This classic challenge treks through the most breathtaking scenery imaginable to Mt Everest (8848m), the world's highest and most beautiful mountain.

Watch the sun rise across Everest and its majestic neighbours from Kala Patthar.

Not all base camp treks are the same: we provide optimum acclimatisation.

Our small group sizes achieve greater success and a more enjoyable ascent.

We include an additional day in Kathmandu as well as flexible days in the mountains.

Our guides and Shepas are fully qualified and experienced to ensure your safety.

Challenge Highlights

Fast Facts

<table>
<thead>
<tr>
<th>Destination</th>
<th>Nepal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Difficulty</td>
<td>Moderate</td>
</tr>
<tr>
<td>Altitude</td>
<td>5500m</td>
</tr>
<tr>
<td>Trip Duration</td>
<td>18 days UK → UK</td>
</tr>
<tr>
<td>Nights on Trek</td>
<td>13 nights</td>
</tr>
<tr>
<td>Nights in Hotels</td>
<td>3 nights</td>
</tr>
<tr>
<td>Meals</td>
<td>All meals on trek, B&amp;B in hotels</td>
</tr>
</tbody>
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Note......

Our EBC Challenge includes 3 nights in Namche Bazaar, the norm being 2.

This ensures that you are better acclimatised, have a safer journey to base camp and have a much better chance of achieving success!
Everest Base Camp Charity Challenge

This ultimate charity challenge trek takes you deep into the Nepalese Himalaya following the legendary ‘Everest Trail’ from the mountain airstrip in Lukla to the Khumbu Glacier, home to Everest's Southern Face Base Camp.

Our itinerary for this famous trek is designed to maximise your safety by allowing you the time to acclimatise properly. By including 3 nights in Namche Bazaar, your body is given more time to gradually adjust, which helps to reduce the potential negative effects you may suffer when trekking at altitude. This not only makes your journey more enjoyable, but ultimately leads to a higher success rate for our Everest Base Camp Challenges.

From Lukla, your journey criss-crosses the Dudh Kosi river on airy suspension bridges as you make your way over 9 days to reach Base Camp. Passing through many Sherpa Villages along the way, you will have plenty of opportunity to absorb the cultural richness and mysticism of Nepal before you reach the goal of your journey.

From the bustling town of Namche Bazaar, your journey takes you through Tengbouche, home to the famous monastery and a yes, a ‘German bakery’ where looks are often a priority over taste! From here, we continue until we reach Dingbouche were you will enjoy your second acclimatisation stage and another rest before the final push to your furthest and highest lodge at Gorak Shep (5100m).

With your safety our priority, we minimise your stay at Gorak Shep to just one night. From here, we head to Base Camp which sprawls out below the dramatic tumbling Khumbu Icefall at the foot of the formidable Mt. Everest (8,848m). The following morning before breakfast, you also have the opportunity to climb the famous Everest viewing point of Kala Patthar (5,600m). From this lofty summit, you get excellent close up views of the summit of Everest and its impressive neighbours: Lhotse, Nuptse and Ama Dablam before descending back down to warmer temperatures.

It is then just a glorious 4 days of descending to Lukla and a well deserved pat on the back. Our return route incorporates a quieter and less commercialised trail via Phortse to the legendary ‘Everest Trail’ from the mountain airstrip in Lukla to the Khumbu Glacier, home to Everest’s Southern Face Base Camp.

To sum up the challenge...

The ultimate charity challenge following the legendary ‘Everest Trail’ to Everest Base Camp (5300m) and the summit of Kala Patthar (5600m).

Why choose our Everest Base Camp Charity Challenge?

**Exemplary Acclimatisation**
Medical research has proven that even 1 extra day acclimatising is hugely beneficial to your chances of being unaffected by the effects of high altitude. We include 5 nights of acclimatisation (1 more than most). You’re only here once; get it right.

**Maximising your Route**
Our clients come to us for an original experience therefore we vary our descent to incorporate the quieter trail to Phortse.

**Minimised Discomfort**
Our itinerary provides a single night at Gorak Shep as we know that spending too long sleeping at such a high altitude can cause unnecessary discomfort.

**No supplements of fuel charges**
Our trip costs include all your flights related costs so you won’t have to cover an unknown additional cost at a later date.

**Early Guarantee Status/Low Minimum Numbers**
Our challenges are guaranteed to run once we receive bookings from between 2 and 6 people depending upon the trip. This means you can fundraise safe in the knowledge that your trip will go ahead and not be cancelled due to low numbers at the last minute.

**Free trek Holdall and EBC Map**
Free to every client on arrival in Nepal.

**Flexible and Resilient itinerary**
This is adventure travel and there can be numerous reasons beyond our control that can alter the intended plan. Our itineraries are sufficiently flexible and resilient to withstand a good deal of adjustments and still retain the aim.

**Challenging but Safe**
Weather conditions can often make our trips more challenging. There is a fine line between challenging and unsafe. Our experienced Guides will make the right decisions to keep you safe.

**Qualified English Speaking Local Guides**
We employ our local guides full time. Their training, including first aid, is renewed regularly. They know what they’re doing, loved by our clients and they love their jobs…. and it shows!

**No supplements to extend**
We do not charge admin fees for using different departure and/or return flight dates. We’re also happy to help you arrange your extended break.

**All Meals Included on Trek**
All meals on trek are included. That’s breakfast, mid morning snack, lunch and a 2-course evening meal. All dietary requirements can be catered for including Vegan and Gluten free - just let us know.

**Peace of Mind**
All our trips have full ATOL protection. See the last page for full details.
Inclusions

- International flights London - Kathmandu - London
- Return airport transfers in Kathmandu
- Fully qualified English speaking local guides
- Return domestic flights Kathmandu - Lukla - Kathmandu
- Return private domestic airport transfers
- Hotel accommodation in Kathmandu, twin share basis
- All meals on trek and B&B in hotels
- Porter support on trek
- All trek and National Park access permits
- Free trek bag and EBC map
- Challenge Manual containing everything you need to know
- Full support before and during your trip
- Discounts from UK retailers

Exclusions

- Travel Insurance

This trip will require a policy that covers you for trekking up to a max altitude of 5700m. Check any existing policies before taking out specialist insurance. Budget – £30 for a stand alone policy.

- Vaccinations

All standard boosters should be up to date. Please check with your GP or travel nurse for any additional requirements.

- Tips for local staff

We would recommend you should set aside £30 - £45 in local currency to be divided between the staff. Advice will be provided on our recommended ratio in our final travel information.

- Personal spending money

Day 1 - Depart UK
Fly from London (afternoon departure), bound for Kathmandu.

Day 2 - Arrive Kathmandu
You will arrive in Kathmandu in the morning, collected by our Representative and transferred to the hotel (25 mins). There will be a meeting with your Guide in the afternoon allowing further and final preparations. Our friendly staff are on hand to provide any advice or assistance.

Day 3 - Domestic flight to Lukla - Trek to Monjo 2835m
An early start for your domestic flight to Lukla. Enjoy a late breakfast in Lukla whilst watching the flights come and go from this unique mountain airstrip. Begin trekking, Lukla (2840m) - Monjo (2835m) Today is an easy 5 - 6hrs of trekking through the village of Phakding en route to Monjo where you will stay the night. BLD

Day 4 - Namche Bazaar (3500m)
The entrance to the Sagarmatha National Park is just on the outskirts of Monjo (checkpoint for Permits) and once through that, it is a steady hour following the river before you cross the final of 7 suspension bridges and begin the 90 min steep ascent up to Namche. This is the first of the ‘big’ hills so take it steady. You will catch your first glimpse of Mt Everest in the distance from a rest point (weather permitting). Namche Bazaar is by far the biggest village in the region with shops and even internet cafes.Expect to arrive at lunchtime. 4 hrs. BLD

Day 5 and 6 - Namche Bazaar (3500m) Acclimatisation
For the next 2 days you will take day treks in the local region to help you body acclimatisate to the increased altitude (trek high, sleep low) and to see more of the stunning surroundings.
On day 5 you are likely to head out to the village of Thame and on day 6 we slightly increase your altitude with a short trek over the ridge to Khumjung (via the Everest View Hotel) where the Edmund Hillary Himalaya Trust school is located. BLD

Day 7 and 8 - Namche Bazaar - Pangbouche (3800m) - Dingbouche (4000m)
A beautiful and easy trek down and out of Khumjung and then down into a deep valley before ascending up to Tengbouche for lunch. Famed for its hilltop Monastery, this village has one of the best views of Everest. After lunch, it’s a short’ish trek to your overnight stop in Pangbouche (about 90 mins - 2 hrs). After brekafast, the trail levels off for a while after an initial steep section for an hour or so, before crossing a river followed by a climb up to the village of Dingbouche. BLD

Day 9 - Dingbouche - Acclimatisation Day
Dingbouche is another important stop as the Nepalese Rescue Association (NRA) has an outpost here. The actual medical station is located in Pheriche just over the ridge and manned (during the trekking season) by volunteer qualified Doctors. Through experience, if you are going to suffer from altitude sickness, symptoms will begin to surface here. Your Guide will encourage you to take an acclimatisation walk, once again to gain some altitude to assist your body to acclimatisate. Wonderful views. Take the opportunity to go to the free daily presentation on altitude sickness, given by the volunteer Doctors and rest as much as you can. BLD

Day 10 Dingbouche - Lobouche (4000m)
A lovely day’s trekking. A short sharp rise out of Dingbouche and onto the ‘high path’ that leads to the small cluster of tea houses known as Dughla (2 - 2 1/2 hrs). This sits at the base and the very front end of the Khumbu glacier.
Your next section is to climb up the front of the glacier (although not on ice!), a steep but relatively short section (~45 mins). Be sure to spend some time at the top for there lies many memorials to climbers who have lost their lives in this region. It is a moving place. From here it is just 60 - 90 mins into Lobouche. 5 - 6 hrs. BLD

Day 11 - Lobouche - Gorak Shep (5100m) - Everest Base Camp (5300m)
An early start to reach Gorak Shep in 3hrs for breakfast; your final and highest tea house on this trip (5100m). Once you have rested here, it’s onto Everest Base Camp! Savour the moment before returning to Gorak Shep. The Base Camp itself is potentially enormous; it has to house some 250 -300 people during the main climbing season. The centre is not marked but is generally known to be a cairn with prayer flags. There is an excellent close up view of the Khumbu ice field. Climbers have to negotiate this dangerous section on every time they go up for acclimatisation or to summit. This is a demanding day so be sure to rest and sleep as much as you can. BLD

Day 12 - Gorak Shep - Kala Pathar (5500m) - Down to Phericte (4200m)
A pre-dawn rise to summit the highest point on this trek (although this is optional). It is a 90 min tough ascent (and potentially very cold) but gives you excellent views of the summit of Everest. The descent is much faster; time for breakfast! At about 0900hrs, you will begin the trek back, first back across the moraine and then through Lobouches (stop for coffee), Dughla and then you drop down onto the valley floor into Pferiche). You will appreciate the lower altitude and warmer temperatures! A long day but relatively easy going. 8 hrs. BLD

Day 13 - Phericte - Phortse (3810m)
Cross the river out of Pferiche, up and over the small pass and from there is a breeze down to Pangbouche, maybe a coffee stop? Then, we switch tracks to Phortse; few people go here so it’s much easier walking. BLD

Day 14 and 15 - Phortse - Monjo - Lukla
Down and out of Phortse, cross the river and contour round towards Khumjung, avoiding Tengbouche. Once you join the main track again, it’s 90 mins to Namche, lunch and then a further 90 mins - 2 hrs downhill to reach Monjo. After an overnight stop, the final section takes approx 5 hrs with a break in Praftding. You will be elated to reach Lukla having completed one of the most classic treks in the world; well done. BLD

Day 16 - Lukla - Kathmandu
An early start to have breakfast and be ready for your flight back down to Kathmandu. You should reach your hotel by midday; plenty of time to enjoy the facilities that Thamel has to offer. You can continue with any remaining sightseeing, have a post trek massage (very inexpensive in Nepal), shop till you drop or simply relax in one of the many cafes, restaurants and bars soaking up the atmosphere. BLD

Day 17 - Kathmandu - Free/spare day, B

Day 18 - Kathmandu - Depart Nepal
**Challenge Costs**

<table>
<thead>
<tr>
<th>Total Cost for your trip (includes deposit)</th>
<th>£2295</th>
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</thead>
<tbody>
<tr>
<td><strong>Payment Breakdown</strong></td>
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<td>Deposit for all payment options</td>
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<td>Flexi funded additional personal contribution **</td>
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</tr>
<tr>
<td><strong>fundraising total</strong></td>
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</tr>
</tbody>
</table>

* Your payment is made up of an interim payment of £800 due 7-8 months prior to departure, plus the balance payment of £1115 which is due 60 days prior to departure.
** Your additional personal contribution is due 7-8 months prior to departure.

**Payment Options Explained**

There are 3 payment options to choose from when you sign up. With all 3, there is the initial deposit which is your personal contribution towards the cost of your challenge. This is not a fee for administration but will secure the services/flights for your trip and forms part of the overall trip cost.

**Self Funded**

This option allows you to pay the entire cost of your trip yourself. An interim payment is due 7-8 months prior to departure with the balance payment due 60 days prior to your departure. You can then make arrangements directly with your chosen charity and all money you raise will go directly to that charity.

**Sponsorship Funded**

You commit to raising a minimum amount of sponsorship for your chosen charity from which the remaining balance for your trip will be paid. You will be asked to complete a pledge form with the charity setting out the target dates and any guidelines required; this is a requirement of your booking. Your chosen charity will support your fundraising throughout and all sponsorship money you raise must be paid to them upon receipt. Generally, the sponsorship target is set to ensure that a minimum of 50% of the money you raise is retained by the charity. All money raised above the target will also be retained by the charity. Your fundraising target must be met, and paid to the charity, a min of 10 weeks prior to your departure date. This enables them to pay the remaining balance for your trip with no financial risk to themselves.

**Flexi Funded**

In addition to the deposit, you pay a 2nd personal contribution, 7-8 months prior to departure which reduces the fundraising target. You then commit to raising a minimum amount of sponsorship for your chosen charity from which the remaining balance for your trip will be paid. You will be asked to complete a pledge form with the charity setting out the target dates and any guidelines required; this is a requirement of your booking. Your chosen charity will support your fundraising throughout and all sponsorship money you raise must be paid to them upon receipt. Generally, the sponsorship target is set to ensure that a minimum of 50% of the money you raise is retained by the charity. All money raised above the target will also be retained by the charity. Your fundraising target must be met, and paid to the charity, a min of 10 weeks prior to your departure date. This enables them to pay the remaining balance for your trip with no financial risk to themselves.

**Your financial protection**

You are financially protected against our insolvency. Our ATOL Licence number is 10755. [Click here to view verification.](#)

When you buy an ATOL protected flight or flight inclusive holiday from us you will receive an ATOL Certificate. This lists what is financially protected, where you can get information on what this means for you and who to contact if things go wrong.

We, or the suppliers identified on your ATOL Certificate, will provide you with the services listed on the ATOL Certificate (or a suitable alternative). In some cases, where neither we nor the supplier are able to do so for reasons of insolvency, an alternative ATOL holder may provide you with the services you have bought or a suitable alternative (at no extra cost to you). You agree to accept that in those circumstances the alternative ATOL holder will perform those obligations and you agree to pay any money outstanding to be paid by you under your contract to that alternative ATOL holder. However, you also agree that in some cases it will not be possible to appoint an alternative ATOL holder, in which case you will be entitled to make a claim under the ATOL scheme (or your credit card issuer where applicable). If we, or the suppliers identified on your ATOL Certificate, are unable to provide the services listed (or a suitable alternative, through an alternative ATOL holder or otherwise) for reasons of insolvency, the Trustees of the Air Travel Trust may make a payment to (or confer a benefit on) you under the ATOL scheme. That agree that in return for such a payment of benefit you assign absolutely to those Trustees any claims which you have or may have arising out of or relating to the non-provision of the services, including any claim against us, the travel agent (or your credit card issuer where applicable). You also agree that any such claims may be re-assigned to another body, if that other body has paid sums you have claimed under the ATOL scheme.

[Click here for Consumer Information on your ATOL protection.](#)

Many of the flights and flight-inclusive holidays in this brochure are financially protected by the ATOL scheme. But ATOL protection does not apply to all holiday and travel services listed in this brochure. Please ask us to confirm what protection may apply to your booking. If you do not receive an ATOL Certificate then the booking will not be ATOL protected. If you do receive an ATOL Certificate but all the parts of your trip are not listed on it, those parts will not be ATOL protected. Please see our booking conditions for information, or for more information.
Flying to and from Lukla

Important, please read.

Your 30 min domestic flights to and from Lukla are probably the most exciting and exhilarating flights you’ll ever do. Lukla’s airport is perched in the mountains and has a short 500m runway with a gradient of 11.7 degrees to assist slowing the aircraft down on landing and speed up the aircraft on take off, which is straight off a cliff! The pilots are incredibly skilled.

The location of the airport means that flights are very reliant on the weather conditions. For your safety, without a 100% visibility of the runway, the aircraft will not land, or even take off from Kathmandu. Delays and cancellations are therefore always possible, which ultimately can affect your itinerary. There would be nothing worse than not being able to get to EBC due to cancellations/delays of the aircraft, leaving you without sufficient time to get to EBC safely.

Rest assure that if delays occur, once they get flying, they fly for as long as they can to make up backlogs.

Our itinerary is the result of our vast experience of this process. It allows at least 2 days of full cancellations and still be able to trek to EBC with a full (and safe) acclimatisation programme.

We include an additional night in Namche Bazaar AND an additional night in Kathmandu on your return. Both of these days can be utilised as ‘spares’ should you be delayed on the way up. The additional night in Namche also serves to enhance your acclimatisation.

The additional day in Kathmandu also doubles up as a spare for any delays encountered on the way down, minimising any risk to missed international flights!

Should you wish to discuss this subject, please feel free to contact us.

Flying to and from Lukla

Your questions answered

Is this challenge for me and how tough is it?

We will be walking between 5 - 7 hours per day, occasionally longer if it is necessary (usually not). We don’t usually work in distance as the terrain plays a huge part, therefore we always work in hours.

Temperatures during the day (sun up) will vary between 15°C and 25°C and the night temperatures will drop to below zero (-10°C to -15°C close to EBC).

Whilst this trek can be physical in places, the general basic conditions and high altitude often prove to be the real challenges. You will need mental and physical endurance to undertake this trip and we would recommend a good general level of fitness.

After booking, you will be asked to complete an Emergency Details Form which will include your medical history. If we have any doubts about your ability to take part in the challenge, we may ask you to provide a letter of fitness from your GP, therefore we would recommend that if you have any concerns, you speak to your GP prior to booking.

A few more hours trekking in the afternoon will take you to your night stop. Once you are settled, you will need to order your evening meal so that it can be prepared for a pre-arranged time.

After dinner, it won’t be long before you retired after a good day’s trekking.

What will the food be like?

All of your meals are supplied by the tea houses (lodges) and is varied and plentiful. Please do remember where they are and how they get resupplied.

Options for breakfast are cereals, porridge, toast, eggs, etc...hot drinks. Coffee/tea and biscuits mid morning.

Lunch is usually light, such as a sandwich or mixed rice. Try to stick to something that can be prepared easily and quickly or you could be waiting for ages! All food ordered is freshly prepared.

The evening meal is two courses; starter + main meal or main meal + desert. Hot drink.

In addition, there are plenty of snacks for sale such as chocolate bars, biscuits and fizzy drinks.

What about special dietary requirements?

Virtually all individual dietary requirements can be catered for if you let us know in advance.
Your questions answered

**Can I travel on my own?**

Yes! Our ‘Open Challenge’ trips are available to anyone wishing to join, either as a group or as an individual. Groups form close bonds even if they have never met before the challenge, which makes our trips such a huge success with those taking part and leads to lifelong friendships. In some situations, it’s also possible to join one of our closed groups challenges if the charity and the group are open to additional members. There is no harm in asking!

**What will the accommodation be like?**

**Kathmandu** - We use the excellent 3* Manang Hotel located in the Thamel District. Not only is the food excellent but it is one of the few hotels that withstood the 2015 earthquake! The hotel is well equipped with a bar, restaurant, laundry, safe deposit boxes, currency exchange, free wifi and more...

**In the Hills** - tea houses have a number of twin bedded rooms with mattresses, clean sheet, pillow (with case). The dining rooms and toilets are communal.

Washing facilities vary from a sink to some showers (additional cost). Most (if not all) tea houses have snacks and mineral water for sale.

**What do you mean by ‘Early Guarantee Status’?**

Unlike many companies, we will guarantee a trip with numbers as low as 2 people, even if they are two independent travellers. This means that from a very early stage you can fundraise and make your travel plans, safe in the knowledge that your trip will not be cancelled at a late stage due to minimum numbers not being reached.

We have organised many trips at the last minute for people who have achieved their fundraising total, only to find that the trip is cancelled by other companies two months before they are due to depart. We know how vital this assurance is.

**How big are your groups?**

Our average group size is 4 - 8, however we can accommodate much smaller or larger groups if required.

**Can I extend my stay?**

As long as you let us know at the time of booking, we can adjust your outbound or return flights so that you can enjoy some additional time in country. We don’t make any charge for this adjustment and as long as your revised dates are not affected by increase flight prices, the cost will remain the same.

If you would like to extend and discuss the options with us then we’re more than happy to help.

Some suggestions:

- Spend an extra night or two in Kathmandu.
- Extend out to enjoy a few nights in Pokhara. It’s a very relaxing place to stay for a couple of nights by the Phewa lake and has many adventure activities such as paragliding, mountain biking, etc...

**Will I have to pay a single supplement?**

Not unless you request sole occupation.

Generally, all accommodation is on a twin/triple share, same-sex basis. We will pair you with another member of the group. If you wish to be paired with someone specific within the group, just let us know.

If you decide that you would like to have your own hotel room, we can accommodate this and an additional fee will be applicable and payable personally. Please indicate your preference on the booking form.

If you do not indicate that you wish to have sole occupation and you happen to be the odd one out, then you will be accommodated on your own at no additional cost.

Sole occupation in the hills cannot be guaranteed due to the nature of the accommodation. It is often at premium and lodges will want/need their spaces filled.

**Requested Sole Occupation fee for this Challenge: £120**

**When is the best time to go?**

Mar, Apr, May, Sep, Oct and Nov are considered the optimum months for completing this challenge.

Temperatures during the day can range between 10°- 25° with night time temperatures dropping to as low as -15° close to EBC.

**Can I book if I’m travelling from overseas?**

Yes. If you live outside the UK then please contact us and we will be able to make arrangements for you to meet us in country on a Land Only basis or connect with our flights from the UK.

**Can we book as a private group?**

Yes. All of our challenges can be booked for a private group either through the charity of your choice or as an independent group of friends fundraising for one or more charities. You will have the option to choose dates to suit and also amend the itinerary to either lengthen or shorten your trip as required.

**Can I choose any charity?**

You can choose your charity when booking onto an open challenge or if you are booking as a group. We work with many of the large as well as smaller charities which are local, national and internationally based.

Before your booking can be processed, we need confirmation from your chosen charity which we will organise on your behalf. Please be aware that some larger charities will now only accept self funded challenges.

**How soon should I book? / How long to fundraise?**

We would always advise that you book your challenge as soon as possible (many opt to book a year in advance) to allow plenty of time for fundraising. Fundraising target dates are 10 weeks before departure. That said, if flights and the trip you are interested in still have availability, you can book at any time, particularly if you are choosing the self funded
Your questions answered

payment method.
If you want to book onto a specific challenge then we would always advise that you contact us first to discuss the funding options in relation to the timescale before departure.

How do I book?
A Charity Challenge is one of the most rewarding events you can take part in. Once you decide what you want to do and when you would like to go, the next thing is to decide which charity you would like to fundraise for. We would even suggest that you contact us to have a chat about the challenge and in particular if you are taking on a sponsorship method so that we can contact the charity to seek their approval for the funding.

Before booking any challenge, we would recommend that you thoroughly check through our booking conditions as acceptance is a requirement of your booking.

Once approval is in place, we will issue you with:
• The charity pledge form.
• Our booking form - available on line or to download.

These forms should be returned to us together with your deposit.

Those who are self funding can complete the booking form and forward it to us with their deposit.

How to Pay can be found on the Booking Page.

What happens after I book?
Once we receive your completed booking, we will issue you with a confirmation letter, ATOL certificate, receipt invoice, the Challenge Manual and details of any retail discounts available to our clients. You will also be provided with a link to the client area of our web site. Here you will be able to access our required forms, and information which will help you prepare for your challenge.