

WELCOME TO
TEAM
BATTERSEA

YOUR TREK CHALLENGE GUIDE

**HERE FOR EVERY DOG
AND CAT SINCE 1860**



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Hello! Thank you on behalf of everyone at Battersea for choosing to take on a trekking challenge to raise money for the dogs and cats in our care. You are embarking on an exciting journey with Team Battersea and this guide is here to help kickstart your adventure and support you every step of the way.

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TREKKING TIPS

You are about to embark on an exciting trekking challenge for the dogs and cats in our care and whether you are a fitness fanatic or a beginner, we hope you'll find the training and fundraising tips in this booklet useful and inspiring. We've spoken to health professionals and former Team Battersea trekkers to find the best training and fundraising tips to help ensure you have an amazing experience.

Trekking is an amazing way to embrace nature and see the beauty a place has to offer. It's also a great way to get to know other people taking part in an event because, unlike a running or cycling challenge, you can chat to and learn about the people trekking with you. Although many people see treks as 'a long walk', this is not the case and it is vital you train and prepare yourself for the distance you will be covering. **We have gathered some of our top trekking tips:**

FOOTWEAR

It is vital that you have the most appropriate walking boots for your trek. Preferably with ankle support and a stiff heel counter to give you lateral support. Also, remember to wear your shoes in plenty of time before your challenge – no one wants blisters! There will be an expert at your local outdoor shop to help you choose the right pair.

SOCKS

Investing in good quality walking socks will help stop any rubbing. They are just as important as your footwear.

CLOTHING

When trekking, it's best to have a layering system to help you adapt to changing weather and your body temperature. Start with a base layer made of synthetic fibres to draw moisture from the skin. Then an insulating layer such as a fleece to keep you warm. Finally, an outer layer such as a breathable waterproof to protect you from the elements.

BACKPACK

A proper backpack with a waist and chest strap will ensure that weight is distributed evenly across your back to avoid injury. This will be needed to store your water, snacks, camera, first aid kit and any extra layers.

TRAIN AND REST

Ensuring you have thoroughly prepared physically for your trek will mean you can enjoy the experience and your surroundings as much as possible. Walk on different terrains and gradients to get your muscles prepared, ensuring you cool down thoroughly after each session. Showing friends/family all the training you've done will also motivate them to sponsor you.

TAKING ON A TREKKING CHALLENGE



Plan

Creating a training plan is the first step to achieving your goal, and it is a great way to motivate yourself. Start by breaking down your overall distance into small, achievable milestones which can act as small, medium and long-term goals. It is incredibly important to ensure that your plan is realistic, that you can fit your training into your routine, and that you can build up your distance slowly, to avoid injuring yourself.

Get into a routine

A realistic plan is one that can become part of your daily or weekly routine. Decide whether you would prefer to train in the morning, during your lunch break or in the evening and stick to what you've planned. It is fundamental that this routine also includes stretching before and after your training – warming up and cooling down are essential elements for recovery and progress.

Start your fundraising early

It's easy to get caught up in your training and leave your fundraising until the last minute. By starting early, not only can you keep people updated on social media as your training progresses, but you can spread awareness about why you're taking on a challenge for Battersea. Getting organised also leaves you with more time to concentrate on your longer training sessions in the run up to the big day. Taking pictures of your routes also proves to people who have sponsored you that you are doing this!

Get kitted up

Having the correct kit is essential. This doesn't mean spending lots of money on the latest gear, just ensuring you have comfortable, appropriate clothing which you have trained in before the big day. The most important element for your challenge is shoes, as the right footwear keeps you comfortable and prevents you from injury.

Rest

Ensuring you have time to rest and recover is just as important as clocking up the miles. This includes getting plenty of sleep; your body needs time to repair from all the extra work it's doing. Make sure you plan rests into your schedule, particularly in the run up to your event as this reduces the risk of late injury and ensures you are in peak condition.

Eating well

It is important to fuel your body to support your regular training as it places additional demands on your body. Eat a nutritious and balanced diet, with a focus on fresh fruits and vegetables as a source of the vitamins and minerals you need. Stay hydrated with at least two litres of water per day, and even more when you're training. When you sweat you lose electrolytes like sodium and potassium, so it is important to replace these with either an isotonic drink or a drink naturally rich in electrolytes, like coconut water.

Believe in yourself and have fun!

Taking on a challenge is an amazing thing to do and you should be so proud of yourself. Training is a rollercoaster, and you will have ups and downs. Don't sweat it when your session doesn't go as you'd hoped and make sure you treat yourself occasionally too. Trekking for Battersea should be a fun experience, and although it's important to follow a plan, don't put too much pressure on yourself and enjoy the journey. You are doing it for a great cause!

GETTING STARTED WITH YOUR FUNDRAISING

- Set up your JustGiving page and fundraising target
- Share your page on social media
- Create a training plan
- Check you've got the right kit
- Say thank you - and keep sharing your page to reach your target!

Take a moment to jot down some of your fundraising ideas

MY FUNDRAISING IDEAS..

Find more ideas and inspiration at battersea.org.uk/fundraising-ideas

OUR TOP FIVE TIPS

1

Make it personal

Updating people on your training progress and fundraising journey will show your supporters how hard you're working and encourage others to donate. Make your page stand out by adding photos and explaining why you are taking on your challenge for Battersea.

2

Think big

Tell people in your community what you are doing and why you are fundraising for Battersea. Why not post in your local area Facebook group and see if you can put up posters in nearby shops to spread the word about your challenge with details of how to donate.

3

Get cooking

They say the way to a person's heart is through their stomach, so get baking! Whip up brownies or savoury treats and arrange a secure 'drop-off', pop them in the post in exchange for donations or hold a virtual cooking class and show everyone how to cook your favourite meal.

4

Do what you love

Got a secret love for knitting? Yoga? Reading? Use your hobbies to create a fundraising opportunity people will remember, such as a virtual book club or yoga class, and ask people to donate to join. We want you to have fun, so it makes sense to start with what you love!

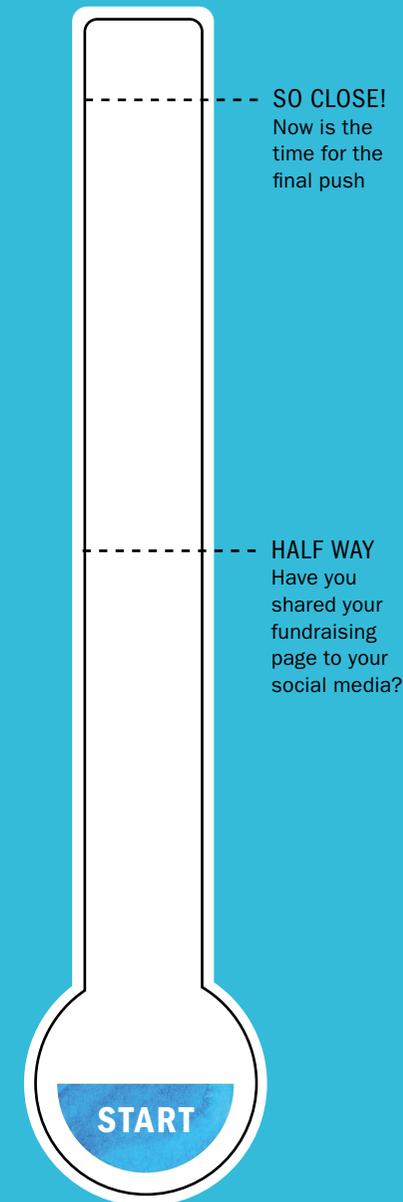
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Show your gratitude

Letting your sponsors know that their donation is appreciated will not only make them feel valued but also inspire others to be part of your journey. Do regular social posts thanking your supporters and show how they've helped Battersea be here for every dog and cat.

FUNDRAISING TARGET

£





CRICKET HAD A ROUGH START IN LIFE

he was found in a cat carrier with a note saying "Help Me", but thanks to our expert team and the kind family who rehomed him, he's unrecognisable from the poorly kitten who came to Battersea in 2019.

MEET CRICKET

Cricket had been found in a cat carrier with a message that read 'Help me please'. The five-month-old kitten was extremely malnourished, with a very thin coat and most noticeably of all, his two front legs were badly bowed. He weighed less than half of what a healthy cat his age should.

It was touch and go for the little kitten, but our expert veterinary team believed in him. They worked tirelessly to give him the best possible chance of survival – one nurse even gave up her weekend to look after Cricket in her own home.

It took weeks of intensive care from Battersea's clinic team to turn Cricket's life around, along with round-the-clock support from the dedicated cattery team and our expert foster carers.

Thanks to this unconditional care, Cricket grew stronger every day. He gained weight, his fur grew back, and he learnt to trust people again, however he still needed specialist medical treatment to help with his bowed front legs.

Despite having such a hard start in life, Cricket was such an affectionate cat,

loving nothing more than cuddling up on someone's lap. His cheeky charm and playful personality won the hearts of everyone who cared for him at Battersea.

Thankfully, Cricket had a fighting spirit and after a long period of recovery at Battersea, he found his place to belong with a loving family in Hampshire, and has since been renamed Hunter.

Little Cricket survived because he was given the best care possible, 24 hours a day, for as long as he needed.

If Battersea hadn't been there, Cricket's story may have ended very differently. For 160 years we've made it our mission to never turn away an animal in need of care. With your help, we never will.



A DONATION OF ANY SIZE CAN MAKE A BIG DIFFERENCE

Battersea is here for every dog and cat, and has been since 1860. Over more than 160 years, we've gone from one home in London to three rescuing and rehoming centres across the country and have cared for over three million animals.

At Battersea, we know that rescue animals may not be perfect, but they're worth it. Every animal at Battersea has character, quirks and lots to give, and they all deserve a second chance and a happy home – so thank you for helping us to make sure that happens.

Here are some of the things your donations could go towards the cost of at Battersea.

Share these on your fundraising page to help show your sponsors how their donation helps.

£10

could help pay for special milk and food for hand-rearing orphaned puppies and kittens until they're strong enough to feed on their own.



£20

can help pay for home comforts such as cosy bedding and toys to help unwanted dogs and cats be comfortable and happy while waiting for a home of their own.

£50

can help pay for medical equipment such as anaesthetics, fluids and special drugs used for life-saving operations.



THANK YOU AND GOOD LUCK

RESOURCES

We thought it would be helpful to signpost you to some of our favourite apps and websites. Most of the time they're free to access, and help you keep track of your progress on the go.

Strava

strava.com

The number one app for tracking your training, this will enable you to see all your training sessions and share your progress with friends and family.

Happy Place by Fearn Cotton

officialfearnecotton.com/happy-place

Featuring a series of interviews with inspirational people, Fearn and her guests discuss life, love, loss and what happiness means to them.

The Journal by Intrepid Travel

intrepidtravel.com/adventures

This website has some great articles to read about trekking, with a ten-step trekking guide with handy hints and tips.

The Training for Trekking Podcast by Rowan Smith

Does what it says on the tin! Rowan's many episodes cover training tips, nutrition, motivation and many other popular trekking topics.



We hope this guide will be there to help you get started with your training and fundraising, keep you going and inspire you when you need it.

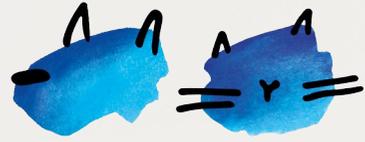
The Events team are also here to support you every step of the way. If you are planning any fundraising events, we can send you:

- Collection tins
- Eco-friendly balloons
- Banners

Plus, we can give you as much or as little fundraising advice and support as you need.

Battersea simply cannot be there for every dog and cat without dedicated supporters like you. By making this choice, you are not only taking on an amazing personal challenge but helping dogs and cats find their forever homes along the way.

We thank you from the bottom of our hearts.



BATTERSEA

HERE FOR EVERY DOG AND CAT

