



FIVE FOR THE FIGHT

Join us as we take the fight against childhood cancer to new heights.

Are you looking for a life-changing challenge that will push both your physical and mental limits all while raising money for an important cause?

Then join the Summit for SickKids team as we scale 5 mountains in the Canadian Rockies to honour 5 SickKids' patients and their incredible cancer journeys, all while raising another \$50,000 for SickKids' Oncology Department and Cancer Genetics Research Program.

About the climb

For our 5-mountain challenge, the team will be based out of the Lake Louise Alpine Lodge in Alberta, leaving each morning to meet up with our professional mountaineering guides from Yamnuska Mountain Adventures to drive to the starting point of each day's climb.

DAY 1

The first challenge of the trip will be Mount Fairview - a picturesque 9,000-foot climb that will give our climbers a taste of the Rockies and a chance to ease into the 5-day challenge. Winding forest trails take climbers to the top of the tree line where loose scree and switchbacks make up the rest of the 4-hour ascent to the summit.

DAY 2

On Day 2, our climbers will embark on a shorter but more technical climb of the 7,750-foot Tower of Babel. This climb offers a short hike through scree slopes into the gully below the tower, with a technical scramble to the summit. On this day, we will ensure a more intimate 3:1 guide-to-climber ratio ensuring the safety of even the most beginner mountaineer.

DAY 3

Mount Niblock (9,760 feet) and Mount Whyte (9,785 feet) are the objectives for Day 3 of our adventure. These two mountains will challenge climbers with steep sections, narrow ridges and a long day on the slopes, but reward them with incredible views of the valley and of our final mountain - Mount Temple.

DAY 4/5

After a day of rest to ensure climbers are recuperated from the first 4 peaks, we will embark on the culmination of our challenge - Mount Temple. This 11,627 foot climb will test the resilience, teamwork and spirit of our team, with exposed sections and challenging scrambles over the course of our 12-14 hour day. Climbers will be rewarded with the most remarkable views of the Canadian Rockies from the summit, and a hard-earned celebratory beer upon their return to the Lodge.

FAQ

Q1

When will the climb take place?

The climb will take place in August of 2019 to ensure we have enough time to train and fundraise as a team.

Q2

Do I have to be experienced to join the team?

No mountaineering experience is required, although it's great if you do. We have designed this climb to allow for participation from all levels of experience. With a professional guiding company helping us throughout our trip, safety will be our biggest priority.

Q3

What fitness level is required?

You don't have to be an elite athlete to participate. You should, however, be in good general health and will need to train prior to the climb to ensure you have the cardiovascular endurance required. It's really no different than training for a 10k race.

Q4

What is the cost of the trip, and how much do I need to raise?

The estimated cost of the trip is \$2,750. However, if you are able to raise a minimum of \$5,000, there will be no cost to you. Should you raise less, you will be responsible for paying the difference (i.e. you raise \$4,000, the cost of the trip will be \$1,000 to you). Each climber will be responsible for participating in, and organizing their own fundraising efforts. We are a team, and are here to help you reach your goal!

Q5

What gear do I need?

Don't worry if you don't have a closet full of mountaineering gear. We will provide a gear list closer to the climb with a list of rental options. We do, however, recommend a good pair of hiking boots (with proper ankle support) and some technical clothing. Who likes to wear other people's sweaty boots and clothing anyways?

Q6

How will altitude affect my body?

Altitude affects us all differently. We have designed the climb to allow adequate time to acclimatize to give us all the best chances of success. We have also chosen mountains with altitude that is manageable. There are also ways to manage altitude sickness. More information will be available prior to the climb.



APPLICATION

To join the team, please complete and return the below application to info@summitforsickkids.com. Applications are due by February 28, 2019.

Name: _____

Email: _____

Address: _____

City: _____ Province/State: _____

Country: _____ Zip/Postal Code: _____

Phone: _____

What does joining the Summit for SickKids team mean to you?

I understand that it is my responsibility to:

1. Fundraise a minimum of \$5,000, or pay for the value of the trip
2. Provide all relevant trip and health insurance
3. Provide the necessary personal gear for the trip (rental or purchase)

Signature

Date

Print Name