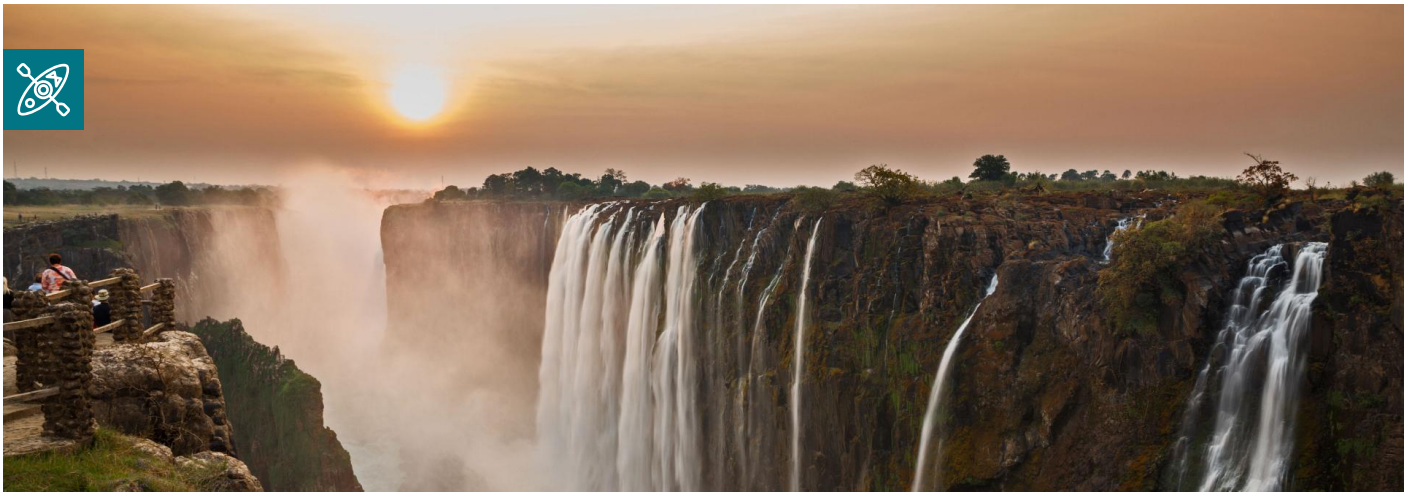
CH>RITY
CH>LLENGE

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

ZAMBEZI RIVER CHALLENGE ZAMBIA

Fri 15 Sep - Sun 24 Sep 2023



In aid of your choice of charity

15 Sep - 24 Sep 2023

10 DAYS | ZAMBIA | CHALLENGING

Known locally as Great River, the Zambezi flows for 2,700kms through six countries on its path from Zambia to the Indian Ocean. This unique and exhilarating challenge will take in Victoria Falls, unforgiving rapids and the likes of hippos and crocodiles. Expect a rough ride, with sweltering heat, humidity, blistered hands and harsh conditions providing some of the obstacles along the way. The team will paddle in both mokoros (traditional dug out wooden canoes) and inflatable kayaks for 100kms of the river. The river's upper section is dotted with islands and braided with narrow fast flowing channels. You will paddle your way along the border with Namibia, Botswana and Zimbabwe, steadily heading towards the Falls. Ultimately, the climax comes with the daunting prospect of rafting below the Falls in the notorious Batoka Gorge, the most tempestuous white water rapids in the world.

- Paddle over 100kms down the mighty Zambezi River
- Experience traditional dugout canoes, inflatable kayaks and rafts
- Witness the 'smoke that thunders' – the awesome Victoria Falls
- Paddle past hippos, crocodiles and elephants
- Camp under the stars on the banks of the Zambezi

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 15 Sep*

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International departure from London

Tonight you will set off for your much anticipated journey out to Africa. You will meet the rest of the group of paddlers at the airport, before the team sets off on an indirect flight to Victoria Falls in Zimbabwe.

DAY 2 *Sat 16 Sep*

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Arrive Victoria Falls Airport

Catch a first glimpse of the setting for your challenge as you take a short transfer from the airport to your hotel, situated on the banks of the mighty Zambezi. A full briefing – including the all-important safety information will take place in the late afternoon. Spend the late afternoon relaxing or exploring the surroundings. Dinner will be taken in the lodge, before retiring to your chalets ahead of our adventure. (D)

Accommodation: Hotel

DAY 3 *Sun 17 Sep*

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Transfer to launch point and start paddling! (approx. 25km)

There's a full safety briefing before you try paddling a mokoro (traditional dug-out canoe) for several hours. Later, you'll transfer to two-person kayaks. Most of the day will be spent on the water, travelling a section which marks the borders of Zambia, Zimbabwe, Namibia and Botswana. After lunch you will confront the upper section of the Katombora rapids. It's then a calmer paddle to your campsite for tonight. (B,L,D)

Accommodation: Camping

DAY 4 *Mon 18 Sep*

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Kayak Katombora to Siankaba area (approx. 25km)

You begin your kayaking on flatter waters towards the Siankaba islands area. Listen out for lions and other wildlife as you pass alongside a deeply forested national park in Zimbabwe. Lunch will be on the Zambian river bank or an island, while dinner will be at your stunning riverside campsite. Despite aching limbs, the group is expected to set up camp, erect tents, collect wood and help with cooking. (B,L,D)

Accommodation: Camping

DAY 5 *Tue 19 Sep*

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Kayak from Siankaba area to Elephant Boma (approx. 24km)

The morning will be spent negotiating the braided river, which opens out, then breaks into narrower channels. Look out for crocodiles along the way here! Your skills and teamwork will be tested as the landscape becomes rockier, causing

more rapids. Tonight's camp is located near an area densely populated by hippos and elephants so extra care must be taken – it could be a noisy night! (B,L,D)

Accommodation: Camping

DAY 6 *Wed 20 Sep*

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Kayaking towards Victoria Falls (approx. 16km)

Depending on river and weather conditions, the group will travel in either kayaks or bigger rafts. The route becomes trickier as we approach the Falls surrounded by spray. But the effort will be rewarded with a drive around the national park to view wildlife. The last campsite is situated on a ridge overlooking the rapids – perfect for contemplating the ferocious rapids below Victoria Falls. (B,L,D)

Accommodation: Camping

DAY 7 *Thu 21 Sep*

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White water rafting

Descending steeply into the gorge, you'll clamber into your last boat for the final challenge: white water rafting. Ranked among the toughest rapid in the world, the Batoka Gorge is a grade five and has been dubbed The Terminator. Afterwards you transfer by minibus to the lodge for a well-earned sundowner. The evening will be spent enjoying a celebratory team meal and checking out Livingstone's nightlife. (B,L,D)

N.B. At certain times of the year when the waters are high, we will only take on rapids 10-25, whereas at other times we will be able to run all rapids from 1 to 25.

Accommodation: Hotel

DAY 8 *Fri 22 Sep*

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Victoria Falls tour

After a leisurely start it's off to Victoria Falls for a guided tour. Twice the height of Niagara, Victoria Falls are made up of five different waterfalls – four in Zimbabwe and one in Zambia. Subject to availability, you will join an optional tour of Livingstone Island. Alternatively hang out at the lodge or cross into Zimbabwe (visa at participant's expense). Celebrate over a final team dinner. (B,L,D)

Please note that towards the end of the dry season when the river is low, there is significantly less water but this is more than compensated by the natural scenic beauty which is revealed by the lack of spray.

Accommodation: Hotel

DAY 9 *Sat 23 Sep*

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Depart Victoria Falls Airport

After breakfast, you will be departing for Victoria Falls Airport for your overnight flight home. Take the time to rest those aching limbs and reflect on this once-in-a-lifetime expedition. (B)

DAY 10 *Sun 24 Sep*

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Arrive UK

Touching down in the UK, it may be harder than you expected to say goodbye to all your team mates. Be sure to swap details before heading home to share stories with family and friends.

NB

B = Breakfast, L = Lunch, D = Dinner

The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group, and so on. We will do our very best to keep to the set itinerary; however, we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your expedition leader will have the final say.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER	MINIMUM SPONSORSHIP	FLEXI
-	-	-
Pay a registration fee of £525.00 when you book *Then a balance of £2203.00 (10 weeks before your challenge)* *Raise as much as you can for your charity.*	*Registration fee of £525.00 when you book* *Raise a minimum of £4495.00 for your charity.*	*Registration fee of £525.00 when you book* *Then £525.00 towards challenge costs (10 weeks before your challenge)* *Raise a minimum of £3425.00 for your charity.*

You will be invoiced for the air tax and fuel element contribution for your international flights, capped at £250.00, which is due 10 weeks before departure.

WHAT'S INCLUDED

Before you go

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- Support materials (itinerary, kit list, visa information, travel tips, responsible travel policy and guidance)
- Sponsorship forms
- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Access to your own password protected account including support materials and training schedules
- Access to training weekends (optional and at additional expense)
- Warm up exercise routines
- Risk assessment and emergency management planning
- Public liability insurance
- Fitness training notes
- 16 and 20 week trek/bike training schedule
- Fundraising advice

On your challenge

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- A Charity Challenge T-Shirt
- Drinking water on challenge days
- A donation to a community project in one of the countries in which we operate
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- An English speaking first aid trained challenge leader and full local support team
- Equipment as per the challenge activity
- Internal transfers (unless otherwise stated in the itinerary)
- UK-based 24-hour emergency support line
- Full back-up support including first-aid qualified staff and first-aid supplies
- Entrance fees to national parks or other places of interest visited on the itinerary
- Three meals a day (unless otherwise stated in the itinerary)
- Accommodation during the challenge (usually in twin share)
- International flights to and from the UK, in economy class (see air tax exclusion below)

WHAT'S NOT INCLUDED

Before you go

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- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Visa (if required)
- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for requirements)

On your challenge

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- Contribution towards air taxes and fuel element (please see the section below on "Air Tax and Fuel Element Contribution")
- Tips
- Departure Tax (if applicable)

THE DETAILS

Fundraising deadlines	You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 12 weeks before departure (by 23/06/2023), and the remaining 20% within 4 weeks of completing the challenge (by 22/10/2023). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.
Air tax and fuel element contribution	The air taxes, and fuel element, that make up part of the flight costs can fluctuate significantly before a challenge takes place. As such, we exclude part of these taxes from the initial cost of the challenge and we will invoice you for it 10 weeks before departure. This applies to all participants on all payment options. For the challenge you are booked on this payment will be capped at £250 and we will absorb any amount above that. Please be sure to factor this cost into your budgeting for the challenge.
Typical group size	The typical group size is 9 - 16 participants

Small group supplement	The costs and sponsorship levels on our website are based on a minimum of 9 participants. We can run this trip with 5-8 people, but there will be a small group supplement of £75. This is payable by you if you book as a Self Funder or your charity under the Minimum Sponsorship or Flexi payment option if you have raised the necessary minimum fundraising target. For Self Funders, we will notify you 12 weeks before departure if this is necessary, and it will be added to your final balance of challenge costs invoice.
Optional extras	Business class upgrades* Single room supplements* Extensions at end of trip* Travel insurance (*subject to availability)
Travel insurance	Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. Charity Challenge has chosen to partner with specialist travel insurance providers Campbell Irvine (for UK residents) and Rise & Shield* (for non-UK residents). Both companies can arrange cover for an extensive number of activities, such as high-altitude trekking and cycling events, which include emergency medical treatment and repatriation expenses. Please note that Charity Challenge is not able to advise on matters relating to individual travel insurance policies and does not accept any liability for policy matters or claims. Full details including costs may be found at https://www.campbellirvine.com/charitychallenge and https://riseandshield.com/partners/charity-challenge/ * Rise and Shield do not provide cover to Cuba.

Level of Difficulty

The Zambezi River Challenge is graded as tough. During your River Challenge you will be:

- Paddling over 100kms down the mighty Zambezi River
- Travelling in mokoros, kayaks and rafts
- Paddle past hippos, crocodiles and elephants.
- Camp under the stars on the Zambezi banks

Typical Day

As described in the itinerary each day is quite different in terms of modes of transport but most days will begin around sunrise (7am). You will help to get breakfast ready and pack up the tents and your bags etc. Once the camp has been packed up and loaded on to the vehicle, you will get a safety briefing on the activity to follow, and any necessary training. On the water, you will paddle stopping whenever needed for toilet breaks, snack stops, lunch etc (which can also be taken on the move on the water if time is short). During the day you should carry only what is strictly necessary in a daypack, as too much will weigh you down and make the journey tougher. There will be support vehicles to carry your main luggage from camp to camp. The day is ruled by the sun as everyone needs to be off the water within an hour of sunset for safety reasons. So we will aim to get in to camp with a few hours of sunlight to enable camp to be erected in the comfort of daylight! Once the camp is set up and food is prepared, the evenings are relaxed around a camp fire.

White water rafting is an exhilarating sport and you will be guided by a fully qualified white water guide. You will be required to paddle at certain stages of your day rafting. It is recommended that participants gain some experience of the likely challenge ahead by taking a white water rafting trip in the UK. Many outdoor centres now offer white water rafting taster sessions.

If you have any concerns about the training requirements for this challenge then please contact us challenges@charitychallenge.com.

Safety

Charity Challenge considers the safety of all of its participants and staff to be a top priority, and as such we have set up one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the activity itself. Your welfare is absolutely paramount!

In terms of your Zambezi River Challenge, there are a couple of important points that you should be aware of:

- It is a very humid and remote environment.
- Long exerting days.
- Water based activities.

What are the main risks?

This challenge takes place, like all our challenges, in a remote wildness environment which you will be unfamiliar with

and so the risks are greater here than they would be at home.

On this challenge, the main risks are posed by the heat and humidity combined with the tough, long days where you will be exerting yourself for long periods of time which can lead to heat exhaustion and/or sun stroke if you don't look after yourself and keep hydrated. You will be provided with plenty of water to avoid this.

In addition, the Zambezi is teaming with dangerous wildlife and insects, such as crocodiles, hippos, elephants, snakes, mosquitos etc. and while every care is taken to avoid them, there nonetheless remains a risk of encountering one of them. Much of the wildlife is below the waters and you cannot see them so a great deal of attention is placed on being alert and staying away from parts of the river the animals are known to prefer (i.e. hippos prefer to be in deeper water so we stay close to the shallows).

Your group will be accompanied by experienced and trained leaders and guides as well as armed Zambian Wildlife Authority rangers who will be close by.

The Batoka gorge contains the fastest and most exhilarating white water rapids in the world and is by definition a risky activity. However, the risks here are very well managed with plenty of safety kayakers on hand and thousands of people raft these waters every year.

Finally, due to the remoteness of the environment, rescue and medical facilities are not up to the standards you could expect in the UK and evacuation times longer so anyone signing up for the challenge is asked to take these factors into account. There is a private clinic and hospital in Livingstone (never more than 90mins away) and we will subscribe every participant to a private emergency service which provides both road and air ambulance in the case of an emergency.

If you have any concerns about this or need to declare any pre-existing condition to us, please contact us at challenges@charitychallenge.com

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our Responsible Tourism pages, where you will be able to view a list of the projects that we currently support.

Flights

Flights depart London and arrive in Livingstone the next day. The flight time is approx. 14-17 hours including transit times. Your flight tickets will be e-mailed to you before departure. If you choose to book your own flights you must confirm with the Charity Challenge office before paying otherwise you may be liable for your included group flights (please contact flights@charitychallenge.com for further assistance).

Visa

You must hold a full ten-year passport with at least six months to run from the end of your trip, and two blank pages for your visa and entry/exit stamps. Visa fees for British nationals are US$50 (single-entry) and visas can be obtained either on arrival or before you travel to the country. We will send out the information of how to apply for your visa 3 months before departure.

All air passengers must pay a departure tax of US$25 when leaving Zambia.

Insurance

Your safety when travelling with Charity Challenges is our main concern which is why it is a booking condition that you have a suitable travel insurance policy that will cover you for the adventurous nature of your challenge. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found by clicking here.

For more general travel insurance questions, please refer to our main FAQs page.

Vaccinations & Medicine

Vaccinations
For up to date vaccination information please check the Travel Health Pro page:
https://travelhealthpro.org.uk/country/247/zambia#Vaccine_recommendations

Charity Challenge team are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting, and as such it may be useful to take a copy of your itinerary with you.

Medication

- Carry medicines (including those bought over the counter) in their correctly labelled original packaging, as issued by the pharmacist. These should be carried in your hand luggage.
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications

- Take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-existing illnesses

N.B. Some medications are banned abroad so please check. You can find further information at https://travelhealthpro.org.uk/factsheet/43/medicines-abroad

Malaria
There is a high risk of malaria in Zambia: https://travelhealthpro.org.uk/country/247/zambia#Malaria

Climate & Terrain

Climate
The climate is tropical and humid. June is the beginning of the dry season which lasts up to December when the rains begin to fall, usually characterised by heavy downpours in the evenings. You can expect temperatures year round of 28 - 33C, dropping to around 23C in the evenings. Light waterproofs as a precaution should be taken. From late January to June is the wet season and we do not usually operate these trips at this time.

Terrain
Most of the journey will be by kayak but to get to the river will sometimes involve scrambling down the river edge.

Will I need to sign a waiver?

All accommodation and service providers in Zambia use waivers as a regular part of the business. You will therefore be asked to sign a waiver during this challenge. Please note that this does not affect your contract with Charity Challenge or our liability as detailed in the “our liability” clause of our bookings terms. Any additional services you book independently whilst in Zambia are likely to come with a waiver of liability.

Training

This expedition is graded ‘tough’. Anyone who leads an active and moderately healthy lifestyle should be capable of completing the challenge, providing they train regularly over a period of at least three months leading up to the challenge. See the Fitness Training notes in your account area for further advice.

Basic kayaking training will be performed in Zambia before you begin your challenge. However, it is recommended that participants undertake a basic kayaking course if they have no previous experience of canoeing/kayaking. The Go Paddling website offers information to help you find an introductory course (https://gopaddling.info/find-course-providers/)

Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more here

Luggage Allowance & Valuables

Try to keep luggage to an absolute minimum – details of what to pack are provided in your kit list. Your rucksack/holdall (suitcases are not appropriate) must not exceed the maximum weight limit of the airline you are flying with (usually 20kg, however do check this with the airline or contact our flights team if in doubt). Each day, your personal kit will be transported to the next stop or campsite by support vehicles. Whilst on the river, your dry bags will be stored in the front and back sections of your kayaks with your daily needs such as sun cream, lunch, water and camera etc.

We will do everything to provide adequate safety for the group and security for your possessions and at the hotel there is a safe deposit box in each room. The general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches.

Leadership

Charity Challenge employ a number of first aid and rescue qualified challenge leaders all of whom will speak fluent English and are experienced in kayaking and rafting on the Zambezi. There will be at least 1 guide for each 8 participants on the river as well as wildlife rangers who are there for your added safety. They will be ultimately responsible for the running of the itinerary and the safety of your group.

Group Size

The group size is intended to be between 9-16 people but we can run this trip with groups of 5-8 people with a small group supplement of approximately £75. This is payable by your charity if you book under the minimum sponsorship or flexi options, and by yourself if you are a self-funder.

Clothing & Equipment

No specialist kit is required for the kayaking. All safety equipment will be provided. Participants may wish to wear swimming costumes underneath quick drying clothing whilst on the water. However, as swimming with hippos is not recommended we do everything we can to make sure you stay out of the water! A full kit list for this challenge can be found here and once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoor Hire and Cotswold Outdoor.

Accommodation & Toilets

Accommodation

We will use a comfortable 3 star hotel near the town of Livingstone on the banks of the Zambezi for the start and end of your challenge. You will have a twin en- suite room. On all other nights, you will be wild camping on the banks of the river. We use two-person tents and you will be expected to erect your own tents yourselves each night on arrival in camp. A short drop toilet will need to be dug for use by the whole group. If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance.

Toilets

The lodge has en-suite regular western toilets and hot running water. During the camping whilst on the river, you will use a short drop toilet (with screen for privacy) and will be provided with a bowl of warm water for washing. The camps are not permanent camps so facilities are minimal.

Food & Drink

During the day a typical packed lunch provided might consist of fruit juice, fruit, crisps and a sandwich. The evening meals in camp may consist of beef stroganoff, spaghetti bolognese, chicken curry, rice, potatoes and vegetables. Treated water will be provided throughout. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies. We will do our best to cater to all tastes but if you have very specific requirements you should consider bringing some foods to supplement your meals.

Money

Currency: Zambian Kwacha (ZMK) has been revalued and comes in 50 Ngwee (half a Kwacha) and 1 Kwacha (K) coins as well as 2K, 5K, 10K 20K and 100K notes. For up to date currency exchange, go to www.xe.com. US Dollars are commonly used for large purchases, and in hotels

Credit cards: You should not depend on credit while in Zambia. Although ATMs can be found in most major cities, they are unreliable and will often only accept VISA. Maestro, American Express, and Mastercard are not widely accepted. Many restaurants will only accept payment in cash. In addition, you won't have access to banks or ATMs once the challenge begins.

Spending money: You will not need large amounts of money during this trip, and other than at the start and end of the challenge, you will be in rural areas away from any foreign exchanges or banks. You will only need money for tips, any additional food & drink, gifts & souvenirs.

Tips: Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good service. We recommend approx. US$10 per person per challenge-day, and this should be given to the challenge leader or charity rep at the end of the challenge who will distribute it among the support team, including guides, assistant guides, cooks, and porters.

Phone & WiFi

You will have intermittent phone signal

What happens if I fall ill, can't keep up or there is an emergency?

The event is not run as a race and there is always a large discrepancy in people's abilities. This is allowed for. You will always be with another member of the group or the crew and there will always be a staff member at the back of the group to ensure that you are not left behind and can take things at your own pace. Back up support in the form of safety kayakers and a vehicle on land will never be far away and can be called in the event of an emergency. Contact will be maintained between guides and the support teams where possible.

We will carry a first aid kit although you should also bring your own personal medical kit for any minor ailments.

What if I wish to do an activity in Livingstone?

Livingstone is one of the world's great adrenaline fuelled activity bases with many companies offering a never-ending supply of bungee jumps, micro-light flights, balloon trips and abseils, amongst others. On your final day in Livingstone you may have spare time that would allow you to participate in one of these types of activities. Anyone taking part in an activity other those specified in the itinerary do so at their own risk and Charity Challenge are not responsible for any injuries or accidents resulting from these activities.

Emergencies

The event is not run as a race and there is always a large discrepancy in people's paddling abilities. This is allowed for. There will be a staff member with the group at all times to ensure that you are not left behind and can take things at your own pace. In the event of an emergency, all guides and leaders are maintaining contact via radio, and the backup vehicle will not be far away.

Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on).

They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-exiting medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader or doctor.

"

I had such a fantastic time in Zambia that I didn't want to come home. I loved the rafting and the ground crew were outstanding. It was so hot, and dusty, that the trek was extremely hard but the group I was part of became a family over the course of the week and everyone was encouraging to make sure we had the support to finish.

Carla Rodbard

"

The Zambezi River Challenge is an amazing experience, in a fantastic country. Do not hesitate to sign up.

Louise Goddard

"

This is hard work but completely worth it. The best thing I've ever done. Experienced amazing views of Zambia, including Victoria Falls as well as wildlife and adrenaline aplenty! We were well looked after and I'd recommend it to anyone if they have the opportunity.

Anna Cowland

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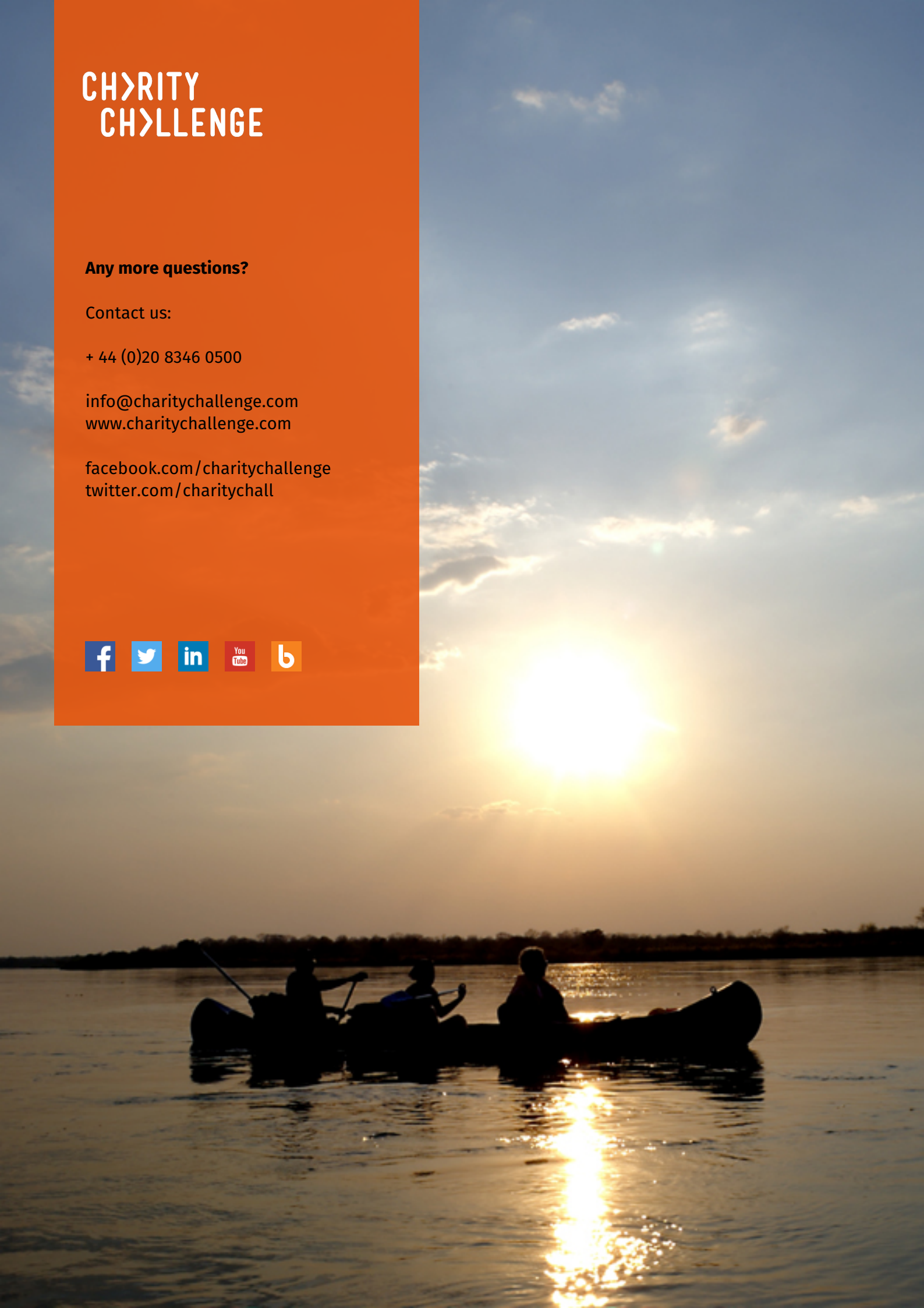
Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com
www.charitychallenge.com

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