

## Frequently Asked Questions

### **Who takes part?**

Anyone with a sense of adventure, a taste for the mountains and a desire to help bears. The only condition **is** that you are over 18, are prepared to raise funds for WSPA and are fit enough for the challenge.

### **Am I fit enough?**

You might not be yet, but most people can be ready for the challenge given a little dedication and preparation. The challenge is targeted at people who are reasonably fit and participants must be capable of walking for four consecutive days and ascents of 500-600m.

Please note that if you have a medical condition that may affect your ability to complete the challenge, you must inform us and consult your doctor in advance.

### **Will I have to carry my backpack?**

Your kit will be transferred each day by vehicle to your overnight accommodation. All you need to carry are the items required for the day's activities, such as a camera, binoculars, a jacket or jumper for the high peaks or cooler evening and some snacks.

### **Do I need specialist equipment?**

You will only need basic items such as comfortable, worn-in walking boots and a day pack.

### **Do I need insurance?**

You are required to have comprehensive medical and accident insurance. This maybe part of an existing annual policy or you can take out cover specifically for the trip. Discover Adventure, the travel agents for the challenge, do provide an insurance package. Please note that you must provide WSPA with a copy of your insurance prior to departure.

### **Can I extend the trip?**

Yes, if you wish to stay on in Romania this can be organised.

### **The Sponsorship Challenge**

There are numerous ways of achieving and surpassing your sponsorship target and below are a few suggestions to get you started. Once we have received your registration form and fee we will forward you a fundraising and information pack which will help you with this part of the challenge. You can also choose to simply pay the suggested minimum amount.

The target may seem initially daunting, but participants in other challenges typically raise more than the minimum sponsorship target. You'll be surprised how simple it is if you are motivated and organized and if you follow the guidelines contained in your fundraising pack.

While you are waiting for your fundraising pack to arrive you should be planning your strategy for reaching your target. You should make inquiries with your main contacts (friends, family, employers, and colleagues) and find out how much they will sponsor you. You can then make a list of potential sponsors and work out how much each of them must donate in order for you to reach your target. Don't just rely on sponsorship, think about organising small events to raise the funds e.g. pub quizzes, car boot sales, dinner parties.

222 Grays Inn Road, 5<sup>th</sup> Floor, London WC1X 8HB, United Kingdom

**T:** +44 (0)20 7239 0500 **F:** +44 (0)20 7239 0654

**E:** [wspa@wspa.org.uk](mailto:wspa@wspa.org.uk) **W:** [www.wspa.org.uk](http://www.wspa.org.uk)

**You could consider the following:**

Friends and family  
Your company  
Fundraising events  
Auctions or raffles

**How do I register?**

Register with the on-line link or complete the paper registration form (available on request) and return it to: Jane Rockliffe, Community and Fundraising Events Manager, WSPA, 5<sup>th</sup> Floor, 222 Grays Inn Road, London, WCX 8HB together with a non-refundable registration fee of £350.