

FREQUENTLY ASKED QUESTIONS – CHARITY TREK EVENTS

How do I take part in Peter McVerry Trust's Trek Iceland Challenge?

1. You pay a non-refundable booking fee of €250 to secure your place.
2. You are required to raise a minimum €2,700 in sponsorship to support our services for young homeless people.

On receipt of your booking form and fee, you will be sent a **Welcome Pack**, which contains lots of advice, as well as fundraising tips, to help you prepare for the expedition.

What do the funds raised cover?

- Return flights and transfers to and from our destination.
- All accommodation (tents, hostels, hotels).
- Meals.
- Overland travel to and from the start point of the trek.
- Professional expedition leaders (Across the Divide Ltd.), doctors and local guides to show you the route, and support you during the trek.

Will I be able to raise the sponsorship money?

We recommend that you start your fundraising early and with a little planning and a lot of enthusiasm and dedication, raising the minimum target should not be a problem. Fundraising is more than half the challenge and should prove to be a very enjoyable and rewarding experience.

Are there age limitations?

Participants must be over 18 years old on the date of departure, or if between 16-18 years old must be accompanied by a parent or guardian.

How fit do I need to be?

You need to be of a moderate fitness level to take part in any challenge. The terrain can be demanding, so training before the event is advised. A suggested training schedule is included in the Welcome Pack; however the most important thing is to bring a positive mental attitude.

Do I need to bring any specific kit?

The most important pieces of kit you'll need are a 3/4 season sleeping bag and a well-worn in pair of trekking boots. You will be provided with a detailed kit list which includes everything you'll need for the trip.

What will I have to carry during the trek itself?

You will need to carry essentials like water and a camera but a vehicle will carry all luggage and camping equipment.

What about the weather?

Usually 5-10°C during the day, however the temperature will get much cooler at night (a kit list is provided in Welcome Pack).

Who will be going on the challenge with me?

You will be joined by a group of individuals from various backgrounds, ages and fitness levels. You'll get a chance to meet your fellow participants before the event and by the end of the trip there will be a lot of new friendships formed.

What else do I need to know?

Irish and British passport holders do not require visas, and Peter McVerry Trust will be organising insurance through Across the Divide to cover every participant on the trek. Flight details and other information will be confirmed at a later date.

If you have any other queries please do not hesitate to contact the Fundraising Office Tel: 01 8230776 / E-mail trek@pmvtrust.ie.