

Trip away

You could think about organising a trip away to complete a hiking challenge, such as climbing Yr Wyddfa (Snowdon!).

Getting ready for the event

- Think about when to hold your event (not too close to exam season, and when you will get good weather!).
- Shop around: Check which method of transport is the best value for money - train or coach? If you are staying overnight, get quotes from more than one hostel.
- Advertise: You could open the trip up to other challenge teams on campus, and your RAG
- Sponsorship: Get your participants to share the event and ask friends/family for sponsorship. Sharing your group hike on social media can help get donations!
- Briefing: Make sure you brief your team on what the day/weekend will look like - where you are going, timings, and what they need to bring with them.

What you'll need

- Transport
- Accommodation (optional)
- MRF t-shirts
- Weather/terrain appropriate clothing
- Risk assessment

On the day

- Encourage people to arrive early so you don't miss whatever transport you have chosen.
- Bring a few spare MRF t-shirts for people who forget their own.
- Make sure everyone arrives early with their MRF t-shirts to hand and mobiles in case of any emergency.

Top tips

- Make sure to take lots of photos and share on social media to help bring in donations.
- Post an update on your JustGiving page.
- Use the trip as a chance to really get to know your team before the challenge!

Post event

- Post photos on social media to encourage friends and family to donate.

The important bits

- It is really important that you complete a risk assessment before your trip. You need to consider the risks involved (what could go wrong) and how you are going to mitigate these.
- If you would like advice on how to complete a risk assessment, please ask the student team.
- Remember, when an event is not organised by Meningitis Research Foundation or Choose a Challenge, and there are no hired professionals present, everyone who attends is responsible for their own wellbeing and their own health and safety. Please encourage your team to consider whether the activity will be too difficult for them.