



# Children in Crossfire

GIVING CHILDREN THE CHANCE TO CHOOSE  
YOUR QUESTIONS ANSWERED

We also understand that you may have some questions so we have listed our most frequently asked questions below. If you cannot find the answer to your question then please phone the Children in Crossfire office on **028 71 269898** and ask for **John Ryan**.

We can go through a fundraising plan with you, and support you from the moment you sign up for the trek, through your fundraising and getting fit, onto the plane, through the trek, until you arrive back after the trip of a lifetime!

**1. Have Children in Crossfire done many of these charity challenges?**

**A.** Yes, we have been involved in these types of challenges from trekking in Guatemala to dog sledding in the Arctic Circle. Children in Crossfire work in co-operation with an expedition company called Across the Divide, who have vast experience in organising these adventures.

**2. What's not included in the price of the challenge**

**A.**

- your personal kit, sleeping bag, boots, etc.
- vaccinations
- gratuities to local staff
- visas
- personal expenses (drinks, souvenirs etc)
- and of course your entry fee and sponsorship money.

Everything else will be included, all your meals, accommodation, flights, insurance, expedition staff, expedition doctor trekking with you, local staff to bring your main kit to next camp each day!

**3. Do I need to be super fit to take part in a challenge?**

**A.** You don't need to be super fit, but proper training and taking the challenge seriously will play a major part of how much you enjoy the challenge. It will be more fun doing up a hill enjoying the amazing scenery( and it will be amazing) than puffing and panting all the way.

Children in Crossfire will ask you to complete a medical form when you sign up for a challenge, having a pre-existing medical condition will not preclude you from the trek but we do need to know about them (rest assured that any information you give will be treated in the very strictest confidence).

The reason why telling us is so important is that our medics need to make sure they pack the right equipment prior to departure of the challenge and not declaring a medical condition can in some cases invalidate your travel insurance. Please do not hesitate to call us if you have any queries.

#### **4. Will I be able to keep up?**

**A.** Children in Crossfire work with the expedition company Across the Divide on the trek.

Across the Divide are a professional expedition company with over 10 years of experience in running trek. Children in Crossfire have worked together with Across the Divide on their last trek to Guatemala, Peru, Arctic Circle, Guatemala and China which have all been a huge success.

Across the Divide have the highest staff ratio of any company operating charity challenges and for good reason, they will give you the support and the backup you deserve. After all you have already worked hard enough to get on the challenge by raising the money.

The trek is not a race. The trek is for people of all fitness levels (there's plenty of time to get fit!)

#### **5. How old are the people that normally take part?**

**A.** People of all ages, backgrounds and interests take part- which is one of the things that makes our treks so much fun, you never know who you are going to meet from the A list celebrity to a milkman. What everybody has in common is a desire to make a difference and to challenge themselves. Our youngest challenger has been 17 and the oldest 78.

#### **6. What happens if I fall ill or get tired?**

**A.** There will always be regular breaks, photo stops. The guides and staff are there to help you achieve your challenge and help you to pace yourself. On some of the trekking challenges there is a vehicle or animal transport on others camps where you will be able to recuperate over a day. There will be a doctor travelling with us on the trip and your health will be of priority.

#### **7. Who is there to back me up?**

**A.** Across the Divide is famous for the standard of backup on its challenges from both its own expedition team and the local team employed in-country. The in-country team will have been working with Across the Divide for many years, whilst if we are running a new destination then the team will have been interviewed and selected up to a year before your challenge actually arrives by the Site Inspection Team.

All of our challenges are escorted by an Expedition Leader, a doctor and each group has an ATD guide and local guide leading the way and bringing up the rear. All staff have to attend 7 days training every year and most doctors will have completed the 'Expedition Medicine for Medical Professionals' course.

The staff team all carry walkie talkie radios and on every challenge we carry a satellite telephone, satellite rescue beacon as well as a whole raft of other safety equipment. Make sure that you never get persuaded to carry the guide's packs!

**8. Where do we spend the night?**

**A.** This again varies a lot from challenge to challenge. Generally when camping people are asked to share 2 people to a 3 man sized tents. The hotels we use are the warm and clean with a good level of basic service. In some places they are fantastic due to discount we get.

**9. What's the food like?**

**A.** The food is always of excellent quality. The food is usually prepared by the local team so we get to enjoy some local dishes. In Nepal there will be a lot of rice, beans, and local basic good food which everyone can enjoy. We cater for vegetarians and most other dietary requirements just make sure you let us know in advance and we will try our best to suit your needs.

**10. Are there toilets?**

**A.** Yes - but depending on the challenge they can be very basic!

**11. Do I need to spend lots of money on kit?**

**A.** Yes and no - we do not want to encourage you to rush off and spend lots of money on equipment that you might only use once. When you have paid your deposit we will provide you with a comprehensive kit list, however you will need as a minimum a well-broken in pair of boots, a good quality sleeping bag, waterproofs and in most cases a sleeping mat. Out door gear can be expensive, so best to buy it bit by bit, so start of buying your boots one month, then your sleeping bag the next month

**12. How much spending money will I need to take?**

**A.** Well that depends on you! On the challenge itself we are pretty much away from civilisation in the middle of nowhere, on some trips there is a small bar where you can buy soft drinks, beer and wine, this is settled up for at the end of the challenge. On returning to civilisation there is opportunity to buy souvenirs and gifts, generally however we recommend that you will need no more than £150-250 additional funds unless you have very expensive tastes!

**13. Will I have to carry my own luggage during the day?**

**A.** No. Your bags will be transported by either truck, horse, camel, boat, porters or helicopter to the next camp. All that you will need to carry is a small day sack containing items that you will need during the day challenge such as water, sun cream, waterproofs, camera and film etc.

**14. Do I need travel insurance?**

**A.** Yes, travel insurance is compulsory but Children in Crossfire will supply this for each person. 9 the cost of which is incorporated in the fundraising)

**15. What if my sponsors think my challenge is a holiday?**

**A.** In order to take part in one of our charity challenges, chances are you will have committed yourself to months of fundraising and physical preparation.

The challenge will certainly at times be uncomfortable and demanding but it will give you great personal rewards as well as benefiting your chosen charity immensely.

We always endeavour to provide an unexpected level of service and backup but the challenges are by no means full of luxury hotels and easy strolls along the beach. So that is what you need to tell your sceptics!

**16. How much of the money I raise will go to the charity?**

**A.** The overall target including deposit is £3650. This includes all flights, hotel accommodation, and insurance for the trip.

50 % of this is spent on the cost of the trip and 50% goes to Children in Crossfire. By raising money and doing the trek you will be helping alleviate the suffering of children around the world. Finding sustainable solutions to the suffering they endure brought about by poverty.