*

### SMALL FIRST AID KIT

- ☐ Pain killers
- ☐ Plasters
- ☐ Zinc oxide tape
- ☐ Compeed blister pads
- ☐ Antiseptic wipes
- ☐ Rehydration sachets
- ☐ Your own medication
- ☐ Knee supporters\*
- ☐ Aftersun
- ☐ Sun protection (min. factor 30)
- ☐ Dextrose tablets for extra energy

### DOCUMENTS

- ☐ Final Details document (available in your Account Area one month before the challenge)
- ☐ Emergency Contact numbers
- ☐ Cash (Debit and credit cards aren't always accepted at small rural shops)
- ☐ Debit/Credit card
- ☐ Travel insurance\*

**KEY** \* Indicates Optional

## The route

You will ascend and descend via the end of the Langdale valley, going up and down Rossett Gill. The distance of the trek is approximately 21km.

## Emergency Contacts

If you have any questions prior to the day of the challenge then please contact Sands or Charity Challenge directly:

[Charity Challenge](#)

Email: [challenges@charitychallenge.com](mailto:challenges@charitychallenge.com)

Tel : 0208 346 0500

Sands

Email: [teamsands@sands.org.uk](mailto:teamsands@sands.org.uk)

Tel: 020 3897 6092



On the day of the challenge, should you have any difficulty meeting up with our team upon arrival you should use the following contact details for the event managers. If you cannot get through to them you can contact the Charity Challenge 24hour phone.

You may also wish to leave a copy at home for family to contact us in an emergency.

Should you have any questions/difficulties relating to the challenge itself then please use the contacts on this document and do not contact the charity.

### Charity Challenge

Event Manager: Colin Lovell

Contact number: 07713 626292

Charity Challenge 24hr emergency mobile: 07792 983 877

Mobile signal can be intermittent so if there is no response initially please leave a message or send a text and we will get back to you as soon as we can.

### **Good Luck!**

We are so excited to have you join us on this years' Big Steps for Small Feet Hike and would like to thank you for supporting Sands – we couldn't continue to do what we do without your amazing fundraising and awareness raising. Thanks to you we are always there when needed for bereaved families and work towards our vision of building a world where fewer babies die. You are amazing!

*Holly (Sands Events Team)*