

Trek Jordan with Autism Jersey

Questions & Answers

1. How do I take part in the challenge?

Complete the enclosed registration form and return it to Autism Jersey with your registration fee of £300 as soon as possible. You will then receive confirmation of your booking, further details about the event, sponsorship forms, fundraising and training information and regular updates and support.

2. What is the average age?

There isn't one! If you are over 18 and under 65 you are eligible to register. (If you are over 65 you will need to provide a medical certificate from your doctor to confirm that you are fit for the challenge).

3. How fit will I need to be?

The challenge is tough and training is imperative so that you get the most from the experience. You must follow our training advice and realise that by failing to do so you compromise your own health and enjoyment as well as that of the group. There will be group training sessions if you want to join in. You will need to complete a medical questionnaire.

4. How do I get sponsorship?

You will receive tips on fundraising and ideas on how to put together your own personalised strategy. Fundraising is not as difficult as you think, but you need to be positive, imaginative and determined. You will receive plenty of support and the opportunity to meet other participants to exchange fundraising ideas with.

5. Do I need special kit?

You will receive a comprehensive kit list when you register. You will need a good pair of walking boots and a sleeping bag.

6. What is provided?

Scheduled return flights, all accommodation, food, water, fruit and refreshments throughout the trip. All ground and baggage transfers, back-up support vehicles, doctor and guides. You will need to budget for insurance, optional excursions and your own personal expenses.

7. What sort of accommodation and food will be provided?

Accommodation will be shared and in 3 star hotels. During the trek large Bedouin tents will be used with mattresses provided. You will need to bring your own sleeping bag for the event. Food will be wholesome and plentiful. Vegetarians can be catered for.

8. What sort of insurance do I need?

You will need to supply your own adequate insurance cover and provide proof 10 weeks before the event. Insurance can be purchased through Classic Tours.

9. What will the terrain be like?

Hike Jordan will involve walking on all sorts of terrain ranging from hills (up and down), steep and rough and through valleys. Hike Jordan is a serious but achievable event. It is essential to follow the training advice so that you can enjoy and appreciate the scenery in this fabulous destination.

10. Do I require any special vaccinations?

You will need to check with your G.P. that you are up to date with routine vaccinations such as typhoid, tetanus, hepatitis A and polio. It is important to explain what you will be doing. You will be drinking bottled water throughout the trip.

11. What will the weather be like?

Global weather is unpredictable but generally the weather should be fine and warm during the daytime with night time temperatures dropping to quite low levels. There will be a difference in temperature from the Dead Sea to the mountains closer to Petra.