

# Are you up for the Challenge? 2015



## Badaguish Outdoor Challenge Rules

To be eligible for an Award all team members will:

- Camp out and cook their own food

While out on the Course all team members will:

- Wear team numbers clearly visible at all times
- Visit all control points and return control card with all punches.
- Complete the course before the cut off time
- Carry their individual and team mandatory safety kit at all times
- Be in visual and audible contact at all times

Each team's time is set by the last member over the finish line.  
Substitution (injury or illness) must be agreed in advance with the organiser.

For more information see our websites:

[www.badaguish.org](http://www.badaguish.org)    [www.youthoutdoorchallenge.org](http://www.youthoutdoorchallenge.org)

email: [events@badaguish.org](mailto:events@badaguish.org)    phone: [01479 861285](tel:01479861285)

## THE BADAGUISH OUTDOOR CHALLENGE 2015



Saturday 25<sup>th</sup> & Sunday 26<sup>th</sup> April 2015



A Speyside Trust charity event, raising funds to help people with disabilities enjoy an outdoor holiday.



A fun,  
trail finding  
& camping  
weekend in the  
Cairngorms  
National Park





### WHAT IS THE OUTDOOR CHALLENGE?

A two-day trail finding event for teams of three or four 13-18 year olds where you navigate 12-15km each day on tracks & paths in the Glenmore Forest. You will:

- Follow a route on a pre-marked map finding set points and answering questions.
- Camp out overnight and cook your own food during the challenge!
- Carry a mandatory kit list of clothing and equipment for your own safety.
- Meet new friends, learn outdoor skills, enjoy the stunning scenery of the Cairngorms, try activities and have fun whilst supporting a very worthy cause

### WHERE IS IT?

The event and camp are based at the Badaguish Outdoor Centre near Aviemore within the beautiful Cairngorms National Park.

WITH EACH £200 RAISED, WE CAN PROVIDE A MUCH NEEDED HOLIDAY BREAK



Sponsor Funds have also bought a variety of activity equipment including an adapted wheelchair bike, a climbing frame, canoe & bike trailer plus other equipment such as a special lifting hoist & shower chair.

*Our best wishes with your training and fundraising and we will look forward to seeing you in April 2015!*

*Andrew*

## SPONSORSHIP & GIFT AID

We ask each team to raise a minimum of £60 in sponsorship.

It is important that your sponsors:

- tick the 'Gift Aid' box
- fill in their address & postcode

We can then reclaim tax from the Inland Revenue if they are UK taxpayers.

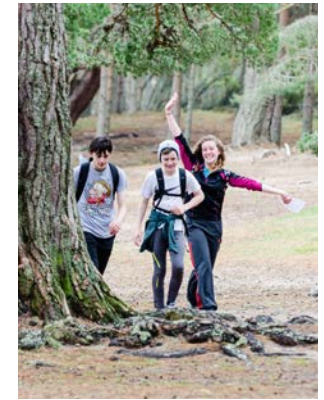
## OUR CHARITY

SPEYSIDE TRUST is a Scottish Charity which has provided high quality respite care activity holidays at Badaguish for 25 years. We welcome adults and children of all abilities.



At Badaguish, we offer an exciting, yet sheltered environment which people of all abilities can enjoy with safety and confidence in the care of our experienced team.

## TIMETABLE



### **Arrival**

You arrive on the Friday night or Saturday morning and set up camp - preferably Friday so that you can all settle in & meet up.

#### **Day 1**

- 08:00 Wake up Call
- 09:00 Event & Safety Briefing
- 10:00 Teams start heading out on Challenge
- 17:30 - 20:00 Free Activities for everyone

#### **Day 2**

- 08:00 Wake up Call
- 09:00 Event & Safety Briefing
- 10:00 Teams start heading out on Challenge
- 12:00 BBQ
- 15:15 Prizegiving

## WHAT DO I NEED TO BRING?

- An adult per team! (A Team Supervisor)
- The rest of your team!
- A tent
- A sleeping bag and mat
- Cooking stove, fuel and cooking utensils
- Food and drink for camps
- Food and drink to carry on both trail days
- Toiletries, towel and wash kit
- Good quality footwear and a change
- Waterproofs, hat & gloves
- Plenty warm clothing and spare/changes (not jeans!)
- First aid kit
- Compass (minimum of one per team)
- Sun cream—you never know!
- Midge Repellent
- Torch
- Whistle
- Rucksack



## HOW DO I GET INVOLVED?

Get Your Teachers/Leaders to become involved  
& put a team together

Think up a good team name (keep it clean & short..!)

Complete the Entry Form

Give your completed entry form and £18 entry fee (per person)  
to your Teacher/Leader

Look forward to a great weekend