

SISTERS HIKE FOR MAA

**SUPPORTING MOTHERS,
ONE STEP AT A TIME**

SATURDAY 1ST JUNE

REGISTRATION FEE £20

FUNDRAISING TARGET £250

[MAAUK.CO/SISTERSHIKE](https://maauk.co/sistershike)

FUNDRAISING

Thank you for signing up for the Maa Seven Sisters Hike! We hope that you are looking forward to climbing the Seven Sisters.

Our fundraising platform for the hike will be LaunchGood.

Each individual can create their own fundraising pages to raise money for the Hike.

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. 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://maauk.co/hospital>
2. Click “start a campaign”.
3. If you don’t have a LG account, you will be asked to make one.
4. If you have an/or after creating your account, you will need to put the amount you want to fundraise for example £500.
5. Enter a campaign name. Put your name followed by Seven Sisters Hike. For example, Rafah Seven Sisters Hike
6. Click “Go Live”. You will get an email with your page link.
7. Fundraising target: £250. If you’re feeling adventures do set a higher target.

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.

Seven Sisters Hike INFORMATION SHEET

Saturday 1st of June 2024

| Time | Action | Notes |
|-----------------|---|---|
| 08:50AM | Arrival time for Hikers at Mile End Bus Stand, Mile End Rd, Bow, London, E3 5AX, UK | Please be on time. The coach will not wait for late comers. |
| 9:00AM | Coach Departure Time | Est Journey Time: 1hr 30 min – 2hr 10 min Stop at service station for rest midway through (Dependent on traffic) |
| 11:15AM | Arrival time at Esplanade Car Park, Esplanade Seaford BN25 1JT, UK | Use this time for toilet break and put on hiking gear on |
| 11.30AM | Briefing by guides | |
| 12:00 – 18:00PM | Hike | Hike length: 5hr to 6hr |
| 18:30PM | Coach Departure Time from Esplanade Car Park, Esplanade Seaford BN25 1JT, UK | Est Journey Time: 1hr 30 min – 2hr 10 min Stop at service station for rest midway through (Dependent on traffic) |
| 21:00PM | Arrival Mile End Bus Stand, Mile End Rd, Bow, London, E3 5AX, UK | Ensure you have a route home |

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

KIT LIST

We hope you're all excited for Seven Sisters 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. You can leave nonvaluable items on the coach.

Contacts:

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

