



# LOCH NESS CHALLENGE 2019 WELCOME PACK

# CONGRATULATIONS!

**You are about to make an incredible journey, canoeing along one of the most stunning and iconic waterways in the world, to raise funds for Sailors' Society's work supporting seafarers in need.**

Our expedition will take us approximately 60 miles through the Great Glen canals and lochs, cutting right through the heart of the Scottish highlands, including the world-famous Loch Ness.

The Great Glen is swathed in legends, and it's not hard to see why.

Forever in the presence of gigantic rolling highlands and remote islands dotted in the lochs, often the only eyes to see you are those of a lone eagle circling above. Early morning mists lie across the water, shrouding castle ruins that decorate the edges of the lochs and evoke a sense of lost time and past tribes.

The Great Glen has not lost its sense of mystery, as to this day there are still reported sightings of Loch Ness' elusive monster. Be sure to keep your eyes open and have your camera ready!

This expedition will be a true test of physical and mental endurance, but that's where our group will come together as a team to overcome the obstacles.

There won't be soft pillows, sometimes showers, or even in some cases flushing toilets. This will be back to basics, which is all part of the challenge!

This pack is filled with information about your trip and what to expect, as well as professional tips about how to make the most of this great adventure.

We want to prepare you as much as we can, so that you can not only complete the challenge but achieve more than you ever dreamed you could.

If you have any questions, would like some friendly advice, or just some reassurance, please don't hesitate to contact me on **+44(0)7712 404130** or **rbridgen@sailors-society.org**

Your journey starts now!



Bex Bridgen  
Sailors' Society Events Fundraiser

## MEET THE TEAM

Sailors' Society's Loch Ness Challenge isn't just about places and experiences, it's about the people you share them with. This will make your journey not just a great trip, but an epic adventure filled with warm memories of the people you made them with.



### **Bex Bridgen**

Sailors' Society challenge  
event manager  
rbridgen@sailors-society.org  
+44(0)7712 404130

Bex will be your main point of contact for this event. With a past working in extreme sports, fundraising and managing bands, she is no stranger to challenges. Bex has a zest for life and a passion for helping others, providing an infectious enthusiasm for the events she manages. She loves to get stuck in and is a firm believer in joining participants as they undergo their incredible journeys.



### **Liquid Footprints**

Loch Ness Challenge safety  
and guide team  
info@liquidfootprints.com  
+44 (0) 7768 095228

The team at Liquid Footprints is very experienced in adventure sports of many varieties and has an acute understanding of the terrain, weather systems and hazards that the challenge presents. This will not only keep you safe but provide you with an extra level of local knowledge and stories that you can enjoy throughout the challenge. This friendly team is trained in first aid and will help you stay focused and motivated throughout the expedition.

# PREPARING FOR YOUR CHALLENGE

## **PRE-EVENT COURSE**

Given the nature of this event, we require all participants to undertake a canoe training session prior to the event and to provide evidence of having completed this.

For those able to travel to the New Forest, there will be a session arranged in August that you may request to join. Details will be provided nearer the time.

It is important to learn the following:

- J-stroke and C-stroke, which will make your journey more efficient and provide you with more control of your canoe during the expedition.
- How to effect a capsize, right a canoe and be able get back in after a capsize
- How to rescue other members of the team as well as self-rescue
- How to raft up boats in adverse weather conditions
- How to effect rescues in Force 2-4 winds and paddle on open water

We require a note of the previous paddling/sailing experience for all members of the group at least one week before the challenge.

## **FIND A CANOE COURSE NEAR YOU:**

[www.britishcanoeing.org.uk/canoe-near-you?index=courses&query](http://www.britishcanoeing.org.uk/canoe-near-you?index=courses&query)

### KIT

Our recommended kit list has been designed with our partners at Liquid Footprints – however, please take into account your personal preferences.

Although there will be a land-based support vehicle, we recommend that you travel light as space in the vehicle is at a premium. Please refrain from wearing anything you may not wish to lose, as there is a possibility of capsizing, and there is limited space in the barrels where you can keep your belongings dry. Keep it simple; if you don't need it, don't bring it!

There is a maximum weight load for a two-person canoe (15 ft): for two paddlers of average weight (12 stone/75 kg), there will be space to carry gear weighing approximately 11 stone/72kg each.

Try to test out your kit before you leave, particularly any footwear or sleeping bag. This will ensure that they are comfortable and warm enough for your challenge.

Paddles, canoes, buoyancy aids, barrels and tents will be provided as part of the expedition. Experienced canoeists are welcome to bring their own equipment if they wish to; please just let us know in advance.



### KIT LIST

Below is our recommended kit check list. Please note that this list is not exhaustive but includes everything you should need to have an enjoyable and safe time.



#### CLOTHES

- 2 x comfortable quick drying long-sleeved tops (providing cover from sun and midges)
- 2 x comfortable quick drying long trousers (not jeans)
- 2 x fleeces
- 1 x surf shoes
- 1 x comfortable boots/ shoes for evenings in camp (kept dry)
- 1 x warm hat
- 1 x pair of warm gloves (for evening)
- 1 x waterproof jacket with hood
- 1 x waterproof trousers
- 3 x hiking socks for evenings in camp
- 1 x sunglasses
- 1 x sun hat
- 1 x scarf
- Change of clothes for final night/ journey home



#### CAMPING

- 1 x sleeping bag (three season is best)
- 1 x roll mat
- 1 x camping cutlery, bowl, cup
- 1 x head torch and spare batteries
- 2 x two-litre water bottles (one with a purifier if you wish to drink from the burns)
- 1 x travel toothbrush and toothpaste
- 1 x small towel
- 1 x travel first aid kit (knee supports, sanitary towels, blister treatment, oral rehydration sachets and talcum powder are options)
- Rechargeable battery for charging your phone

## KIT LIST

Kit check list continued.



### CANOEING

- 1 x flask
- 1 x insect repellent (Smidge is highly recommended)
- 1 x sun block
- 1 x large dry bag
- 1 x whistle (in case you become separated from your group)
- 1 x emergency foil blanket
- Personal medication
- Energy bars and other snacks – meals are provided, this is in addition
- Insurance details and emergency contact numbers of Sailors' Society support staff (confirmed nearer to the event)



### OPTIONAL EXTRAS

- Gel activated hand warmers
- Antibacterial wet wipes
- Playing cards
- Earplugs (if you're a light sleeper)
- Spare contact lenses, glasses and/ or dentures if needed
- Wellies to keep your feet dry entering and exiting the canoe
- Knee rest (although there are seats provided in the canoe, it's more efficient to paddle kneeling and as you will be paddling for long periods this may be something you wish to consider)
- Travel pillow
- Neoprene wetsuit gloves



## HEALTH AND FITNESS

This challenge will test your mental and physical endurance, so here are a few tips on how best to look after yourself to make sure you stay well.

**Keep hydrated.** Although you will be surrounded by water, don't forget that you need to keep drinking throughout the day (you will likely sweat due to physical exertion and it may even be warm!). The colour of your urine is a good indication of how hydrated you are; it should be light and clear.

**Eat regularly.** You must keep your energy levels up. When cold you use more energy, so staying warm and eating are vital to keeping energy levels high. It can get cold when out on the water, even in summer.

**Sunburn.** Keep your skin covered and wear a hat. The water will reflect the sun's rays, so although you may think you're protected do wear sun cream on sunny days and re-apply at regular intervals, especially on the nose.

**Health.** If you are feeling unwell at any point during the challenge, please tell someone straight away (your guide, Sailors' Society support team, event manager or one of the safety boats), even if you think it is something minor. We want to make sure you stay fit and healthy throughout the expedition and minor ailments can turn into major problems.



## GETTING IN SHAPE

It goes without saying that the fitter you are, the more you will enjoy the experience, so it is best to set a goal to improve your fitness before the challenge commences.

It is also worth taking some time to perfect your swimming skills as water conditions can sometimes be challenging in adverse weather and there is always a danger of capsizing.

Increasing your upper body and core strength will make controlling the canoe and paddle strokes easier, as well as enhancing your swimming ability.

It is good to improve your overall physical strength to help you carry your canoe in and out of the water, especially during portage around the lochs on day two.

A gym instructor will be able to advise you on a suitable training programme to help you prepare for the challenge.

## MEDICAL

You are required to inform us of any pre-existing medical conditions so that we can plan appropriately with your needs in mind.

If you have any specific instructions for your condition, please let us know at least two weeks before the event so we can inform the relevant staff and support you as best we can.

We advise that you bring a small first aid kit along with you, as although all support crew will have first aid kits, it is not possible to provide medical supplies for everyone. All guides and support staff will hold an up-to-date outdoor related first aid qualification.

If you are taking regular medication, please ensure you carry written details (type/strength/dose) and additional stocks, splitting them between your canoe and your main bag on the support vehicle.

As per our terms and conditions, if you do not inform us of any pre-existing medical conditions, you will not be covered by our insurance.

# THE EVENT



## ARRIVAL

There will be a coach service provided to transport participants from Inverness airport to Fort William at 3pm on Thursday 29 September. Please let us know if you would like to make use of this service and inform us of your flight details (with this in mind please book a flight that arrives before 2pm on 29 September).

We strongly advise that you book your flights as soon as possible to get the best deal. If you are not intending to fly to Inverness, you will need to make your way to

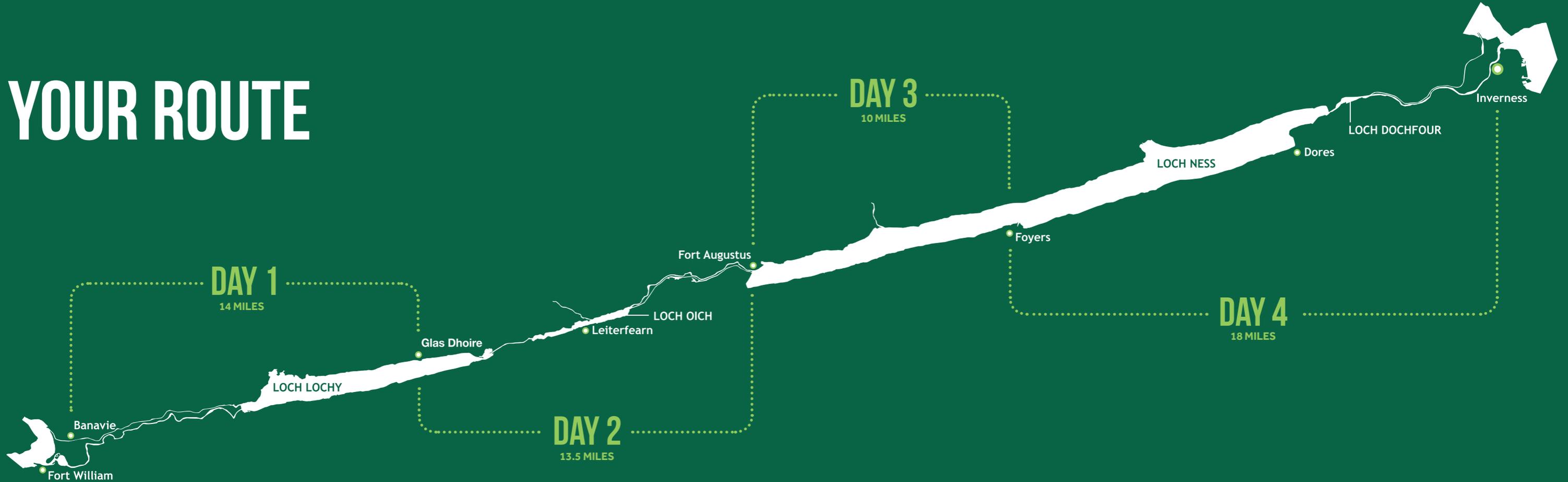
Bank Street Lodge  
Bank Street  
Fort William  
Scotland  
PH33 6AY

A briefing will be held at 6pm. You will be issued with your equipment and have the chance to prepare for the challenge ahead.

Following the briefing, you will be invited to dine in a local restaurant as a whole group, getting to know one another and the team from Liquid Footprints.



# YOUR ROUTE



# DAY 1

Distance:

Locks:

Strength:

Mental endurance:



Camping



Only compost toilets



No showers

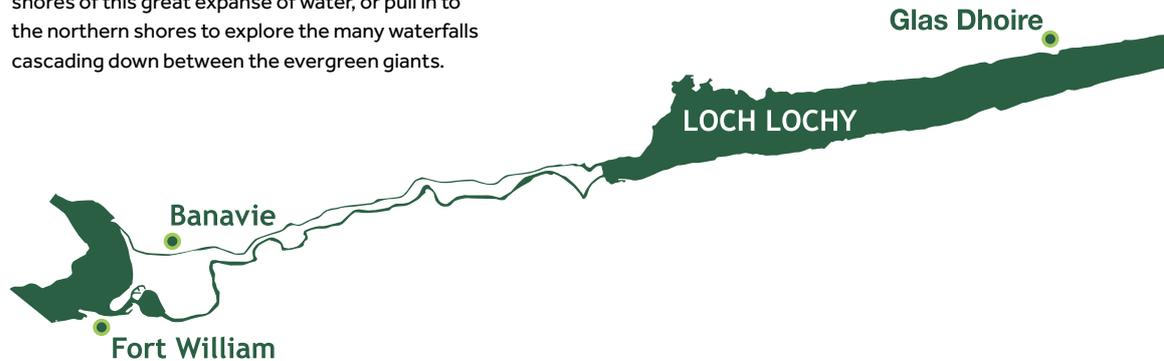


No running water

Day one is always the hardest. Learning that technique is key, you will embark at Banavie Loch, paddling along the calm waters of the first canal system set between the Highland peaks. The scenery dramatically opens up to Loch Lochy, sat in the shadow of Ben Nevis.

This huge loch invites you to put your new skills to the test. With loch winds and cross tides from many contributing rivers this will be a challenge on your first day. Progress will be slow and focus will be key. The scenery is impressive, offering you the opportunity to take in the many salmon farms set along the southern shores of this great expanse of water, or pull in to the northern shores to explore the many waterfalls cascading down between the evergreen giants.

The campsite, Glas Dhoire, sits on the edge of Loch Lochy and runs alongside the Great Glen Way which is famous among hikers, far from any roads. Far away from any light pollution, this will offer a perfect night under the stars where you will learn the fine art of building and lighting your own fire using wood sourced from your journey.



## DAY 2

Distance:

Locks:

Strength:

Mental endurance:



Camping



Toilets



Showers

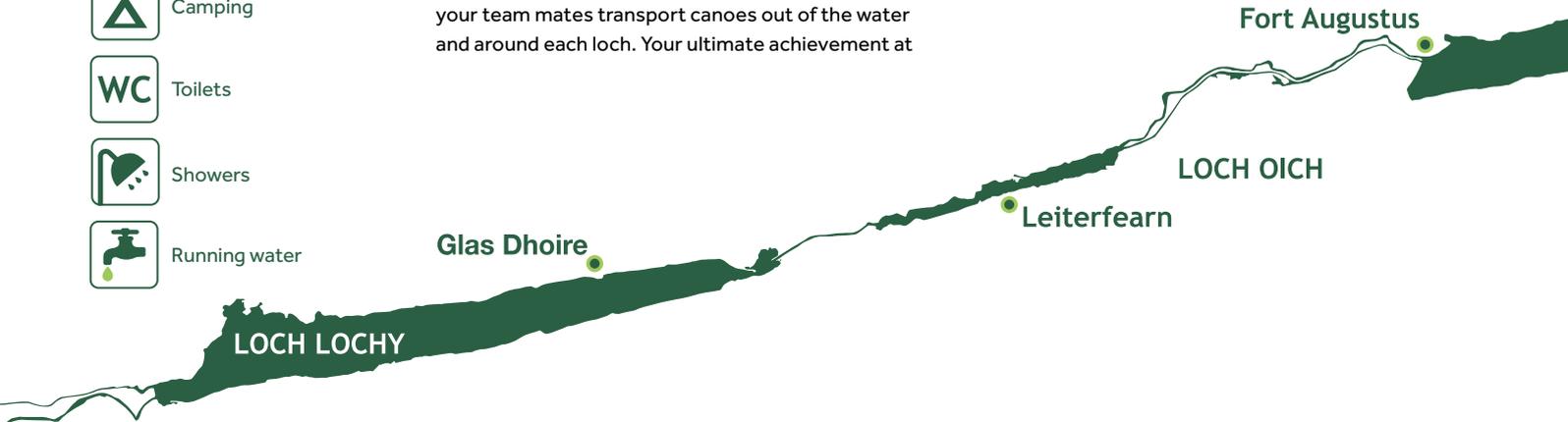


Running water

Following a peaceful night at Glas Dhoire, your technique will spring to life and you will have developed efficient paddle strokes, beginning a day filled with joy at your new skills. Making your way along the remainder of Loch Lochy, you will enter the second part of the canal system. Much of this route is canal system with water conditions contrasting to the day before. Paddling into Loch Oich, a much smaller loch, you will continue on calm waters, protected against strong winds by the peaks sat around it. Although the waters are much calmer you will be tested on strength by the number of portages you encounter on day two. Team spirit will shine through as you help your team mates transport canoes out of the water and around each loch. Your ultimate achievement at

the end of day two will be walking the canoes past four consecutive lochs which enter the waters of the legendary Loch Ness.

After a hard day of portage, you will make camp at the Loch Ness Highland Resort, camping with modern amenities. This is a five-minute walk into Fort Augustus, so you will have the opportunity to visit the local amenities, kick back, relax and begin carving your own wooden memorabilia, expertly taught by your instructors. There will also be an optional trip to the pub.



# DAY 3

**Distance:**

**Locks:**

**Strength:**

**Mental endurance:**



Luxury camping



Toilets



Showers



Running water



Shopping

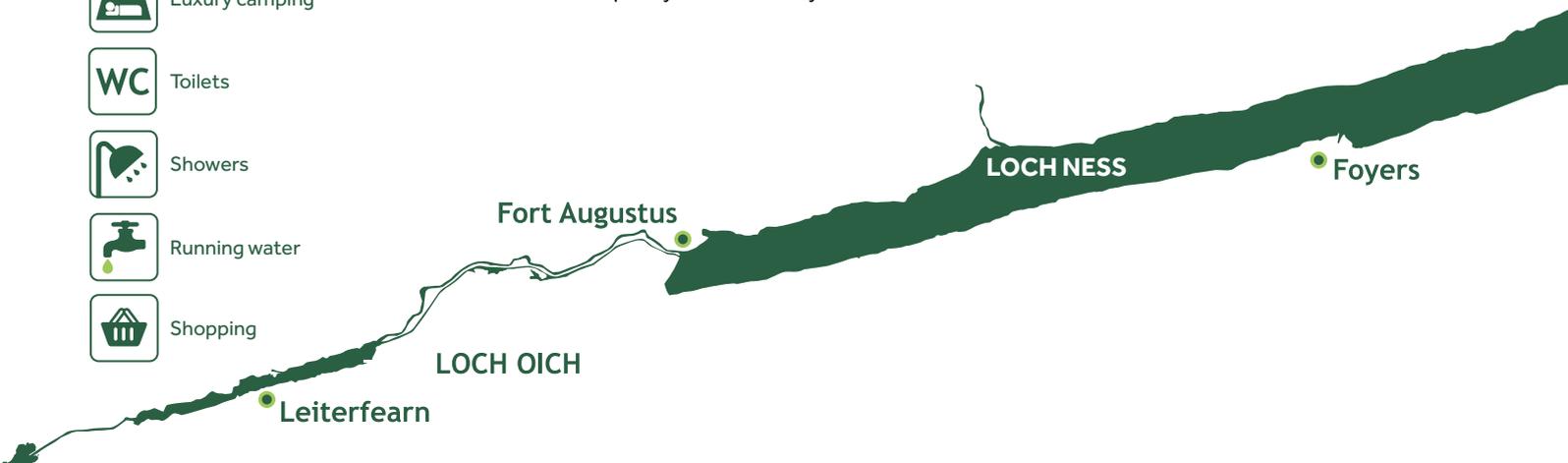
Departing after a night of camping in the tourist town of Fort Augustus, you will begin a clear run on Loch Ness. The second largest loch in Scotland, with a depth of 226 metres and length of 23 miles, this body of water has a temperamental personality, presenting short periods of sea-like conditions.

Due to the sheer size of the loch, the group will face one of the toughest mental challenges of the expedition. But be sure to keep an eye out for Nessie!

You will make camp at a halfway point in Foyers, the most luxurious campsite you will have stayed at so far.

A Camping and Caravanning Club site, it provides plenty of hot showers and immaculate indoor toilets, with a shop to buy snacks and souvenirs. You will have the opportunity to decorate your personal wood carving, made the previous night, with your own pattern and personal message.

The local pub requires a bit of a climb, but it's worth it for the stunning views of the loch, so bring your camera.



## DAY 4

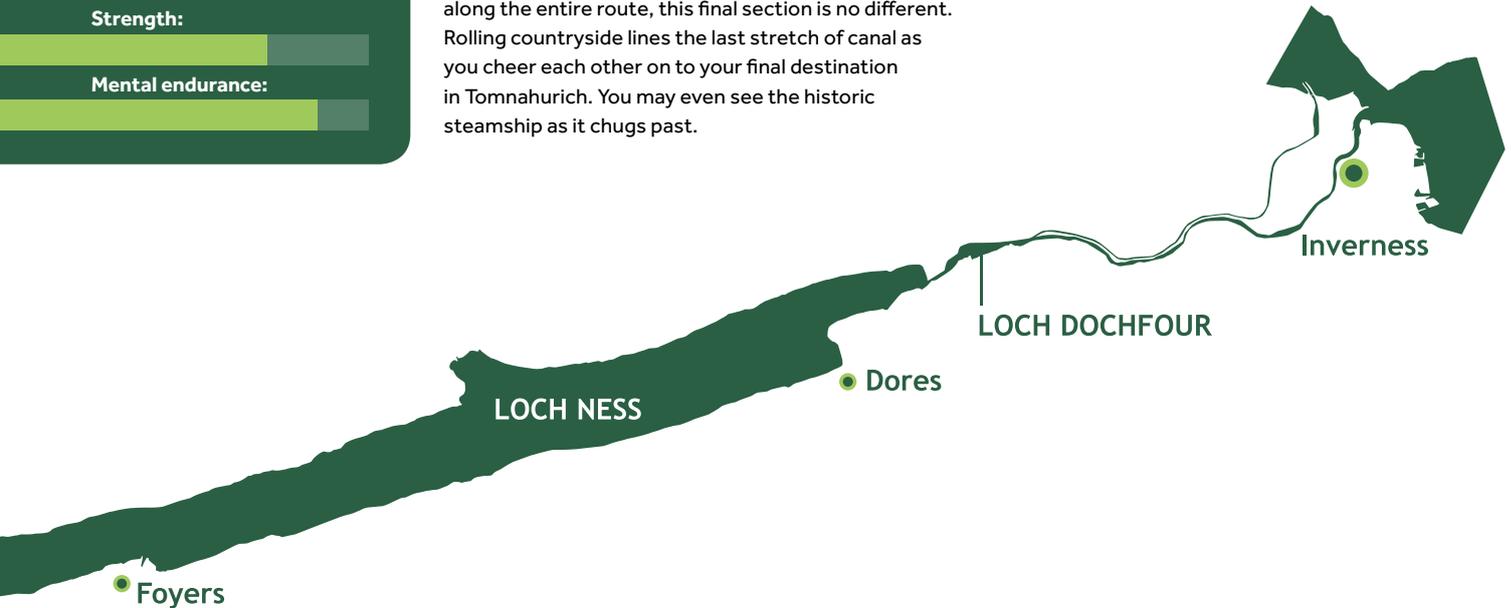
Distance:

Locks:

Strength:

Mental endurance:

The end is in sight! On the ultimate day, you'll tackle your last section of the mighty Loch Ness. Having navigated the waters along the south side, you will make your way to the centre of the loch and enter the last canal to Inverness. With unfaltering natural beauty along the entire route, this final section is no different. Rolling countryside lines the last stretch of canal as you cheer each other on to your final destination in Tomnahurich. You may even see the historic steamship as it chugs past.



# YOUR TYPICAL DAY

**This is a team challenge and as such you will be working in teams from the moment you wake up to the moment you go to sleep. Food preparation rotas will be put in place a week before you arrive, however these aren't set in stone, so if you see someone struggling please help.**



You will be woken around 6:30 – 7am. Those on the rota to set out breakfast will set up the breakfast stand, prepare hot drinks for breakfast and fill hot flasks of coffee/tea/hot Ribena etc for when on the water. Alongside them, those responsible for lunch will take orders from the group and begin preparing lunch boxes to take in the canoes. Those not on the rota for morning food prep will begin de-rigging tents and preparing the boats ready for launch.

Once you have eaten you will pack up your bags, change into your paddling gear, collect your water supplies/ flask and lunch, and gather with your teams to go over the route for that day.

You will learn your route, distance, camping point, areas of interest and kit needed in the canoe for that day, as well as any other important messages. This will also be displayed on a board at the launch point, should you wish to take photos to keep your memory fresh.

There is one guide for every five boats and you will fall into a group that holds the same pace as you by day two. The guide is on hand for safety and advice; you will work together as a team to arrive at the meeting points along the way should the groups be divided.

You will have the opportunity for short breaks throughout the day and for taking photos and videos to make memories and help with your fundraising.

You can decide as a group when to have your lunch and whether to anchor together or paddle in to the shore.

At the end of the day's paddling, hot drinks and water will be available while you pitch your tent, provided by Sailors' Society support crew. Those in charge of the evening's food will begin to prepare while the rest of the group pitch all of the tents and, if available, begin the camp fire. You will then enjoy an evening meal as a group in a covered central point of the camp.

### YOUR ACCOMMODATION

On arrival night, you will stay at the Bank Street Lodge in the centre of Fort William. This is a great opportunity to gather together and meet everyone before the evening meal and briefing.

The campsite after your first day's paddling will be the most basic and contains only two compost toilets, and no roads near by. There are no showers at this site. You will be sharing a two-person tent or section; sleeping arrangements will be agreed and communicated prior to the event to accommodate any personal needs. Your kit can either be stored in your tent or in the support van overnight.

The second campsite will have flushing toilets and showers. This campsite is situated at the Loch Ness Highland Resort in Fort Augustus, right at the base of Loch Ness. This is a great site and it is just a five minute walk into Fort Augustus, so it will provide a welcome change of scene.

The third campsite is by far the most comfortable, as it is a full Camping and Caravanning Club site with many separate-sex hot showers, toilets and sinks. There is also a shop at this site with some really lovely souvenirs to take back to your loved ones. In addition to this, there is a great pub a fifteen-minute's steep climb away. If you can manage this at the end of the day after completing your final bushcraft lesson the views are worth a visit, so remember to bring your camera.

On the final day, we will be holding a post-challenge reception to celebrate our achievements together in a nearby restaurant. You will have the option of booking a hotel room through us (as we should have a group rate) or making your way back home that evening. This final night is not included in the price so if you would like to do this, please let us know and we will book this for you and charge you additionally.

### YOUR FOOD

All set meals are included in the cost of the challenge. A typical breakfast will consist of tea, coffee or hot chocolate and traditional Scottish porridge with a selection of fruit and yoghurt. Special dietary requirements will be catered for as long as you have informed Sailors' Society in advance.

Lunch will be packed in the morning and given to you when you head off for the day. This will be simple but wholesome, designed to meet the nutritional needs of the event. A typical lunch will contain a sandwich with different fillings to choose from, a piece of fruit, crisps and a chocolate bar.

We recommend people bring their own favourite snacks to keep their energy levels up, such as cereal bars, biscuits, chocolate, fruit gums, and carbohydrate gels.

Evening meals will be varied. Arrival night will most likely be in a restaurant local to the accommodation. Day one will be a basic pasta dish, bread and a simple dessert.

Day two will be from the local fish and chip shop. Your order will be taken at the beginning of the day. Why not try battered haggis (a local delicacy) or a deep fried mars bar?!

We will eat on-site on our final night camping, as there is a mobile catering facility.

The final day of the event will end in a post-challenge reception, held in a restaurant close to the finish line so you won't have to walk too far. You will be given the menu nearer the event date to place your order in advance.

There are some great restaurants and cafes in both the arrival town of Fort William (including a newly opened vegan café which serves amazing lemon cake) and our final destination of Inverness.



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## DRINKS

You will be supplied with drinking water daily, and points to fill your water bottles. We advise you to use re-useable lightweight containers such as Platypus/Camelbak water carriers so that you do not have to stop paddling to take a drink. Nalgene-style water bottles or metal water bottles can be used but take up more room when travelling as they do not fold down.

No alcohol should be taken during the day as this causes dehydration and will affect your ability to operate the canoe safely and complete the challenge.

### CLOTHING AND EQUIPMENT

Please see the kit list for the equipment and clothing that you need to bring.

It is worth preparing for both hot and cold conditions as although it will be the end of summer, the Scottish Highlands can still be chilly, especially when out on the water and exposed to the elements. The wider the loch, the more changeable the water conditions and the windier it can get. A warm hat will also protect your ears from the windy conditions, as well as insulate you during the cold nights.

It is strongly advised that you wear your gear and break in any shoes prior to the event.

### MONEY AND SHOPPING

Although most of this trip is in the wilds of the Highlands, with few visits to shore, you will have the opportunity to visit the small town of Fort Augustus on day two.

Depending on your arrival time, you may have the opportunity to visit some shops and there will be cash points for you to withdraw money.

The campsite on day three has a little shop that sells Loch Ness souvenirs and accepts cards, but there is no cash point.

Both the arrival town of Fort William and finish town of Inverness have a great array of shops.



### STAYING SAFE

The lochs and canals each have their own 'personalities', Loch Ness being the most changeable and unpredictable.

Due to the huge expanse, water conditions can change very quickly and become quite sea-like. During moments like these you are advised to go to shore to wait the weather out.

Your guides know the area well, and they know the hazard points of each part of the lochs and canals, so please listen to their advice at all times. This is not only for your safety but that of the whole group. If the guide needs to leave the group to rescue you due to an avoidable situation, this puts the rest of your group in danger.

You have been advised to bring an emergency foil blanket so that, if conditions become hazardous and you are forced to make camp in an unplanned location, you can stay warm.

There may be cases of blue-green algae in some of the lochs, so we advise you to wash your hands before eating and/or touching your face or mouth when paddling through these waters (make use of the anti-bacterial gel you bring with you). There are notices that inform you of this as you enter these areas, but your guides will also warn you.

You will be issued with buoyancy aids at the beginning of the expedition. These should be worn at all times while on the water.

There will be one guide for every five boats to help you with advice and general assistance.





### SAFETY NOTES ON WATER CONDITIONS

The water in the loch is rarely above 5°C (some surface temperatures can rise to 11°C in August but this mixes with the very deep, cold water as the wind picks up).

Being fresh water, it is far less buoyant than sea water.

Waves of between one and two metres are common and can occur within 30 minutes of a strong wind establishing (waves over three metres have also been known).

### RESPONSIBLE TOURISM

The challenge is set in a beautiful part of the world and we aim to keep it that way, which is why we ensure that our expedition complies with the Scottish Outdoor Access Code. Campers should leave no trace, so here are a few essential guidelines:

- Use a stove
- Never cut down or damage any trees
- Take away your rubbish and consider picking up other litter as well
- Please avoid using single-use plastic

### TOILETS

During the days' paddling there will be opportunities to use facilities along the route. A number of keys will have been purchased by Sailors' Society from Caledonian Waterways for you to gain access.

### INSURANCE

It is important to pick the right type of policy that will cover this level of activity. We recommend that you arrange this as one of the first tasks in preparing for your event.

### DURING THE CHALLENGE

This is a team-focused expedition in which all participants will be expected to help each other. For example, if a fellow participant struggles to portage their canoe or a member of your team finds a part of the challenge mentally difficult and needs a pep talk, please be there for them.

This event is designed to test you and we hope that it brings out the best in you and draws you closer together, overcoming obstacles as a team.

## THE LANGUAGE

<b>Dinnea</b>	Don't
<b>Driech</b>	Dreary weather
<b>Baltic</b>	Cold
<b>Ken</b>	Know
<b>Doll</b>	Darling
<b>Och</b>	Oh!
<b>Aye</b>	Yes
<b>Wain</b>	Little one
<b>Wee</b>	A little

<b>Drookit</b>	Soaking wet
<b>Burn</b>	Stream or creek
<b>Braw</b>	Nice, good
<b>Canny</b>	Careful, or sweet natured (context dependant)
<b>Haggis</b>	Wild Highland animal with legs shorter on one side so that it may traverse the highlands quickly

<b>Bonnie</b>	Beautiful
<b>Glen</b>	Valley
<b>Noo</b>	Now
<b>Piece</b>	Sandwich/lunch box
<b>Tattie</b>	Potato
<b>Steamin</b>	Drunk
<b>Wabbit</b>	Tired
<b>Peely Wally</b>	Not looking too well



# YOUR FUNDRAISING JOURNEY



## FUNDRAISING TIMELINE



## FUNDRAISING IDEAS

Fundraising can be fun and engaging for all involved, including your sponsors.

From holding a bake sale to cutting your hair off for charity, there are many activities you can do to bolster your fundraising efforts.

There are many great reasons to support Sailors' Society, including:

- Helping seafarers speak to their loved ones after months at sea
- Rebuilding seafaring communities after natural disasters
- Providing counselling to seafarers who have experienced trauma at sea

So don't be shy about communicating these throughout your fundraising journey; it provides an opportunity to keep reminding everyone that you're doing the challenge and to donate.

You will be sent a fundraising pack filled with fundraising ideas and stories about where your money will go, but here are a few to get you started:

- Set a target amount and a deadline for it. Share this with everyone you know, with an action that people would like to see if you do if you hit that target – e.g. you will be allowed to dress your boss for the day! Keep promoting the target and report how close you're getting to it.
- Share an email of what you are doing across your business. Detail all that will be involved in preparing for your journey and why you are doing it.



### SOCIAL MEDIA FUNDRAISING

Social media is a great tool to help you spread your message and fundraising activities. Here are some ideas of how you can use social media to help promote your challenge and fundraising link.

### HOME-MADE GRAPHIC

Create a great picture that is evocative of the challenge, featuring why you are supporting Sailors' Society. Add your fundraising page link and invite them to donate.

### CREATE A VIDEO

A short and engaging video of yourself is a great way to communicate why and what you're doing. This can contain fun clips of your training, perhaps in the style of a Rocky montage, or something equally as entertaining. You can make a number of these and spread them out as a time-line to publish through your fundraising journey.

Create a 'thank you' video once you have reached a certain amount and send it to all who have sponsored you.

### TAG SOMEONE

Tagging people and asking to be re-posted helps to spread your efforts further

### WRITE A BLOG

A blog is a great way of sharing your story to social sites such as LinkedIn. It helps for people to see your journey and the challenges you face in preparing for the expedition.

### LOCH NESS LIVE

Facebook Live is great for keeping all those who have sponsored you on track with your progress while preparing and during the event, as well as being another way of inviting those who have yet donated to do so. It will also provide you with some great memories!

Make videos to put on Twitter and tag Sailors' Society (@SailorsSociety) to expand your audience as an end of day diary.

- #lochnesschallenge19

### FIND NESSIE

We'll be holding a Find Nessie competition, with a prize for the best photograph of Nessie. This of course can be creative and fun! Tag Sailors' Society on Instagram, Twitter and Facebook and let the general public decide. This will help promote the event and your fundraising page.

These are just some ideas, but Sailors' Society has many more! If you are stuck, your event manager will be able to advise and create a personal plan to support you and help you achieve your goals.

## SAILORS' SOCIETY: A PERSONAL LIFELINE FOR SEAFARERS.

International maritime charity Sailors' Society has been giving practical, emotional and spiritual help to seafarers and their families for 200 years.

Our chaplains work in more than 90 ports around the world, reaching 1,000 seafarers every day on ships or in seafarers' centres. They often don't have internet access on board, so we give them free Wi-Fi to call home as well as lifts to the doctor or shops, welfare support and a listening ear.

Our Wellness at Sea coaching programme and app help seafarers stay physically and mentally fit for the daily pressures they face. And when crisis hits, our 24-7 Crisis Response Network is here for seafarers with trauma care and financial support.

We also work with seafaring communities, providing grants and running projects to meet local needs: from healthcare for retired seafarers in India to a secondary school in Ghana.

In the Philippines, home to nearly one-third of the world's seafarers, we've built homes, schools and other facilities for communities devastated by Typhoon Haiyan.

We're committed to caring for seafarers and their communities who need us.

**Find out more at [www.sailors-society.org](http://www.sailors-society.org)**

## SAILORS' SOCIETY WORKS IN 30 COUNTRIES ACROSS THE WORLD



# LOCH NESS CHALLENGE 2019

## EVENTS

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[events@sailors-society.org](mailto:events@sailors-society.org)

[www.sailors-society.org](http://www.sailors-society.org)

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