

CARPE NOCTEM

# NMAH CHASERS

ADVENTURE DOESN'T SLEEP

## Dartmoor North>South Night Hike Participant Information Pack



# Introduction

I'm raising as much money as possible for the Anthony Nolan charity as I take on the biggest physical challenge of my life this April - the London Marathon. I need to raise £1,850, but I want to smash that so I've decided to organise one of the very best events that my Husband delivered in his business (with his kind help!). His business now delivers training workshops for outdoor professionals - but his "Dawn Chasers" Dartmoor North>South Night Hike had something very special about it... so it's back! It's tough, but I would love you to take part...

## Supporting Anthony Nolan...

Why am I running the London Marathon for Anthony Nolan? Because I turn 40 just after the Marathon and April 2018 marks ten years since I lost my best friend, my mentor, my brilliantly funny and loving Dad. Being lucky enough to be given a place by Anthony Nolan, I can now turn a pretty crap month that I was dreading into something that is inspirationally positive. I can help save lives. I'll share my story within one blurt of a paragraph:

Dad started feeling a little off colour on 2nd March 2008, I was visiting that day because it was Mother's Day. He looked pale - a weird kind of pale. During the next couple of weeks he felt very poorly with what we thought was flu. He wasn't eating or drinking much and was getting quite weak. I asked them to call the GP out and he then sent him off to hospital to go on a drip. He was in Yeovil District Hospital for 10 days, during which time he had various tests and scans. They couldn't figure out what was wrong - even considering bird flu at one point. His kidney's started to fail and they transferred him to Southmead Hospital in Bristol for dialysis. After a few days there he suddenly deteriorated overnight and went into intensive care... and then was put in an induced coma. We were in total panic. We didn't know what was wrong with him. We hadn't expected this. He died later that morning. Our world changed - in so many ways that we couldn't ever have imagined. A post mortem revealed that he had Large B-Cell Lymphoma. Unfortunately the Doctors had suspected this, but performed the wrong test and so it went undiagnosed. We will never know whether Dad could have survived. Possibly not. it was clearly a very aggressive cancer.

That's why I'm raising money for Anthony Nolan. I've been on their Register since 2006, but never been called up to donate my stem cells or bone marrow. I will stay on the register until I'm 60... so I've got another twenty years of possibly being a match for someone. Dad never got the chance of treatment. We didn't get to walk down the aisle together when I married JP. He never met his incredible little granddaughters Jorja and Thea - and never got to make them giggle till it hurt, like he did with me. I miss him every single day.

But we now have the chance to help other people get the chance of treatment, of life. Of happy memories that haven't yet been created. Dad's, Mum's, Brothers, Sisters, Grandparents, Son's, Daughters and Grandchildren to get the chance of life... And that's pretty cool.

## And the best bit...

JP has pulled together an incredible team of mountain leaders that are giving their time for free so we can raise as much money as possible. There are still a few costs, including your 'all you can eat' breakfast at the end, but these will be covered by your small registration fee so all the money you raise will support the charity. Should we not need to spend all the money from your registration fee, then The Outer Edge will donate the balance to Anthony Nolan.

Every day, Anthony Nolan match incredible individuals willing to donate their blood stem cells (or bone marrow) to people with blood cancer and blood disorders who desperately need life saving transplants. It all began in 1974. With her 3 year old son Anthony in urgent need of a bone marrow transplant, Shirley Nolan set up the world's first register to match donors with people in desperate need. Now, they help three people every day find a lifesaving match.

All I ask is that you read this pack, read what previous "Dawn Chaser's" have said about this event...

... And ask yourself if you are up to the challenge - can you train in the coming weeks so that you could complete this epic challenge to help raise as much money as possible for this incredible charity? Can you raise the pledged minimum of just £120 to add two more people to the stem cell register? If so, read on!

Thank you so much for considering taking part to help raise as much as possible for this awesome charity!

Karen x



# The Dartmoor North>South Night Hike

## Event details

**Date: Saturday 7th - Sunday 8th April 2018**

**Cost: £39 per person**

**Pledged minimum sponsorship: £120**

**Maximum 12 people**

## Statistics

**Distance: 45-50km**

**Ascent: Over 2800ft**

**Duration: Approx 12-16 hrs**

The Dartmoor North>South Night Hike is a 45-50km tough hill walking event from the Northern boundary of Dartmoor, over the moor at night and through to the dawn... until we reach the Southern boundary. Followed by a well deserved breakfast!

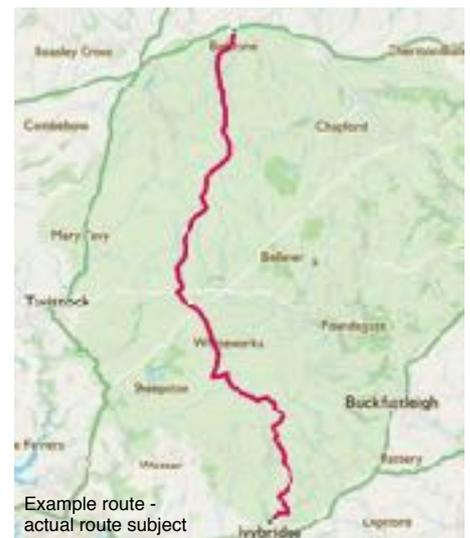
One definition of adventure is “a journey with an unknown outcome”. This challenge will be very tough; we might be rewarded with a cloudless, starlit night and an awesome sunrise or we could spend twelve to sixteen hours only just being able to see the back of the person 10ft in front of us. What is certain, is that you will feel a massive sense of achievement and experience incredible camaraderie with your fellow “Dawn Chasers”.

We set off on the hill before sunset to get up high (for hopefully the best views!) as the sun goes down. The Night Hike is epically long; with difficult terrain to challenge your limits when your body and mind want to sleep. After many miles and thousands of feet of ascent, we will near the end and our well-earned breakfast.

**2.30am... 20 miles in, another 10 miles still to go. Visibility down to 20ft, with your head torch beam reflecting off the mist that has crept in. Aching legs take your mind off the many haunting stories that, in these conditions, seem all too believable. Cups of hot chocolate are shared around, then it's head down and onwards - it'll start to get light in a few hours...**

Comprising of fifty hard kilometres of hiking this challenge requires constant awareness of where you're walking. Passing by Cut Hill, one of the remotest points in England and with only one meet of the support vehicle at Princetown or Postbridge, you'll certainly feel 'out there'... because you are!

Heading out from the Northern National Park boundary, just outside Belstone, our route winds its way across a variety of tough terrain - rough exposed moorland, sheep paths and the remains of a disused granite railway. We finish at the southern National Park boundary on the outskirts of Ivybridge, before heading off for great breakfast together.



# It's best described by a previous "Dawn Chaser"...

Here's an incredible account of the event by Jamie Godwin:

*"When Ernest Hemingway said that "It is by riding a bicycle that you learn the contours of a country best" he was probably right, but the knowledge gained from walking the landscape must come a close second. We're in a rock strewn car park North of Belstone in Devon known by map reading aficionados as SX 62271 94912, but to us as the location of the Dartmoor National Park boundary stone - the point from which our adventure will begin.*

*The group assembles as equipment is disgorged from the support vehicles, hands are shaken, coat zips are fastened and we're briefed about what lies ahead. "Look out for each other" is the take home message but with confident reassurance from our mountain leaders: "We are with you." The terrain is a 368 sq mile mass of Carboniferous granite. The route, a fifty kilometre passage between great hulks of granite, the tors, carved by retreating glaciers from the summits of the rising hills.*

*We are photographed at the boundary stone in anticipation of an equivalent photo on the other side, some sixteen hours distant. Head torches are lit now and we're away - quickly climbing the shoulders of the moor in a bubble of light, the village of Belstone a retreating glow behind us - the sun falling fast to our West. I have had the giant OS map 'OL28' spread over my kitchen table for the last two weeks, and re-trace the waypoints in my head as they gradually arrive - Hangingstone Hill, Quintin's Man & Sittaford Tor.*

*Fireworks flash and fizz, a red glow illuminating a patch of far distance - It is the 5th of November 'Bonfire Night' and from the blackness we begin to see lights as we approach Postbridge, our first rendezvous with the support vehicles. The support staff are a welcome sight. They have flasks of tea and hot porridge ready and thrust them into our hands - Boots are adjusted torch batteries changed & technical fleece layers are added to beat back the falling temperature. The first twenty kilometres have passed.*

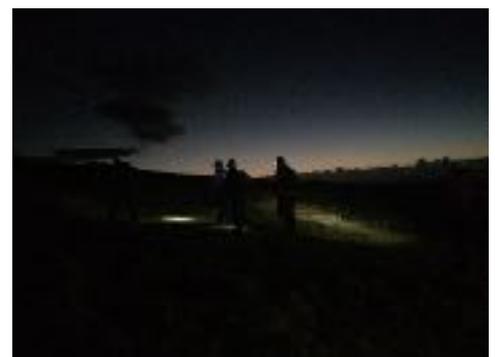
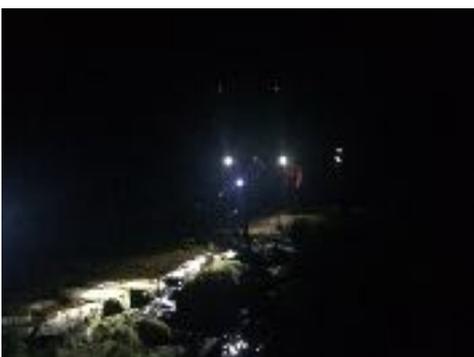
*Re-energised by the supplies and the knowledge that we have made good progress (The team have been monitoring our GPS location from a cafe's flakey Wifi connection) we carry on through Bellever forest a spooky pine plantation where we momentarily turn out our lights to spot satellites and shooting stars overhead. A spiral streak of stars above us in the blackness is the Milky Way. We pass over ancient stone clapper bridges and skitter over mid-stream stepping stones before we rendezvous again with the support vehicles at Combstone Tor, nine kilometres further on. We're half way home.*

*Our mountain leaders have been seamlessly rotated, fresh legs roused from sleep whilst hot chocolate and high-protein breads are served and soon they're checking their watches and urging us 'Onwards' - Into the night. It's colder now, darker, as we approach Ryders Hill - the famous bogs are crispy underfoot, an icy 'creme brûlé' in these sub zero temperatures. Occasionally the crust gives way and ankles are swallowed up by the parping oozing bogs.*

*A mesmerising diamante glimmer begins to flash and cover the ground scattering the beams of our head torches in a frosty phosphorescence. I reach out and can almost grab hold of the twinkling, otherworldly sparkle. Compass bearings are taken periodically and after a short steep ascent and a brief snow flurry, talk shifts to the coming sunrise, still four hours ahead.*

*I am eagerly looking East, shins and shoulder aching as I stuff flapjacks and pistachio nuts into my mouth for sustenance. For a couple hours I see nothing until I catch sight of an almost imperceptible blue grey glimmer on the horizon. It was worth the wait - The sky gradually unfurls an orange backlit cloud scene above the patchwork-quilt fields. A swirl of Van Gogh's cloud on Turner's fiery backdrop. Before long we begin descending, now pounding out steps on the hard granite trackway towards Ivybridge.*

*By nine we are finished, handshakes and backslaps completed. The sun has set over our right shoulders and risen over our left whilst the world was sleeping. Many people know a sunset but how many have walked through the contours of a sunrise?"*



## What To Expect

Participants will be met at a central location with good parking/transport links. After introductions to the Dawn Chasers team (a group of highly experienced Mountain Leaders), we'll give an initial safety brief and a double check that everyone has all the kit that they need. We'll then board the minibus and head to the start. A final briefing, then it's off onto the hill - it's likely to be just before sunset so we can be up high for the best views if we're lucky enough to have clear skies. A small bag with personal supplies and changes of clothing can be left on the minibus.

The group will stop briefly every 1-2 hours for quick rest breaks and will move at the pace of the slowest members. The support vehicle/s will meet the group at pre-determined rendezvous points on the route to provide hot drinks/food and for group members to access personal supplies. In between meeting us at the rendezvous point/s, the support vehicle will position itself at locations that have been identified as emergency RV's. It will also be used in the event of a participant wishing to retire from the challenge, the weather causing the challenge to be cancelled, should someone have a minor injury or any other reason requiring the group to evacuate from the hill.

We then move on towards the finish point, aiming to arrive at/around sunrise. Each Night Hike is likely to take between 12-16 hours to complete depending on the group members level of fitness and prevailing conditions. After we have completed our challenge, we'll transfer to a local cafe for a well-deserved, quality breakfast and to celebrate properly before dropping you back at the original meeting point.

## Fundraising

This is a fundraising event for Anthony Nolan and is being organised on a voluntary basis by Karen and JP Edgington, The Outer Edge. We do expect all participants to pledge to raise a minimum of £120 in sponsorship - and of course, any you can raise in addition to that would be awesome! Every £60 you raise will add another donor to their register who could potentially be a life-saving match for someone in desperate and urgent need of a stem-cell transplant.

We will provide you with a [virginmoneygiving.com](http://virginmoneygiving.com) fundraising page link when you sign up as well as hard copy sponsor forms. And you'll get an Anthony Nolan t-shirt too - which will give you something nice and dry to change into at the end of the challenge when we enjoy breakfast together!

IN AID OF ANTHONY NOLAN



saving the lives  
of people with  
blood cancer



## What's Included/Excluded

- A very well staffed support crew who are highly experienced and qualified: This includes two Mountain Leaders with each group at all times plus two support staff of which at least one is another qualified Mountain Leader. All four members of the team are first aid qualified. One member of this team will be in overall control of the event and will be supported by an office-based member of staff overnight.
- Excellent pre-event support to give participants the best experience.
- Peace of mind with incredibly detailed and thorough event planning and risk management.
- A useful Training Guide with further tips on our website and social media.
- Hot drinks/food at support vehicle rendezvous stops.
- A quality breakfast after we finish.
- All minibus transfers/mobile support vehicles.
- Exclusions: travel to/from meeting point, personal accident insurance, personal kit/clothing/snacks/drinks.

## Participant Requirements

- All participants must be over 18.
- The Night Hikes are very physically and mentally demanding and a commitment to train is required; you will need to be able walk for 12-16 hours over challenging terrain. A Training Guide is available on the Participant Area of our website and it is your responsibility to make sure that you are properly prepared for the event.
- All participants must complete a Medical Declaration and Risk Acceptance form and detail any physical/medical conditions, injury, illness and medication you are taking. You should consult your GP/specialist if you are in any doubt about your ability to take part.
- Participants must bring all the essential equipment and clothing on the Kit List below.
- Participants will be required to adhere to our Code of Conduct.

## The Outer Edge [www.the-outeredge.co.uk](http://www.the-outeredge.co.uk)

The Outer Edge is run by JP Edgington, alongside a carefully selected team of freelance staff. Now in our 12th year, we have designed and delivered a wide range of outdoor challenge events across the UK.

## Our Team

The Dawn Chasers Night Hikes are not your normal mountain challenges, attracting a special kind of participant - therefore our Support Crew and Mountain Leaders have something extra about them too. Our staff are not only appropriately qualified and experienced in the remote locations used, but also have a good understanding of challenge events. Participants have often put in a lot of time and effort in training and made promises or commitments to friends, family and any charity they've chosen to support. This can mean they feel a lot of pressure to complete their challenge and it's when it gets tough that the experience and understanding of our team counts the most.

"I like darkness. There's something to the feeling of not knowing your surroundings, not seeing the colour of things as they appear but as they truly are. There's something about the unknown, the quiet, the cold. There's something unspoken about the dark, something I can never quite put words to. Something terrifying, yet beautiful."  
Unknown author

## Kit list

Item	Compulsory	Recommended	Might be nice!
Well fitting walking boots	✓		
Rucksack 30-40l	✓		
Good quality waterproof jacket*	✓		
Good quality waterproof trousers*	✓		
Good quality walking socks *	✓		
Head torch plus spare batteries	✓		
Quick drying synthetic walking trousers *	✓		
Warm layer (fleece, synthetic insulated jacket) *	✓		
Spare warm layer (fleece, synthetic insulated jacket)			
Waterproof bags for items in rucksack (specialist dry bags or good quality zip seal plastic bags)	✓		
Water container (bottle/bladder style reservoir) - min of 1.5l	✓		
Hill snacks/food	✓		
Warm hat plus spare	✓		
Warm/windproof gloves - lots of pairs	✓		
A determined yet supportive attitude	✓		
Personal medication	✓		
* A complete change/second set of walking clothes/ waterproofs.	Given what Dartmoor can be like it's highly advisable to bring a complete change of walking clothes so if needs be you can change out of anything wet at the mid way point. This can be kept in the support vehicles so doesn't need to be carried out on the Hill (your spare emergency warm kit will need to however). Lets just say it's what our leaders do.....		
Small bag to leave on the minibus for spare kit		✓	
Buff/neck gaiter (plus spares)		✓	
Synthetic or merino wool base layer		✓	
Synthetic or merino wool mid layer		✓	
Change of clothes for the end of the challenge		✓	
Gaiters		✓	
Small Flask		✓	
Spare head torch with more spare batteries		✓	
Plastic orange emergency bivvy bag		✓	
Trekking poles		✓	
Phone (with some sort of waterproof case/bag)		✓	
Waterproof gloves		✓	
Blister kit		✓	
Camera (with some sort of waterproof case/bag)			✓
GPS			✓

# Frequently Asked Questions

## **Where is the meet point likely to be?**

The default meet point for the Dartmoor North-South will be a venue in Exeter.

## **Can I make my own way the start of the route and be picked up at the finish?**

At the meet point we will be having an initial brief and kit check before we drive to the start. To save time having to repeat the briefs to individuals we would like you to join the rest of the group there. If this causes real problems, then talk to us and we'll see what we can do. After we finish, we will be transferring to a local cafe for breakfast before returning to our original meet point; it's here that we would recommend that your friends/family gather to pick you up.

## **Can the minibus pick me up from a different location?**

I'm afraid not. We use a single, central location meet point:

- For ease of travel for all participants
- To avoid lengthy minibus transfers
- To minimise traffic driving around the small lanes and reduce the environmental impact in the National Parks
- To avoid parking issues in small car parks
- To leave vehicles in larger car parks with CCTV, rather than rural/remote areas
- To allow people to travel to/from the meet point by public transport

## **How tough is the challenge?**

The Night Hikes are challenging endurance events - you need to be able to sustain a steady pace for many hours and on steep, difficult terrain whilst carrying a rucksack. This is made all the more difficult by the very fact that we are walking overnight when your body and mind want to sleep. Do not underestimate the level of this challenge; training is essential, but your chance of success is also down to your determination and mental attitude.

## **How long will I be walking for?**

This depends on the fitness levels of the group and prevailing weather/ground conditions, but it could be in the region of 12-16 hours.

## **What will the terrain be like?**

The terrain underfoot is ever changing, but expect to encounter a combination of the following depending on the venue/route: uneven mountain paths and trails, rough tussocky exposed moorland, muddy/boggy/wet ground, steep ascents/descents on rocky paths, disused granite railway, forest tracks, short sections of tarmac, thin winding 'sheep tracks', wide/well established and maintained stoney trails, rocky/muddy tracks. Well fitting, tried and tested boots are essential as is experience of walking across uneven surfaces for long periods of time.

## **What kind of training do I need to do?**

There will be a Training Guide on the Participant Area of our website which is designed to help put you in the best position to complete the challenge. There will also be other tips, advice and useful links posted on the website and on our social media feeds.

## **How fast do I need to be able to walk?**

We'll be aiming to average about 3-4km an hour. Whilst this might seem easy enough, when you consider that this is 12-16 hours of walking, with challenging terrain and poor visibility - that's where the challenge lies. Due to the overall arduous nature of the Night Hikes, participants will not be allowed to walk off ahead on their own. Whilst this might be frustrating for some, it is far easier for fitter participants to slow down than it is for slower participants to speed up. When out on the hill at night we are safer as a group. There will be many personal challenges to deal with, but it's very much about looking after each other too.

In the mountains it's a good idea to try and maintain an 'all day pace' or in our case an 'all night pace'. This means starting off at a speed that you'd hope to be able to finish the walk at. This will mean easing back and curbing initial enthusiasm at the start so that we can avoid our legs getting too tired too soon. Our Mountain Leaders will control the pace of the group with the aim to achieve this 'all night pace'.

## **If I am unsure about my fitness closer to the time can I still come?**

We appreciate that life can get in the way of achieving the amount of training you planned. We are happy to talk to people about any concerns or questions that they have. However, we can only do and say so much and ultimately you have to take responsibility for your level of preparedness. If you can't walk for an hour over rough terrain without stopping to catch your breath, are you really going to be able to sustain 12-16 hours of effort? If you can't or don't put the training in, then you are unlikely to be able to complete the challenge, will probably have a miserable time and might even negatively impact upon others' attempts. Put the training in and if in doubt talk to us.

### **Can I transfer my place to a friend?**

Yes you can - so long as they've completed the necessary forms, returned them to us two weeks before the event and they are physically and mentally prepared for the challenge. If you have paid a charity for your place, their terms may differ, so you should contact them to discuss.

### **How many rests/stops will there be?**

Whilst on the hill we will stop briefly every 1-2 hours - these stops will need to be short to ensure that we can cover the distance in an appropriate amount of time. There will also be one longer stop on Dartmoor North-South with the potential for a second short one, where we meet with the support vehicle for hot drinks, soup and snacks and to change out any wet clothes.

### **What if I can't continue?**

In the event that someone wishes to withdraw from the challenge, they will be taken to the closest support vehicle where member of support staff will look after them. They can then rejoin later if they wish/if possible or we can arrange a taxi to collect them at the participant's cost. The hikes are very committing - once out on the hill any retirements could still require a fair degree of walking to get to the nearest meet point with the support vehicle.

### **What first aid support is there?**

All Mountain Leaders and support crew are trained in outdoor first aid and will have comprehensive first aid kits.

### **How many support crew will we have?**

You will be supported by four highly experienced Mountain Leaders; two will be on the hill with you with the others in the support vehicle. These Leaders rotate to ensure they are not excessively tired and always have the clarity of mind needed to constantly assess group morale, ground and weather conditions, distance covered/remaining and make necessary judgements and decisions. One member of the team will be in overall control of the event and is supported by a member of office based staff overnight.

### **How many people will be in our group?**

We operate with a maximum of 12 people per group. It may be that there are less than that taking part in your event.

### **What happens if someone gets injured?**

The Outer Edge have drawn up comprehensive emergency procedures which cover a wide range of potential eventualities from minor to major issues. What happens will depend on a number of factors such as the nature of the injury, group location, prevailing weather conditions etc. It might be possible for a participant to be safely and easily escorted from the hill by the support crew whilst the rest of the group continue. The support crew can take the injured participant to the nearest A+E department if required (we always have/have access to two vehicles, so there is always the minibus available incase we all need to get off the hill). In the event of a serious injury requiring Mountain Rescue assistance then the majority of the group will be escorted from the hill to the safety of the minibus whilst the Mountain Leaders take care of the casualty until the Mountain Rescue team arrive. The Night Hikes are tough challenges. It is quite likely that you might sustain the following:

**Muscles aches and minor strains - Stiffness and soreness in joints - Physical and mental fatigue - Minor back ache and discomfort from carrying a rucksack for prolonged periods - Blisters - Sprained ankles.**

Other more serious injuries can never be ruled out even though The Outer Edge work hard to ensure that the risks involved are kept to appropriate levels. Participants must understand that they have a responsibility to do their part by making sure they understand the risks, do what they can to minimise them by training properly and having the right kit.

### **What are the chances of completing it by official Sunrise/does it matter if we don't finish by Sunrise??**

Whilst the aim of all Dawn Chasers events is to finish at/around Dawn, this challenge is not a race. The pace at which we walk is dependant on how the group is feeling. Completion of the distance by the whole group is the main aim.

### **Do I need to be able to read a map and use a compass?**

Nope! Your Mountain Leaders will take care of all the navigation, but participants can take on navigation tasks if desired and appropriate.

### **Are there any toilets on the route?**

There are no toilets. Participants will be briefed on the best practice for carrying out "on the hill" toilet breaks at the start of the event.

### **Can I bring dogs?**

No dogs are allowed on the event.

### **Will it go ahead in poor weather?**

The weather in the mountains is always unpredictable; conditions on top can vary massively from those in the valleys and participants must expect and prepare for poor weather. Only if weather/ground conditions present a significant risk to the safety of participants and staff will the event be cancelled or cut short e.g. severe high winds (in excess of 50mph which make walking very difficult), electrical storms, localised flooding, major water hazards such as rivers that need crossing in spate). Generally wet and windy weather, fog and boggy/slippery conditions underfoot are the norm in the mountains and our Night Hikes will continue in such conditions - but this can make walking and balance very difficult. The Outer Edge/Dawn Chasers team carefully monitor weather in the lead up to an event and our Mountain Leaders continue to dynamically assess conditions during the event. Do your bit by making sure you come properly equipped and physically fit.

### **Why aren't we doing it in the summer when the weather is better?**

The aim of the Dawn Chasers series is to push through the night and finish at or around official sunrise before heading off for a well-deserved breakfast. During the summer sunrise occurs at anything from 4-6am which would mean that we'd have to wait around for a long time for any cafe to open for breakfast. As the night is much shorter in the summer we would be walking predominantly in daylight which defeats the object of the challenge. The way we've organised things should mean that we start walking in the last few hours of daylight to give people a chance to get used to walking in the terrain before having to do so in the dark. It also gets us up high in the hills so, if we are lucky enough to have clear skies, then we'll be in a good position to see it. Let's be honest, the British summer is no guarantee of good weather anyway!

### **Are there any rules?**

Not as such. These challenges are our creation and we are not bound by any timing rules unlike some Three Peaks 24 hour challenges. There is an expected Code of Conduct that is included in the Participant Terms and Conditions. This, we believe, is what is reasonable to expect from all participants and staff involved. Anyone breaching this code will be talked to in the first instance or potentially removed from the challenge in the worst cases.

### **What do I need to bring?**

The kit list below details compulsory and recommended items, as well as a few things that might be nice to bring. We will check your kit at the meet point before we set off. Inadequately equipped participants may not be able to take part - please make sure you bring all of the essential kit. If you have any questions, please contact us before the event. Please do not bring/wear: jeans, cotton trousers/tracksuit bottoms, cotton base layers, down jackets, trainers, glass bottles, alcohol.

### **How much spare kit can I bring?**

We'd recommend that you bring a small bag with a change of clothes for the finish (including underwear!) and also a set of spare walking kit to change into at the meet with the support vehicle. The psychological boost that comes from just changing into a dry pair of walking socks cannot be underestimated.

### **What insurance is there in place? Do I need my own?**

The Outer Edge have £5m Public Liability insurance and £10m Employers Liability insurance. If you would like to take out your own personal accident insurance, this is one company that offers it - [www.sportscoverdirect.com](http://www.sportscoverdirect.com)

### **Can I bring/use trekking poles?**

By all means. Make sure you are used to walking with them and be aware that there may be times when your Mountain Leader advises that you stow them on short sections so that they don't become a hazard rather than a help.

### **What food is included in the price?**

We will serve great quality coffee, tea, hot chocolate and hot blackcurrant as well as biscuits, soup and porridge at the meet points with the support vehicle. We will also bring water for you to top up your bottles. You can top up any flask you might have ready for the second half of the walk too. When our challenge is complete, we will celebrate together with a well-deserved breakfast at a local cafe!

### **The environment:**

We 'leave no trace' on the hills. All food waste and other rubbish must be carried with you - you can drop this off at the minibus at our rendezvous stops. We ask that you keep to the paths and trails and do not attempt to take short cuts as this can cause unnecessary erosion.

### **What food/drink should I bring?**

Two litres of water - you'll be able to top this up when we meet with the support vehicle/s. Drinks bladders like Camelbaks are a good idea. Avoid fizzy/sugary drinks; whilst downing can after can of caffeinated energy drinks might seem like a good idea, the reality is sugar/energy crashes and usually an unhappy digestive system. Bring a small empty (500ml-1litre) stainless steel flask if you wish; just before we set off we'll fill them up so they stay hot as long as possible. We'll also top them up at the support vehicle. Glass bottles or alcohol is not allowed.

In addition to the food that we provide at the meet with the support vehicle, you'll need to bring any snacks or food that you would like on the hill. We advise that energy bars/gels, sweets and chocolate bars be used in moderation and balanced with fats, proteins and slow release carbs like oat based snacks. You will not be able to sustain 12-16 hours of physical activity on a purely sugar/simple carb based diet for the night and your digestive system will not thank you for it either. The key is to keep it varied - a sandwich, bagel, pasta salad, dried meat, pieces of cheese, oatcakes... these things will taste great, provide different textures and flavours as well as different energy sources and nutrients. 'Real' food can have a massive morale boosting effect.

Avoid anything too stodgy and eat in small but regular amounts to allow your body to break it down more easily. Apart from our support vehicle meet ups, we don't want to stop for too long out on the hill preferring instead to 'graze' as we go. With that in mind, think about how you're going to carry/store your food and snacks. You'll want things easily accessible in jacket pockets and in the top or side pockets of your rucksack so team mates can get them for you to save you having to take your rucksack off every time you want a bite of bagel.

Inside your rucksack, pack what you'll need for the first half of the hike and store the rest in your bag in the support vehicle so you don't have to carry any more than you have to. Put some thought into wrappers/containers - is it going to be easy to open/access with cold, gloved hands when the wind's blowing? Take a look on our website for our 'Edge Mix' ideas - a balance of tasty ingredients in a glove friendly container...

Should we have anyone with a severe food allergy participating, then we will let everyone know in advance so that we can all avoid bringing those food types and therefore reduce the risk to that person.

### **How can I expect to feel afterwards?**

Aching muscles and minor strains are to be expected; you might feel ok initially, but then delayed onset muscle soreness (DOMS) will kick in. It's important to look after yourself post hike - hot baths, followed by gentle stretching, foam rolling of aching legs, proper hydration and nutrition to aid recovery of muscles are all helpful. Active recovery like gentle walks will help to encourage blood flow and to ease stiffening up.

There's also a very high chance that you'll feel an incredible sense of pride, fulfilment and accomplishment and whilst the aching will be fleeting, these feelings are the type that last...

*There is something about the night that triggers an instinctual caution. Things seem tougher at night. What was once familiar becomes unknown and with it a degree of fear. Logic tells us that there's little to be scared of, but that unexpected noise or strange movement puts us on edge. With eyesight diminished, all other senses are heightened and the mind works overtime to make sense of it. With body and mind tired from both physical exertion and fighting the natural need for sleep that comes with the onset of night, it all becomes harder still.*

*Then comes the light; the unmissable and unstoppable Dawn - bringing hope, relief, a clearer perspective or comfort that the night's struggles are nearly over. Doubts diminish, the dark fades and, as the sun rises, our minds turn to the enjoyment of the challenge and relief that it's over... JP Edgington.*

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**The Dawn Chasers Night Hikes are physically and mentally tough challenges and this should not be underestimated. Please make sure you read this information pack carefully as it will help you be prepared for the challenge that lies ahead and also help you make an informed decision about your participation.**