

FAQs: Night Hike for Humanity

See below for answers to common Walk for Humanity questions, from fundraising to the route and what you'll need to bring with you on the day.

If you have a question about the event not answered below you can contact the event team at Challenges@redcross.org.uk

Sections covered:

- Event details
- On the day
- Signing up
- Fundraising

Event details

When and where is Night Hike for Humanity?

Night Hike for Humanity takes place on the evening of Saturday 5th July, beginning in Central Brighton and ending on the Eastbourne seafront. The event starts in the early evening and continues until the following morning.

How long do the walks last?

The walk is designed to take around 12 hours and cover a distance of 42km.

What level of fitness do I need?

This challenge is classed as tough, meaning a good level of fitness and some training is required for this event. When you sign up we will collect any important medical information from you to pass on to the event guides to ensure we are able to support you throughout the event.

What training would you recommend for this event?

A training guide for this event is [available here on the Charity Challenge website](#), who we are working with to organise this event.

What kind of terrain does the walk cover?

The route is on good paths, but it's the variation of terrain that makes this challenge a unique and fun experience. In particular, terrain along the cliff tops of the Seven Sisters Country Park can be loose and rocky, and the ascents and descents here are short but steep. There are some stiles and narrow gates along the route, and please be aware too that weather will affect the terrain. Although following the recent dry spell the ground is currently very hard, if there is significant rain fall in the week leading up to the event then many parts of the route will be muddy.

Will I get a map of the route?

You will be walking with expert guides throughout the whole challenge you will be able to support you and answer any questions around the route or terrain.

Can I bring my dog?

We ask that you please do not bring your dog for this challenge

Signing up

Registration is closed; can I still sign up? Is there a waiting list?

This event has now sold out and registrations are now closed, including for our waiting list.

As it is now less than a month until event day we are no longer operating a wait list as we need to ensure those signing up have adequate time to prepare, train and fundraise before the event takes place.

If you are interested in joining us for future events of this type, you can keep an eye on our event pages and more information will be posted once we have finalised event details.

How old do I have to be to walk?

To sign up you must be 18 or over.

What will I receive when I sign up?

When you sign up you will receive a welcome email with links to downloadable fundraising materials and a guide to creating your fundraising page.

You will then receive regular email updates with information about the event, what to bring, arrival times and other key details.

On event day itself you will be guided along the route by experienced leaders, be provided with a British Red Cross t-shirt and have a complimentary breakfast and finishers medal at the end of the route.

Can I sign up for an event on the day?

This event is now at capacity so we will not be accepting anymore participants, either through online registration or on the day.

Can we take part as a team?

Yes, you can! Each team member must complete their own registration form, and please note that the stated minimum sponsorship is per person so even if you are fundraising as a team you should aim to raise between you an amount that equals the minimum sponsorship x the number of members in your team.

I have signed up but haven't received a welcome email yet. When will I get confirmation of my place?

If you have signed up for one of our events on a working day, you should receive an email confirming your place within 24 hours. If you have signed up over the weekend or on a bank holiday, our team will be in touch with you as soon as possible the next working day to confirm your place at the event.

If you would like to get in touch before then, feel free to drop us an email at challenges@redcross.org.uk

When will I receive my pack?

You will not receive anything in advance in the post. When you arrive on the day you will be directed to a registration point where you will be provided with everything you need.

When will I receive my t shirt?

You can collect your Red Cross t shirt on the day at registration.

How do I get in touch with the events team?

If you have any questions, get in touch at challenges@redcross.org.uk. We aim to respond to all enquiries within 48 hours.

On the day

What are the timings for this event?

You will need to make your way to Brighton Racecourse for 6.30pm on the Saturday evening. Please make sure you arrive with plenty of time to register, pick up your t-shirt and attend the safety briefing.

There will also be a speaker at the event who will provide you with details of the work your fundraising will be helping to fund.

There will be a safety briefing at 6:50pm and you will set off on the trek at 7pm.

The walks is estimated to take between 10-12 hours, so you will arrive in Eastbourne around 7am on Sunday.

Where do I set off from?

The event starts at Brighton Racecourse. This is where registration and the briefing will take place. The address is: Brighton Racecourse, Freshfield Road, Brighton, East Sussex BN2 9XZ

Where does the event finish?

The event will finish at a hotel in Eastbourne, located along the seafront.

When will the walk finish?

We expect to be finished between 5am – 7am at The Hydro Hotel in Eastbourne. Breakfast will be provided at the hotel.

How do I get to the event?

Both the start and finish locations are accessible via public transport. Free overnight parking is available at Brighton Racecourse.

Details on how to get to Brighton Racecourse are available [on their website here](#).

Where can I park?

You can park at Brighton Racecourse (free parking is available) and leave your car here overnight and collect it on Sunday morning.

Is there travel available from the finish line back to Brighton?

There is no event transport booked from the finish line to return participants to Brighton Racecourse, so you will need to arrange this yourself. This journey can be done on public transport, or is approximately 45 minutes drive.

What facilities are at the event?

Both start and end points have toilets, including disabled toilets, as well as information about our work and a place to fill up a reusable water bottle.

Toilets and water refill stations will also be available at checkpoints along the route. As the event takes place at night most facilities on route, including public toilets, will be closed. Should you decide to take advantage of the toileting opportunities of the great outdoors, we ask you to please follow the countryside code and take all litter with you including any tissues and toilet paper.

Do I need to bring anything to the event?

You will be sent a full kit list before the event, and on the day will be provided with a British Red Cross t-shirt. Leaders will check you have all the essentials before you set off.

The most important things to remember are:

- A good quality head torch with spare batteries. **This is mandatory.**
- Comfortable walking shoes, that have been broken in already
- A water bottle to fill up at the event hub. We recommend 2 litres capacity.
- Weather appropriate clothing and any weather dependent items such as waterproof jackets. For this reason we recommend checking the weather forecast the day of the event.
- As the event takes place through the night into the morning we recommend layered clothing, so you can easily add or remove layers according to changing temperatures.
- Snacks for throughout the trek
- A personal first aid kit

What should I wear on the day?

A full kit list will be sent before the event. Please read it carefully and pack accordingly. We recommend layered clothing, so you can add or remove layers according to changing temperatures.

Be sure to check the weather forecast the day of the event and bring any additional weather dependent clothing. Currently we are looking at dry with sunny spells in the evening and the morning but please bring all items still from kit list.

Will food and drink be available?

We will be having various check points where snacks and water will be available but please also bring your own favourites and 2 litres of water.

Refreshments provided will typically include a piece of fruit, crisps and chocolate/cereal bar per person per day.

Please eat a substantial meal before starting your hike on the Saturday, and let us know before the event if you have any food allergies or dietary requirements so we can plan refreshments accordingly.

Will there be photography or filming on the day?

We will have an official photographer and videographer collecting images on the day. If you'd prefer not to be photographed or filmed by our team, please collect a yellow wristband at when you register for the event.

How can I make Night Hike for Humanity green?

We're working hard to make Night Hike for Humanity as green as possible, so we ask that participants please bring along a reusable water bottle that can be refilled at checkpoints along route. Please also be sure to use our designated bins for rubbish and recycling during the event, and follow the countryside code by not littering along the route.

Fundraising

How much do I need to raise?

We ask everyone taking part to aim to raise a minimum of £375. A fundraising pack will be included in your welcome email, and we'll stay in touch with tips and ideas right up to event day.

How do I fundraise?

There are so many fun and easy ways to reach your £375 sponsorship target. From fundraising games to sponsorship forms, we're here to help.

You can fundraise and receive donations online by [creating your own JustGiving page using this link](#). Once you have your page created you'll have your own space where you can post pictures, updates about your training and fundraising and be safe in the knowledge that all online donations are sent to us safely and securely.

You can also fundraise offline using our [offline sponsorship form](#), and find tips and fundraising ideas in [our Night Hike for Humanity Fundraising Guide](#).

When can I pay in the funds I've raised?

If you are fundraising through JustGiving then everything donated to your Night Hike for Humanity fundraising page is sent to us automatically, safely and securely. We also get Gift Aid from donations, which adds an extra 25p to every pound your supporters donate, at no extra cost to them.

Details on how and where to pay in any offline sponsorship money are included in [our event fundraising pack](#). You can [download an offline sponsorship form here](#).

If you've received any cash or cheques, please contact us at challenges@redcross.org.uk.

Can I fundraise offline?

Absolutely!

We have an offline fundraising form [available to download here](#), and you can find a donations return form in [our Night Hike for Humanity fundraising pack](#).

Who do I talk to about problems with my JustGiving page?

The JustGiving helpdesk is available at help@justgiving.com.

How will money I raise be used?

Your money will be used to support people in crisis here in the UK and overseas. Whether we're supporting people through the ongoing conflict in Ukraine, giving a lifeline to those whose homes have been hit by floods and storms in the UK, or supporting people who've lost everything after the earthquakes in Türkiye and Syria, we strive to get them the life-changing help they need.

Find out more about [how your money is spent](#).

What percentage of the donations raised will go towards the cause?

For every £1 donated:

73p is spent directly helping people in crisis, in the UK and overseas.

16p is spent generating funds and running our shops.

11p is spent on support costs – running our organisation to ensure we have the staff and infrastructure needed to continue our work.

Find out more about [how we spend the money we receive](#).

What happens if I don't reach the target?

Our team are on hand to support you throughout your fundraising, so if you're at all concerned about reaching your target please get in touch at challenges@redcross.org.uk.

This minimum sponsorship target has been set to ensure we can cover the costs of safely running this event, and generate the vital funds needed to support our work.

If you don't manage to raise this amount however, we do not charge or in any other way ask you to make up the total yourself. Any amount you raise will make a difference.

If you have a question not answered above then please get in touch with the Night Hike for Humanity events team at Challenges@redcross.org.uk