

Frequently Asked Questions



Q: How old do I have to be to go on one of your Challenges?

A: For any of our challenges the minimum age you must be is 18 years old at the time of booking.

Q: How fit do I have to be?

A: The trekking challenges range from moderate to tough and extreme - they are designed to create a physical challenge. But they are achievable for most people of average fitness with the proper training. Training for your trip is all part of the preparation and requires commitment! Without it, you may not succeed and will certainly find this experience of a lifetime less enjoyable. You will be provided with thorough training guides once you have registered and Discover Adventure are always happy to talk through the trip in more detail with you if you are worried about your fitness at any stage.

Q: Will I need specialist kit?

A: You will travel through remote areas where you could be exposed to bad weather at any time so you should be prepared for all weathers and temperatures. Specific details about the weather for each event is included in the brochure which is available to download on each Challenge Event page. You will be provided with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Build Africa customer. We are always available if you need advice.

Q: What is not included in the package?

A: Your trip cost does not include personal travel insurance, airline fuel supplement if charged by the airline, entry visa, tips for local crew or international departure tax. It also does not include any entrance fees to any optional sites or attractions you may wish to visit, or optional activities you may wish to undertake.

Q: What is the food like?

A: All food is included when trekking. The food is good, freshly-cooked and will give you plenty of energy for the long days of trekking. Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home - you will be in very rural areas and among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply. Please feel free to speak to staff at Discover Adventure.

Q: Will I be in safe hands?

A: Your safety, and that of the rest of the group, is the highest priority of Discover Adventure or the company you are travelling with. Your trip will be led by experienced leaders. The leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. All the leaders are from the UK or other English-speaking countries and are trained in expedition first-aid. Your crew will be equipped with radios and emergency satellite phones, extensive medical kit and other safety apparatus where necessary. They always have access to our 24-hour emergency back-up in the UK. Pre-trip administration - such as compulsory medical questionnaires and travel insurance - is all done with your safety in mind.

Q: What about visas and vaccinations?

A: A valid ten-year passport is essential; it should be valid for at least 6 months after your departure date. Visa requirements vary from country to country and also for different nationalities. Discover Adventure will provide you with more information about entry visas in the lead-up to your trip. A Tetanus injection in the last ten years is recommended and also protection against Polio, Hepatitis A and Typhoid. You are advised to seek professional medical advice from your GP.

Any Other Questions?

If you have any further questions please don't hesitate to contact the Build Africa Fundraising Team on 01892 519619 or email events@build-africa.org.uk

You can also get in touch with Discover Adventure on 01722 718444 (+44 1722 718444 outside the UK) or email info@discoveradventure.com