

Registered with



FUNDRAISING
REGULATOR

Charity Reg No: 1157907



CRISIS AID

STARTER PACK

KINDER SCOUT

TREK



for the children of Gaza

**SATURDAY 24TH
AUGUST 2024**

WHO WE ARE?



Crisis Aid is a network of **genuine** and **compassionate humanitarians** who want to **help** the world's poorest people, whether they are victims of poverty, natural disasters, or displacement.

We work in more than 21 crisis-affected countries around the world, providing humanitarian help to the world's poorest and most vulnerable people.

We believe in equality and **dignity** for **all people** and will assist them regardless of colour, gender, or religious affiliation.

Our objective is to help people out of poverty.

Food, emergency help, sustainable water solutions, the development of schools and mosques, **orphan care** and long-term charity giving are among our **transformational programmes.**

That's a lot of work, but we make the most of every penny by ensuring that even the smallest change **makes a significant difference.**

www.crisisaid.org.uk
0333 305 5000

KINDER SCOUT TREK FOR GAZA

Every child deserves a chance to **thrive**, with a loving **home**, a safe **environment** to **play**, and access to quality **education**, **healthcare**, and proper **nutrition**.

Unfortunately, these essential **rights** remain unattainable for many children in **Gaza**, especially during these challenging times.

Countless children face the harsh realities of **poverty** and **conflict** daily, with their **futures** hanging in the balance. Each day, the number of children who are left without **support** continues to grow.

Your **support** can make a difference. Help us provide **hope** and a better **future** for the children of **Gaza**.

Take on **The Kinder Scout Trek** and support the children of **Gaza** during these challenging times!

By registering and raising **£300** for our **Gaza Emergency appeal**, you will be helping vulnerable children with:

- **Medicine**
- **Shelter**
- **Food**
- **Clothes**

The Messenger of Allah (PBUH) said:
"Whoever relieves a believer's distress, Allah will relieve their distress on the Day of Judgment." (Muslim)

MOUNT KINDER SCOUT INTRODUCTION

Kinder Scout, the highest point in the **Peak District**, holds a unique place in **history** and **legend**. Known for its rugged **beauty** and sweeping **moorlands**, Kinder Scout is where the famous **mass trespass** of **1932** took place, a pivotal moment in the fight for public **access** to the countryside.

Rising majestically, Kinder Scout offers breathtaking **views** across the **landscape**, with its striking **plateaus** and dramatic **cliffs**.

The **weather** on Kinder Scout can be unpredictable, with **rainfall** frequent and temperatures ranging from summer warmth to winter chill, adding to the **challenge** and allure of this iconic peak.

KINDER SCOUT:

Height: 2,087 feet (*636 meters*)

Distance: 8 miles (*round trip*)

Time: 4-6 Hours (*There and Back*)

Every year, thousands of people make the journey to the peak, drawn by its **rugged terrain** and **historic significance**.



RESERVE YOUR SPOT ON THE TEAM

REGISTRATION FEE

£20

To **secure your place** you'll need to register online immediately. Once this is done your place is **reserved** and you are committed to raising the minimum fundraising target of **£300**.

Transportation to and from the mountain will be provided and the team will be led on the mountain by a team of trained UK mountain guides.

If you prefer to make your own way to Kinder Scout, you must let us know when signing up.

MINIMUM FUNDRAISING TARGET

£300

By raising just **£300**, you will be providing vital **support** to vulnerable children in **Gaza**, offering them access to essential **education, welfare, food** and **shelter**. Your contribution will help ensure that these children receive the basic necessities they desperately need during these challenging times.

The more you raise, the more **hope** and **security** we can provide to the children of Gaza, giving them a chance for a brighter future. Every donation, no matter the amount, makes a significant difference in their lives.

ITINERARY

If there are any changes to the itinerary, we will notify you as soon as possible, and as the date approaches, we will always send final instructions through email.

Kinder Scout is a moderate trek that should not be underestimated!

Climbing **Kinder Scout** takes an average of **4-6 hours** to complete, depending on the size of the group. We will arrange transport from **Luton**, with an early morning departure on **Saturday**.

If you have any further questions about The **Kinder Scout Trek**, please contact our team at info@crisisaid.org.uk.

We wish you the best of luck in reaching the **summit**.

Please note that there will be plenty of opportunities for **breaks** along the way, as well as snacks and **beverages** provided.

SATURDAY 24TH AUGUST 2024

04.30 Meet at Crisis Aid Head Office.

05.00 Prompt Departure.

10.00 Meet at Edale Car Park - HPBC,
Water Meadows, Hope Rd, Edale,
Hope Valley, S33 7ZQ
Brief from mountain guides.

10.30 Begin ascending the mountain.

13.30 Meet at the top of the summit.

14.30 End Climb and return down the mountain.

17.30 Begin return journey.

22.15 Arrive in Luton.

KINDER - PENNINE WAY GUIDE TO THE SUMMIT

THE KINDER SCOUT PENNINE WAY

The starting point for the **Kinder Scout** Pennine Way is **Edale Car Park** (*HPBC, Water Meadows, Hope Rd, Edale, Hope Valley, S33 7ZQ*)

HOW LONG DOES IT TAKE TO WALK THE KINDER SCOUT PENNINE WAY?

Completing the **Kinder Scout** Pennine Way typically takes **4-6 hours**. The time will vary depending on your fitness level, weather conditions, and how often you pause to enjoy the breathtaking views.

- **Kinder Scout LIVE Weather** [Click Here](#)

HOW LONG IS THE KINDER SCOUT PENNINE WAY?

From start to summit and back, the **Kinder Scout** Pennine Way is approximately **8 miles** with a total ascent of around **636 meters**.

HOW DIFFICULT IS THE KINDER SCOUT PENNINE WAY?

The **Kinder Scout** Pennine Way is a moderate trek, suitable for most hikers, but it still presents challenges, especially with its steep sections and unpredictable weather. Ensure you're well-prepared with the right equipment and check the weather before setting out.

HOW TO KEEP SAFE WHILE TREKKING

BOOTS

When it comes to mountain climbing, the most important piece of equipment is footwear. If the proper footwear is not worn, it is quite easy to sprain or twist an ankle. Trainers, pumps, and smart shoes are not appropriate since they do not provide adequate support.

To protect your safety and comfort, you must wear walking shoes or boots. You should wear walking socks and carry plasters and a change of shoes for the journey home!

WATERPROOF JACKET/TROUSERS

A waterproof jacket and trousers are essential. It is recommended that you have a separate pair of waterproof over-trousers and a waterproof jacket.

LAYERS

Even if the weather is sunny and nice when we leave, the top of the mountain can be very cold and foggy! The simplest way to keep a comfortable temperature when walking is to dress in layers. Remember to bring gloves, a hat, and a scarf - these can make a huge difference!

BACKPACK

All of the above should fit into a backpack that you can comfortably carry on the hike. Any additional items you may require for the day, such as change of clothes, can be stored in a separate bag on the coach.

HOW TO KEEP SAFE WHILE TREKKING

FOOD - PACKED LUNCH/SNACKS

For the day, you must bring your own food. We advise you bring enough food for the climb. It is also recommended that you eat high-energy foods that will provide you with enough carbohydrates to finish the physical task. Snacks will be provided by Crisis Aid, which are excellent for when you need a boost.

WATER

Staying hydrated is critical before, during, and after the walk. However, if you are used to drinking sugary energy drinks, try to avoid them as much as possible. Beverages will also be provided by Crisis Aid.

MOUNTAIN GUIDE

We've hired an experienced mountain guide to ensure that our adventure is as safe as it is exciting. Under no circumstances should we disregard the advice of our guide.

Please remember that it is the trekker's responsibility to ensure that he or she has all necessary gear and food. Food or extra clothing will not be provided by Crisis Aid. British weather can be unpredictable, please come prepared for any scenario. You may not be able to participate if you do not have the appropriate kit.



DONATE TODAY
www.crisisaid.org.uk
0333 305 5000



CRISIS AID

Charity Reg No: 1157507

**KINDER SCOUT
TREK** 
for the children of Gaza



STARTER PACK

**SATURDAY 24th
AUGUST 2024**