

FAQs: Night Hike for Humanity

Your Night Hike for Humanity questions answered – from fundraising to getting ready for the day.

Event details

On the day

Signing up

Fundraising

If you can't find the answer to your question, get in touch.

[Night Hike for Humanity | Charity hike | British Red Cross](#)

Event details

When and where is Night Hike for Humanity?

Night Hike for Humanity takes place on the evening of Saturday 5th July, and will see participants walk through the night to arrive in Eastbourne at sunrise on Sunday 6th July. Walkers will depart from Central Brighton, and arrive at Eastbourne seafront.

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 classes as tough, meaning you must have an adequate level of fitness and train for this event. When you sign up we will collect any important medical information from you to pass on to the event guides.

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.

Will I get a map of the route?

The route will be clearly signposted and 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 do not bring your dog for this challenge.

Signing up

How do I sign up?

Please visit [Night Hike for Humanity | Charity hike | British Red Cross](#).

When does registration close?

Registration closes at the end of May.

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?

- A welcome email with links to downloadable fundraising materials and a guide to setting up your own personal fundraising page.
- Regular email updates with information on what to bring, what time to arrive and tips on raising as much money as you can to support our work.
- experienced support leaders throughout the hike
- complimentary breakfast at the finish
- a finisher's medal
- a British Red Cross T-shirt

Can I sign up for an event on the day?

Unfortunately, it isn't possible to sign up to take part on the day of the event. You must register online before the closing date stated on the event page.

Can we take part as a team?

Yes, you can! Each team member must complete their own registration form. Get inspired by our tips and tricks on how to smash your fundraising.

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 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?**

Registration will take place at 7:30pm, and you will set off shortly after this. The walk is estimated to take 12 hours, so you will arrive in Eastbourne around 8am.

Where do I set off from?

The event starts at Brighton Racecourse. This is where registration and the briefing will take place.

Where does the event finish?

The event will finish at a hotel in Eastbourne, located along the front. The exact location will be confirmed 4 weeks before the event.

How do I get to the event?

You will need to arrive in Brighton for early evening, so please make sure you plan your journey in advance. The event will end in Eastbourne around 7am.
Both locations are accessible via public transport.

Where can I park?

You can park at Brighton Racecourse and leave your car here overnight and collect it on Sunday morning.

Can I travel back to Brighton from Eastbourne

This journey can be done on public transport, or you can book a ticket on our minibus for a cost of £10. The link to book this will be sent after you sign up.

What are the facilities?

At the start and finish points there will be full facilities including:

- Toilets
- Disabled toilet
- Water at the start and finish area for you to fill up a reusable bottle
- Information about our work

Along the route there will be check in points where you can refill your water bottle and pick up snacks. Toilet facilities are limited on this route. You will be made of aware of designated toilet points by your walking leaders. Where public toilets are not available then toileting is available in the great outdoors! Please make sure to follow the countryside code and take all litter, including tissues and toilet paper, home with you.

Do I need to bring anything to the event?

You can collect your Red Cross t shirts on the day. You will be sent a full kit list before the event, and on the day team leaders will do a kit check to ensure you are prepared for the hike.

Other essentials for the day:

- Comfortable walking shoes
- A water bottle to fill up at the event hub
- Weather-dependent items (please make sure you look at the weather forecast the day before the walk)
- Layers of clothing
- Food

What should I wear on the day?

A full kit list will be sent before the event.

Will food and drink be available?

Refreshments will be available at check points along the route, but we advise you to also bring your own snacks.

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 the information point.

How can I make Night Hike for Humanity green?

We're working hard to make Night Hike for Humanity as green as possible. Bring along your reusable water bottles – you'll be able to top these up along the route. And always remember to use our designated bins for rubbish and recycling during the event.

Fundraising

How much do I need to raise?

We ask everyone taking part to aim to raise £375 in total. You can, of course, raise more. 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.

Creating your JustGiving page couldn't be easier. When you sign up, a JustGiving fundraising page will be created for you. All online donations are sent directly to us from JustGiving, safely and securely. And you can edit your page and share it with friends and family.

Check out our downloadable fundraising pack for advice and resources. Starting your fundraising early is the best way to make sure you hit your target.

You can also fundraise offline using our [offline sponsorship form](#).

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

All money 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 the fundraising pack sent in your welcome email.

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

Can I fundraise offline?

Yes, you can download a [sponsorship form](#) to fundraise offline. And you can find a donation return form in our [digital fundraising pack](#).

Find details on how to pay in offline sponsorship.

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

Get in touch with the JustGiving helpdesk 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](#).

If your question isn't listed above, please get in touch at challenges@redcross.org.uk and we'll aim to respond within two working days.