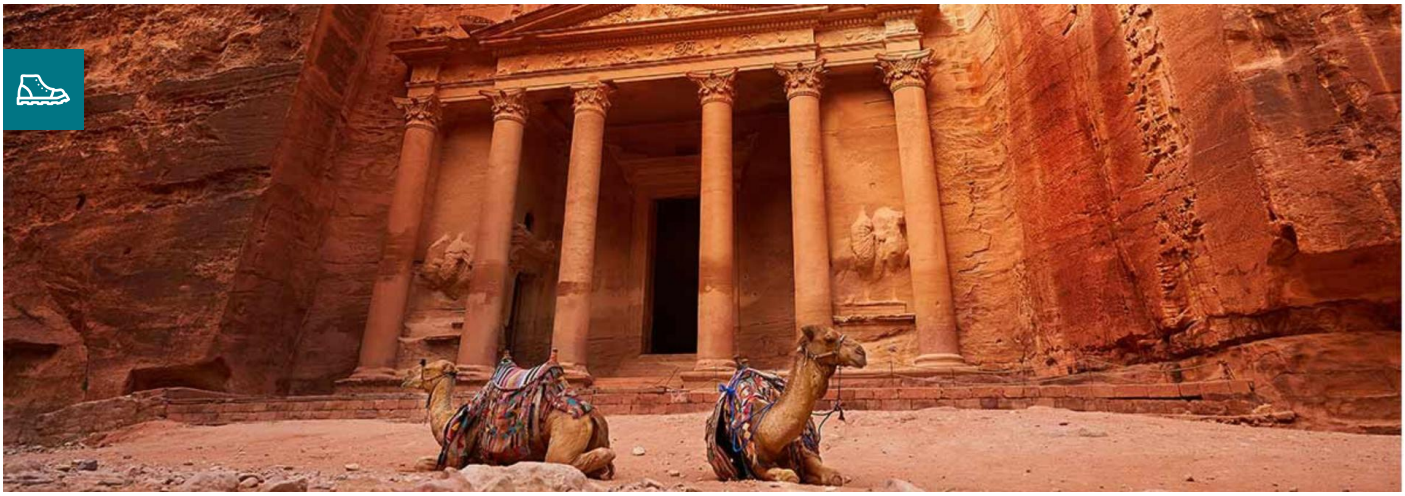
CHARITY CHALLENGE

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

TREK TO PETRA JORDAN

Sat 28 Oct - Sat 04 Nov 2023



In aid of your choice of charity

28 Oct - 04 Nov 2023

8 DAYS | JORDAN | TOUGH

This new challenge offers a chance to trek through some of the most exhilarating and rugged landscapes in Jordan. You will walk through deep, dramatic gorges and canyons shaped by the elements as well as crossing high ridges on routes once known only to the local Bedouin.

From Wadi Feynan Reserve, the path along the edge of the desert is surprisingly rich in flora and fauna.

Forget every image you conjure up when you think of a desert. The views change not only each day, but many times within each day as you cross.

The high cliffs are home to Ibex and many species of birds. The trail crosses the desert through wide dry riverbeds leading back into the mountains over high passes with stunning views of the Araba Valley towards Israel.

You'll cross a high plateau and be treated to the sight of the Monastery of Petra gradually coming into view before you twist and turn your way through the Siq into this ancient Nabatean city. This tough and enchanting challenge is the perfect introduction to magical Jordan!

- Take on this five-day trek along the most breathtaking section of the Jordan Trail
- Experience floating in the iconic Dead Sea, the lowest place on earth
- Visit one of the New 7 Modern Wonders of the World
- Discover the ancient 'rose city' of Petra, a UNESCO World Heritage Site
- Witness a blanket of stars as you camp Bedouin-style in the desert

YOUR CHALLENGE DAY BY DAY

DAY 1 *Sat 28 Oct*

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Depart UK

Your fundraising and training are about to pay off, the big day has finally arrived! Wave goodbye to family and friends, before you board your flight to Jordan. On arrival you will transfer to your hotel in Amman. (D on Flight)

Overnight: Hotel

DAY 2 *Sun 29 Oct*

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Amman citadel tour, float in the Dead Sea and transfer to your campsite

Today you will explore some of the sights of Amman before the start of your challenge. Take in the Roman theatre and citadel followed by a visit to the Dead Sea where you can smother your body in the mineral rich mud renowned for its healing properties, before taking a dip at the lowest place on earth, where the high levels of salt and minerals mean you can't help but float! After a spot of lunch and relaxation, you will be transferred to Feynan Village. A fleet of 4x4 vehicles will meet you there for the transfer to your first camp from where our trek will begin. This will be your first introduction to the wonderful Bedouin support team who will host you for the week, starting with your first taste of Bedouin cuisine and an introduction to their culture and customs. (B, L, D)

Overnight: Camping

DAY 3 *Mon 30 Oct*

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Trek Wadi Feynan to Wadi Barwas (15km, approx. 7 hours)

The first day of your challenge beckons as you bid farewell to the campsite and begin trekking across the dusty, gravel strewn desert (hamada) enjoying far-reaching views across the expansive Wadi Araba desert towards Israel. Dry riverbeds (wadis) break up the relatively flat route that you pass through on this first day. From the outset, keep your eyes peeled for interesting sites such as a Roman pool, watermill and aqueducts as well as an array of desert birds. (B,L,D)

Overnight: Camping

DAY 4 *Tue 31 Oct*

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Trek Wadi Barwas to Ras El Feid (13km, approx. 9 hours)

Prepare for the biggest day of the trek with a total ascent of over 1,000m! Leaving the flat terrain behind, your second day begins by heading to Abu Sakakin (also known as Ras El Feid) where the ground elevation increases and the true ascent commences. As you leave camp the incline becomes ever steeper as you traverse undulating sections before joining a steep twisting track used by goat-herders up a narrow scenic canyon. As the path becomes more challenging, you may need to make use of helpful hand and footholds to scramble your way upwards. Ultimately you emerge to find yourself on top of the mountains, your efforts rewarded by breathtaking, wide-open views of the Wadi Araba as you push up through this beautiful but challenging section to reach the summit. Take in the panoramic vista and rest before commencing the descent on a steep rocky track all the way to

the river valley below, after which a level walk through Sakakin Canyon and one more steep climb out brings you into camp where you can finally rest your weary legs for the night. Enjoy the sunset before another evening experiencing desert life with your Bedouin hosts around the campfire. (B,L,D)

Overnight: Camping

DAY 5 *Wed 01 Nov*

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Trek Ras El Feid to Shkart Msei'd (16km, approx. 8 hours)

Returning through Sakakin Canyon to a different goat-herders track with several steady ascents and descents along the way, the route snakes gradually upwards into the sand-covered mountains. There will be regular photo opportunities as you take in the natural geological wonders of the last 500 million years. The lunch stop offers a bird's eye view of yesterday's challenging hiking route, then it's time to join the next weaving trail as it runs along the side of the wadi before eventually descending into the sand-stone mountains to your next campsite of Shkart Msei'd. It may be a long day, but the ever-changing landscape - with hidden surprises around every bend and over each high pass - is a wonderful reward. (B,L,D)

Overnight: Camping

DAY 6 *Thu 02 Nov*

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Trek Shkart Msei'd to Beidha (Little Petra) (12km, approx. 6 hours)

Leaving Shkart Msei'd camp, you'll notice a distinct change in your surroundings, from wadis and mountains to an almost lunar-like landscape. This morning is easy walking on smooth rock underfoot, through expansive walkways and passages wider than the previous days. Evidence of the mysterious Nabatean people will become apparent when dugout steps emerge as you progress along the route. Later, passing through a series of disused Bedouin camps, the trail climbs up on a wide track. Take in the sandstone landscape before crossing a rocky plateau into Beidha to camp for the evening. After freshening up and settling in, there's the option to take a short sunset walk to a towering viewpoint with awesome views in every direction. Back in camp, you will be hosted by the people that have settled these lands. You'll find out more Bedouin life and again experience the delights of desert cuisine cooked over the fire. (B,L,D)

Overnight: Camping

DAY 7 *Fri 03 Nov*

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Explore 'Little Petra', the Ad Deir Monastery & Classical Petra (15 km, approx. 8 hours)

Start your day exploring 'Little Petra', a relatively short walk from the campsite down a steep picturesque ravine. This offers an exciting preview of the wonders to come later in the day, finishing with the evocative Neolithic village of Beidha, an ancient settlement. Setting off from 'Little Petra' you'll transfer via a truck shuttle across timeless farmland before you start trekking again on rockier terrain and begins to rise, boasting stunning desert vistas. Your five days' trekking are rewarded with a distant view of the Monastery, which gradually comes into view. Entering

Petra here, as if through the city's back door, we pose for the first of many photographs against the backdrop of this magnificent façade. Our highly experienced and knowledgeable guides will bring the history of this vast site to life as we trek back in time past the Royal Tombs, the Church and finally the Treasury, Petra's most iconic site. From here you're on the final stretch to your hotel just outside of the archaeological site for a long-overdue shower and the hard-earned celebration dinner. (B, L, D)

Overnight: Hotel

DAY 8 *Sat 04 Nov*

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Return to UK

Today you will be transferred from Petra to the airport (3 hrs approx.). Say goodbye to Jordan and reminisce about the adventures of your challenge on the return flight to the UK. (B)

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

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Pay a registration fee of £350.00 when you book
Then a balance of £1468.00 (10 weeks before your challenge)
Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £350.00 when you book
Raise a minimum of £2995.00 for your charity.

FLEXI

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Registration fee of £350.00 when you book
Then £350.00 towards challenge costs (10 weeks before your challenge)
Raise a minimum of £2280.00 for your charity.

You will be invoiced for the air tax and fuel element contribution for your international flights, capped at £150.00, which is due 10 weeks before departure.

WHAT'S INCLUDED

Before you go

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- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- 16 and 20 week trek/bike training schedule
- Risk assessment and emergency management planning
- Public liability insurance
- Fundraising advice
- Fitness training notes
- Access to your own password protected account including support materials and training schedules
- Visa

On your challenge

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- Three meals a day (unless otherwise stated in the itinerary)
- 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
- Drinking water on challenge days
- A donation to a community project in one of the countries in which we operate
- A Charity Challenge T-Shirt
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- 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
- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for

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)

requirements)

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 05/08/2023), and the remaining 20% within 4 weeks of completing the challenge (by 02/12/2023). 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 £150 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 15 - 30 participants
Small group supplement	The costs and sponsorship levels on our website are based on a minimum of 15 participants. We can run this trip with 10-14 people, but there will be a small group supplement of £125. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.
Optional extras	Travel insurance Single room supplements* Extensions at end of trip* Business class upgrades* (*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. 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 at https://www.campbellirvine.com/charitychallenge.

Level of difficulty

The Trek to Petra Challenge is graded as Tough. This is the perfect challenge for participants who are of an adventurous spirit and an open mind and with previous trekking and mountain walking experience. You will need a good level of fitness in order to undertake this challenge. The heat is a big challenge on this trek. April, May & September are the hotter months - 35°C upwards during the day. For March, October and November you can expect daytime temperatures to be around 25°C - 35°C.

You can tell your supporters that on your Trek to Petra Challenge you will be:

- Trekking an average of 6-9 hours per day
- Trekking in high temperatures of 25°C - 35°C approx. (Dependant on the month of departure.)
- The maximum altitude reached is 1200 metres above sea level
- Climbing and descending around 2500m in total over the 5 days of trekking
- Trekking through and camping in remote areas where facilities are basic

Typical day

During the trekking days you rise early and prepare to leave camp after breakfast, then trek carrying only daypacks for 6 to 9 hours, stopping for lunch en route. You will have plenty of time to stop and view the remarkable scenery. The trek zone is remote. The evenings are spent in beautifully located camps situated among sandstone outcrops shaped by wind and sand and under the twinkling stars. You can enjoy the sunset as the Bedouin team prepares dinner and then enjoy the food around a campfire as we listen to stories of Bedouin life, passed down from generation to generation. At night you will sleep in tents under the stars.

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 thorough safety management systems in the industry. Our Challenge Safe brand 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 paramount!

In terms of your Trek to Petra Challenge, there are a couple of important points that you should be aware of:

- Trekking in the heat of Jordan is a significant challenge in itself, so make sure you are well hydrated throughout.
- There is one day of acclimatisation to the new surroundings built into this itinerary.
- You will be trekking in hot conditions in the day and sleeping in much cooler conditions at night.
- The terrain can be quite steep rocky and sandy so please make sure that you have suitable boots, not trainers, and make sure that you are comfortable walking on loose sand and steep rocky terrain, often on narrow paths.
- You will be trekking through, and camping in, remote areas where facilities are basic.

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.

On your Trek to Petra Trek, we commit to the following:

Wherever possible using local leaders and support staff from the Bedouin tribes who live in the area of the challenge:

- Your challenge leader for your Trek to Petra Trek will be a local, well trained and knowledgeable professional leader. All our leaders for this challenge are either native from or long-term residents of Jordan. This will ensure that you not only will have a much higher level of engagement with the local culture, but also knowledge of the environment, local ways of living, history and experiences from the locals.
- During your trek you may pass through local communities. We support these communities by asking our ground handlers to employ support staff from them. For example, the local Bedouin chefs will provide you with a delicious meal after your hard day of trekking. Not only does this ensure that the money goes straight back into the community, but it also means you can learn so much more from them about their culture and lives and therefore support local sustainable businesses.
- The support of our local staff does not stop after your challenge has finished. Our ground handler provides annual training on safety, group management, environmental protection management, and First Aid. This continued support throughout the year empowers our local leaders and helps to keep them up to date with best practice.

Using local produce and reducing our plastic footprint:

- Our ground handler sources local produce to ensure fresh food and provides water for you to refill your water bottles at the beginning and end of the day which cuts down our use of plastic bottles, and of course all this fresh water will help you to stay hydrated.

Animal Welfare:

- Although most kit is transferred between camps by 4x4 vehicles, the local Bedouin crew also use donkeys to carry extra water so you can top up during the day which is vital in the desert. Temperatures can be very high and you will need to keep well hydrated. The donkey handlers are part of the local crew and animal welfare is monitored by our in-country suppliers as part of the agreement with Charity Challenge. The donkeys belong to the local Bedouin and are a key member of the family, working and helping to bring income in to support the family. We ensure that any donkey provided to support our challenges is well looked after, fed and watered. They will not carry more than 40kgs and when ascending difficult terrain, the weight will be removed and carried by the support team. We use more donkeys than we need, to reduce the weight that each donkey

carries, and to support more families.
- You should be aware that when you arrive in Petra, tourists are offered the chance to ride donkeys, horses and camels through the massive site, and whilst we will cover the site on foot, many others will choose an option that is animal led. This can be uncomfortable for some.

Flights

You will be flying from a London airport to Amman. The journey will take approximately 6 hours. 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

British citizens require a visa to visit Jordan. When arriving at an airport in Jordan, participants can obtain a visa which will be organised in advance by our partners in country who will be provided with a full list of participant names and passport details. Our partners in country will provide an airport representative to facilitate the smooth collection of the visas for the group on arrival. There is no cost of this service when on the group flights. You must hold a full ten-year passport with at least six months to run from the end of your challenge, and at least one blank page for your visa and entry/exit stamps.

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 & Medicines

Vaccinations
For up to date vaccination information please check the Travel Health Pro page:
https://travelhealthpro.org.uk/country/115/jordan

The Charity Challenge team are not medical experts and we would encourage you to visit your doctor or travel nurse to discuss vaccination requirements. Your doctor 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

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

Climate & Terrain

Climate
Jordan's climate is subtropical – hot to very hot summers and warm to cool winters. Most of Jordan is covered by desert, summers are extremely hot. We tend to run our trips in Spring & Autumn as the weather is better & cooler then. It is very hard to predict the weather in Jordan but you can expect anywhere between 19°C - 35°C, depending on what time of year you are going. It is always worth checking the weather close to your departure. However, always remember the nights will be cold.

Terrain
The route is mountainous, rocky and dusty. There will be several steep and undulating sections, especially on days 2 and 3 of the trek. On most days of the trek you will be climbing and descending varying gradients on differing terrain under hot and dry conditions. Walking poles are advised.

Training

This challenge is graded 'Tough', which means that a good level of fitness is definitely required! Anyone who leads a fairly active and moderately healthy lifestyle and has previous trekking and mountain walking experience should be able to complete the trek, as long as they train regularly over a period of at least three months leading up to the challenge. Don't forget that the temperature is different from the UK! Whilst no altitude is involved, there are several steep rocky sections which will test you physically along with the heat!

While strength is important, endurance training should be your primary focus. Walking up hills and climbing stairs are both ways to condition your lower body. Begin slowly, without the weight of a pack, eventually adding weight as you increase your training pace. Take long hikes (6-8 hours) with a weighted pack, up and down hills or mountains (weigh your pack with water containers and pour out the water before your descent to minimise knee stress).

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

As no formal clothes are needed, luggage should be kept to the absolute minimum – details of what to pack are provided in your Kit List. Your main kit bag, or rucksack, must not exceed 20 kgs in weight.
The packing information for Jordan is different for other challenges, so please read carefully! When you set off on your trek, you are expected to carry a day pack with your daily essentials in (Sun block, water, camera etc.) whist a support vehicle transfers your main bags from camp to camp.
While we will do everything to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces and rings.

Leadership

We employ several challenge leaders, all of whom speak fluent English. They each carry first aid kits and will be ultimately responsible for the running of the itinerary and the safety of your group. They will share their knowledge and experience of life in Jordan, the Bedouin tribes, the history and geography of the area, and the peoples that have inhabited it over the centuries.

Group size

Each group is intended to be a minimum of 15 people in order to run and a maximum of 30 people. We will be able to run this challenge for 10-14 people by charging a small group supplement of £125.00 which will be added to your final balance invoice (self-funders) or charged to your charity (minimum sponsorship or flexi).

Clothing & equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, well-worn in boots will be indispensable, particularly coupled with some quality walking socks. The benefits of a comfortable day sack cannot be underestimated, so make sure that you train with this. Other essentials are a lightweight waterproof jacket and technical/wicking t-shirts. A light weight shirt is perfect for throwing on to protect you from the sun but make sure it is breathable. Walking poles are also highly recommended, however we would recommend training with these prior to your trek. In order to stand a

better chance of a good night's sleep, please ensure you have the right season sleeping bag for the time of year. 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 Outdoorhire and Cotswold Outdoor.

Accommodation & toilets

Accommodation

In Amman and Petra the accommodation will be in basic, locally run hotels (2 or 3 star), with rooms for two or three people sharing. During the trek you will camp in spacious two-person tents with foam mattresses, a pillow (and in colder months a blanket), that we provide. If you would like your own room, this can be arranged if there is availability but there will be a single room supplement. Single tents are not available on this challenge. There are showers in the hotels, and a desert "shower" while camping (a jug of cold water with which to wash yourself), but washing facilities are basic.

There will be an opportunity to shower after the Dead Sea float.

Please let Charity Challenge know if you are travelling with a friend or partner who you wish to share with.

Toilets

There are basic toileting facilities available during the challenge. Toilet paper is provided. During the actual trekking day, you will have to make use of the bushes, trees and rocks for privacy. Please ensure you have a supply of nappy bags/ziplock bags to dispose of used toilet roll, as well as wet wipes and hand sanitiser.

There will be no toilet facilities on the final night of camping due to strict rules within Petra National Park. This will mean having to "wild toilet", which like during the trek will mean finding a bush, tree or rock (of which there are plenty around the camp) for privacy.

Food & Drink

The meals we provide are nutritionally balanced and well suited to the environment. Breakfast will usually include oats, bread, cheese, jam, eggs, labaneh, fresh fruit, tea and coffee. A packed lunch will be given out at breakfast to be carried in the daypack, while the crew will prepare additional hot stews and bread over a fire at the day's lunch spot. Dinner is served as a buffet to participants seated out under the stars whenever possible. There is always an excellent vegetarian alternative. Water will be provided during the trekking section of the challenge in camp with refills available during the day and at campsites. Soft / alcoholic beverages and water either side of the trek will be at your own expense, please bear in mind that access to alcohol can be limited in Jordan, depending on the location.

Please let Charity Challenge know prior to departure if you have any dietary requirements or allergies.

Money

Currency: Jordan uses the Dinar as its currency. For up to date currency exchange, go to www.xe.com. You should

ideally bring a combination of Dinars and Sterling, or Sterling that you can change into Dinars on arrival in Jordan.

Credit Cards: Credit cards are welcomed in Amman (Visa, MasterCard, Diners and American Express), but take cash for small towns and villages. Major credit cards are accepted in most hotels, shops and restaurants.

ATMs: You will find ATMs in Amman and Petra, located in the airport, the city centre or near banks.

How much to bring: You will not need a large amount of money during this trip, as most expenses are included. You should only need money for tips, food & drink (additional), gifts and souvenirs. There are a wide range of souvenirs to buy including rugs and jewellery. On average around £150-£200 + a credit card in case of an emergency, should suffice. Keep in mind that, other than at the start and end of the trip, you will be in the desert away from any foreign exchanges or banks. We therefore recommend that you carry some cash. You will mainly need Dinars in small denominations for the staff tips for this trip.

Tipping: Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good service. We recommend £16 per person per day for the 5 days of activity in country, (£80/70-75 Jordanian Dinar) in total ideally in small denominations, and this should be given to the challenge leader during the trek who will distribute it among the support team, including guides, assistant guides, donkey handlers, drivers, camp crew and hotel staff.

Phone & Wi-fi

During your stay in Amman and Petra you will have good wi-fi access and phone signal. On camping days there will be no wi-fi and virtually no phone signal. We recommend that you enjoy the opportunity to disconnect and really experience the desert lifestyle. If you do wish to use your phone, we ask you to move away from the group, so you don't disturb their peace in the desert.

Emergencies

The event is not run as a race and there is always a large variation in people's walking abilities which is catered for. There will be a staff member at the back of the group at all times to ensure that you can take things at your own pace. Please note that the local Bedouin will lead from the front and we will walk as a team, as it would be very easy to get lost if you were trying to navigate your own way. This means that the faster walkers will need patience and compassion, as it will be easier and more realistic to slow down the faster walkers, than to ask the slower walkers to speed up. In the event of an emergency all guides and leaders maintain contact via radio, and the 4x4 support vehicle is generally not far away. If somebody is unable to walk at all, then we can transport him or her from one location to the next. Please note that on day 4, there is a large section where vehicles cannot provide support but we will brief you about the support options each day before we head out.

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.

CHARITY CHALLENGE

Any more questions?

Contact us:

+ 44 (0)20 8346 0500

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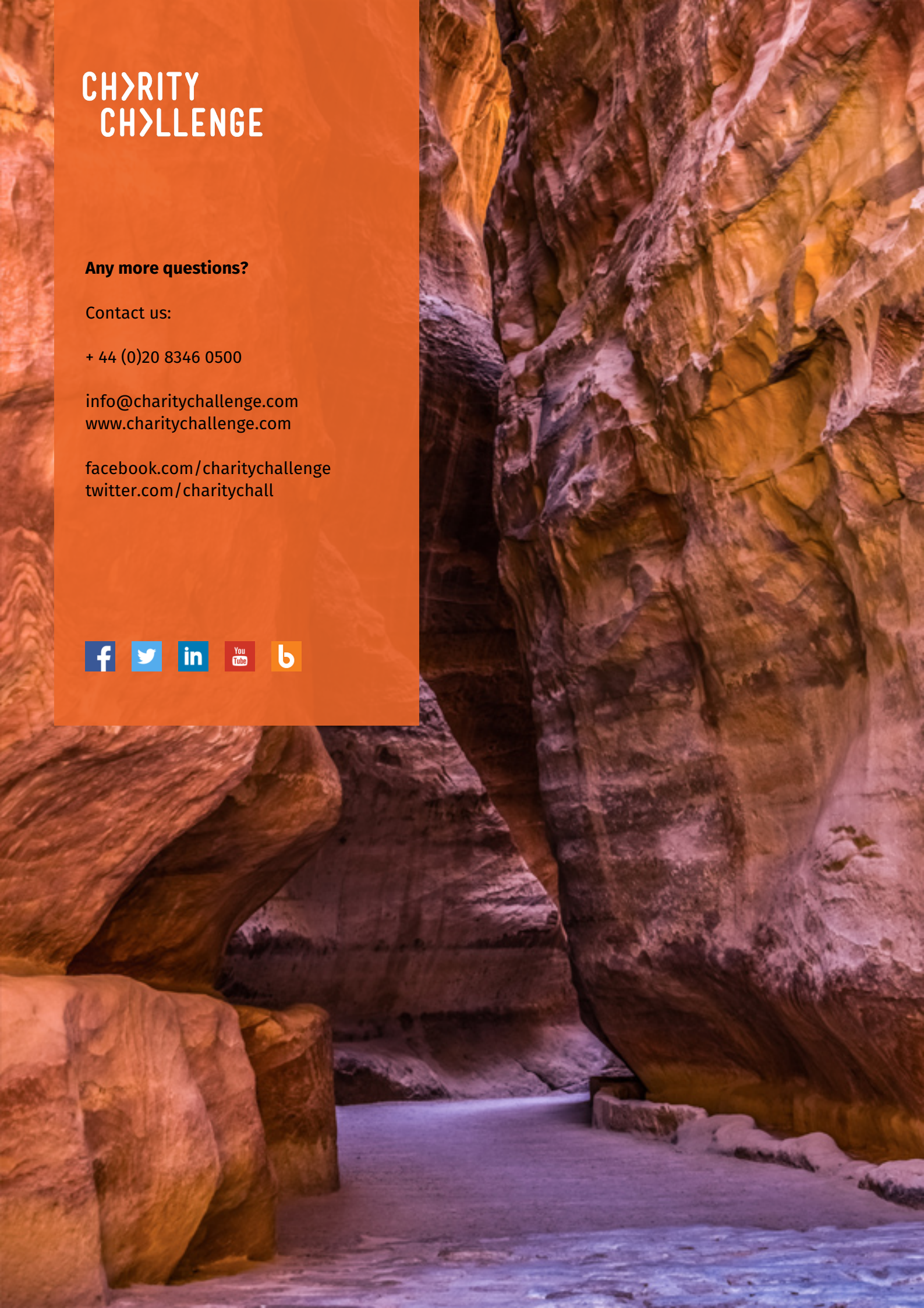
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