



MAAMONTH HIKE 2023

Supporting Mothers
One step at a time

Location:
Peak
District

Date:
4th March
2023

Ticket
Price:
£30

Fundraising target £250

Sign up: maauk.co/peakdistrict2023

FUNDRAISING

Thank you for signing up for the MaaMonth Peak District Hike! We hope that you are looking forward to climbing the Peak District with other universities around the UK.

Our fundraising platform for MaaMonth 2023 will be JustGiving.

Each society will have their own team page and every participating individual can create their own fundraising pages to raise money for the Hike or any challenge. This page can be linked to the society team page and will contribute towards the team total.

Please make sure to share the page and get as many donations as possible. Remember the money you fundraise will go in aid of the mothers in rural Bangladesh and Afghanistan. Just a little bit of effort and you could make life changing impact on our mothers in Bangladesh and be one step closer in revolutionising maternal healthcare.

Steps to create a fundraising page on JustGiving:

1. Go to - <https://www.justgiving.com/campaign/MM2023>
2. Find your society's team page from the Teams list (if you're not part of a society click "start fundraising")
3. Click on "join the team" to set up your page
4. Create your fundraising page and share it to get donations!
5. Send your JustGiving page to us along with your signed declaration
6. Fundraising target: £250

In addition, we are more than happy to create your page if you need any help!

Top tips for fundraising:

- Message friends and family (best way to get donations)
- Social Media
 - Instagram stories
 - Instagram highlights
 - Live videos
 - Facebook posts
- Get cash donations from family and friends and donate through your own fundraising page with the money you have accumulated.

PEAK DISTRICT INFORMATION SHEET

Saturday 04th March 2023

Leeds Itinerary

Time	Action	Notes
09:15AM	Arrival time for Hikers at Parkinson Building Leeds LS2 9JT	Please be on time. The coach will not wait for late comers.
9:30AM	Coach Departure Time	Est Journey Time: 1hr 15min – 1hr 45min Stop at service station for rest midway through (Dependent on traffic)
11:15AM	Arrival time at Cross Street, Castleton, Hope Valley, Derbyshire, S33 8WH	Use this time for toilet break and put on hiking gear on
11.45AM	Briefing by guides	
12:00 – 17:00PM	Hike	Hike length: 5hr Group photo with all other societies!
18:00PM	Coach Departure Time from Cross Street, Castleton, Hope Valley, Derbyshire, S33 8WH	Est Journey Time: 1hr 15min – 1hr 45min
19:30PM	Arrival at Parkinson Building Leeds LS2 9JT	Ensure you have a route home

Please note: We will try and allocate times for Dhuhr, Asr and Maghrib prayer during the hike.

KIT LIST

We hope you're all excited for MaaMonth's Peak District Hike, for those unsure of what to bring we've created an easy list for you.

- ✓ Comfortable Walking Boots/Shoes. Shoes with grip.
- ✓ Loose, comfortable trousers or trackies (ideally waterproof)
- ✓ A hooded top or fleece
- ✓ A warm coat (Dependent on weather)
- ✓ Backpack (normal sized to carry items)
- ✓ Spare Clothing (Dependent on weather - including socks, trousers and top. There will be space on the coach to leave your items.
- ✓ Food (standard packed-lunch items, with snacks to keep your energy going. Please remember to bring a water bottle.

- Walking Poles (Optional. For those who are not strong walkers, a walking pole is recommended)

- ✗ Try to avoid wool (Wear synthetic clothing as they are quick drying)
- ✗ NO WELLIES

Contacts:

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Please do not hesitate to contact us if you have any queries regarding the hike.

