

## Frequently Asked Questions



### Who can join The Challenge?

Essentially anyone who has a sense of adventure and the desire to help make a difference. You need to be 18 or over, have a reasonable level of health & fitness and possess a current passport. You also need to pay the registration fee (350 pounds per person) and commit to raising the minimum sponsorship (600 pounds per person). Other than that, it's pretty much open house.

### Are there minimum or maximum numbers?

In total, the minimum number is 30 and the maximum is fifty. Within that, you can participate in a team of between five and eight people. Teams can be from a company, club or association or they can just be groups of friends and family. If you would like to take part but don't have a team then let us know and we'll try and either make an "Indies" Team or hook you up with an existing team. It's sometimes easier to fund-raise as a team than as an individual and also easier to know who you're going to share a room or tent with, but we usually find that everyone who gets involved with these events ends up as friends anyway.

### Who do we travel with?

We use a variety of transport, primarily private bus and a ferry across the Straits. The bulk of travel will be on foot and the occasional mule if really necessary! We also utilize experienced local tour operators - ensuring that the nitty gritty logistics, safety concerns and overall management of the event runs smoothly. Rifcom aims to provide employment and training for residents of the Rif and these events draw in many local resources available.

### What luggage can I take?

In essence you can take anything YOU can carry. And we mean carry, not roll along as you will have to carry them into and out of the Rif region but they should also be flexible, canvas-type that are easily packed onto mules. We will also issue a kit list nearer the time of the trip. In the Rif your main luggage is transferred daily by mule but you must carry a day pack for lunch, water, etc.

### What will the accommodation be like?

You will be staying three nights in a basic tent camp (tents provided but you can bring your own) and one night in a basic hostel in the centre of Chefchaouen village. The hostel rooms are simple but comfortable and sleep between two and four. A few have en-suite bathrooms but mostly you share facilities with other rooms (probably entirely filled by fellow Challengers). For the tenting nights, bring a sleeping bag and bedroll. Bathrooms and wash facilities are VERY basic and in some cases improvised to meet our needs.

### Do I need to take out insurance?

At this time, Rifcom is aiming to INCLUDE travel and accident insurance for ALL participants. We will be informing teams and individuals of this status asap. All participants MUST HAVE this coverage for this event and so if RifCom cannot source a well-priced group cover then you'll be asked to take out personal cover.

### How fit do I need to be?

We strongly recommend a reasonable level of fitness and some hiking training before the event. The days are long and mountainous with mixed footing - which can be tiring. Heat and/or cool, wet weather may be upon us which increases fatigue. Mental and Physical acceptance of this challenge is important. For the 'team trials' daily, physical strength and endurance is not required - only stamina for the long day treks! RifCom will help organise pre-Challenge training walks so we recommend you join us for these and do your own as a team.

### What happens if I can't keep up?

There are always different walking speeds in a group and how fast you go will depend on your team dynamics which should always move along at the speed of the slowest participant. Back up support will never be far away and our mule support can always lend a hand to anyone really struggling. For more severe problems, assistance or evacuation by 4x4 can be made possible - but not guaranteed depending on your location. An evacuation study is carried out pre-event to the best of our abilities.

### What is the food and drink like?

All meals provided will be nutritious and focused on a combination of energy needs and cultural experience. In many situations you can participate in the preparation and/or cooking of the food you eat! Hygiene is often a concern in developing countries but helping with that is also one of the reasons we are there and so will largely be within our own control and influence.

### Costs: What's included and what isn't??

Your registration fee pays for transport on private coach and public ferry from Gibraltar to our destination and back. It covers the cost of the camping and hostel accommodation (based on two or more sharing a room), of most meals and daily water needs, of local and international guiding team, cooking team and support team with vehicle and mule support as necessary. You will be expected to bring your own lunch on Day 1 and 5, to buy any extra water and snacks you may want during the day and to tip your local guides, cooks and other supporters (channelled via your group leader).

Please email [info@rifcom.org](mailto:info@rifcom.org) if you have any other questions.