



What is Trek for Life November 2009?

Trek for Life is a project of Cystic Fibrosis Queensland.

From November 7 – 14, a group of intrepid hikers will undertake an epic trek through the Southern Highlands of New Zealand to raise funds and awareness for Cystic Fibrosis Queensland.

The Trek takes place on private land, starting at Mesopotamia Station in the Rangitata Valley, location for the filming of the Lord of the Rings trilogy several hours drive from Christchurch on the southern island of New Zealand.

You will spend 5 days hiking over private country in complete wilderness, carrying a day pack with your lunch, water and daily needs. A helicopter will carry your heavier gear, our tents and food each day to the next night's camping site.

A maximum of 12 hikers will participate in a single trekking group, and if necessary we will take a maximum of two groups, who will arrive and depart Christchurch together, but will hike one day apart from the other along the track.

When is the Trek for Life?

The trek itself takes place from Saturday, November 7 to Sunday, November 15, 2009.

Participants must arrive at our Christchurch accommodation by 4pm on Saturday, November 7. The group will return to Christchurch after the trek on Saturday, November 14 for a final celebration dinner. Sunday, November 15 is a travel day for return home.

How fit do I need to be to take part?

The trek does involve hiking over uneven ground, and up significant inclines for several days. All participants need to be in good physical condition to complete the trek. A training guide with a recommended weekly exercise program will be sent to all participants.

Each day you will need to carry a day pack weighing no more than 5kgs. Your clothing and other gear will be transported daily to the next camp site for you.

What equipment do I need?

You will need to bring:

- A good rain shell – jacket and pants.
- Trekking boots and gaiters that go over the top of the boots
- Thermal bodywear – top and pants.
- Shorts, tee shirt
- Fleece top and some form of pant – track pant, fleece pant, trekking pant – whatever.
- Hat and gloves
- Torch, toiletries, towel.
- A small change of clothing for the hut to get you out of the sweaty walk-in clothing.
- Sleeping bag and sleeping bag liner
- Day pack
- Water bottle

We will provide:

- Trekking poles
- Tents

What does it cost to take part?

AUS \$1,850 twin share

AUS \$1950 single accommodation

Your payment includes all accommodation from the first night of Saturday, November 7 to the last night of Saturday, November 14, as well as all meals from Saturday night November 7 through to Saturday night November 14.

You also need to pay for your travel to Christchurch.

What is the cancellation policy?

If you cancel before September 25, 2009, 50% of your accommodation fee will be refunded. For cancellations after this date, there are no refunds.

Is there a fundraising minimum?

Funds raised by participants will support the vital work of Cystic Fibrosis Queensland

Each participant needs to raise a minimum of \$5,000 for Cystic Fibrosis Queensland, due one week prior to the Trek.

We do encourage all participants to raise more than the minimum.

To help you raise funds we will create a personal online fundraising webpage for you that you can email to all your friends, and send you a fundraising guide with sample fundraising letters, emails and tips.

What support will I receive?

Each participant will receive an information pack with fundraising how-tos and a fitness training guide. You will be enrolled in an online chat group where you can share questions and experiences with other participants and Trek leaders.

What is the accommodation?

In Christchurch we will stay in a motel. On the trek itself the accommodation will be a mixture of Huts with multi-share bunk accommodation and tents.

For more information contact:

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