

75KM FOR 75YEARS

**TREK PACK
2023**

ISRAEL

360

JORDAN

4TH - 12TH NOVEMBER 2023

**MAGEN
DAVID
ADOM UK**



**SAVING
MORE
LIVES**

Registered Charity No. 1113409

ITINERARY 4TH – 12TH NOVEMBER

SATURDAY 4TH NOVEMBER 2023

Depart London for an overnight flight to Tel Aviv

SUNDAY 5TH NOVEMBER 2023

MDA's Marcus National Blood Services Centre in Ramla

MDA National Dispatch Centre


Relax and check into hotel

Evening Walk in Haifa  4KM

Welcome dinner with MDA

Overnight stay in Haifa

MONDAY 6TH NOVEMBER 2023

Holy Bahai Gardens  3KM

MDA medical helicopter or response boat

Trek in Galilee  11KM

Observational ambulance shift


Overnight in Tiberias

TUESDAY 7TH NOVEMBER 2023

Cross border at the Jordan River/Sheikh Hussein Border

Jerash Roman Ruins Trek  5KM

Aljoun Soap House Nature Trek  8KM

Sunset walking tour of Amman  9KM

Dinner with the Israeli Embassy to Jordan

Overnight in Amman

Sign up for MDA UK's ground-breaking trek in November, starting in Israel and journeying through Jordan and across the border into Israel.

The trek will include the breathtaking sights of Petra and will also offer the opportunity of saving lives along the way.

Israel360Jordan is the ultimate challenge and an experience you won't forget.

To find out more email keziafreeman@mdauk.org or call **020 8201 5900** | mdauk.org/trek

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ITINERARY 4TH – 12TH NOVEMBER

WEDNESDAY 8TH NOVEMBER 2023


Jordan National Red Crescent Society (JNRCS) Facility

Refugee Camp


Dinner with H.E. Dr Mohammed Al-Hadid, President of JNRCS

Overnight stay in Petra

THURSDAY 9TH NOVEMBER 2023

Petra "Wonder of the World" Trek  **15KM**

Bedouin Dinner in Wadi Rum

Desert star gazing experience  **3KM**

Overnight stay in Wadi Rum Camp

FRIDAY 10TH NOVEMBER 2023

Bedouin breakfast

Jeep Tour and Umm Al Dami Mountain Hike (tallest mountain in Wadi Rum)  **13KM**

Camel Riding

Friday Night Dinner in Aqaba

Overnight in Aqaba

SATURDAY 11TH NOVEMBER 2023

Relax and take in the sites of Aqaba

Aqaba Downtown and Markets Walk  **4KM**

Closing party

Overnight in Aqaba

SUNDAY 12TH NOVEMBER 2023

Depart Aqaba to London Heathrow

MDA UK TREKKING GUIDE A-Z

ACCOMMODATION

We stay at a range of hotels, with varying levels of comfort. These can range from city centre hotels to tents in the desert.

Our accommodation requests are put out to tender to secure the best deal for the group and MDA UK. Often, the larger hotels provide the best value for money in accommodating groups of our size.

All accommodation is booked on the basis of two people sharing a room. Single supplement is available at an additional cost of £350.



ALLERGIES

Trekkers MUST inform MDA UK of any food allergies.



AMBULANCE SHIFT

Every trekker is offered the opportunity to volunteer on a shift with an MDA Ambulance crew. This is often cited as the highlight of the MDA Trekking experience. You will receive a full safety briefing and an MDA Ambulance shirt. Trekkers over the age of 68 must provide a supporting doctor's note to confirm they are fit and well to take part. You do NOT administer any medical treatment. You are there in an observatory capacity ONLY, responsible only for carrying a medical bag or equipment IF asked by the crew. You do NOT need to be a Hebrew speaker to participate.

There are strict regulations of what you can and cannot wear on a shift – shorts/leggings/lightweight or harem trousers are NOT allowed. Jeans or cargo trousers are advised. NO open-toe shoes are allowed – trainers only. We advise that you wear a white vest or tee-shirt underneath your MDA Ambulance shirt. No meals or drinks are provided on the shift – we advise you to bring your own water and snack for whenever the crew stops in-between calls.



BAGGAGE

You are responsible for complying with airline baggage allowances. Any excess baggage charges must be met by you. You are allowed one item of cabin/hand luggage. We strongly suggest you bring a suitcase with wheels.

CONFIDENTIALITY

MDA UK will not pass on personal information to any third parties without your consent, except as may be required for the purposes of the Trek.

MDA UK TREKKING GUIDE A-Z

DISCLAIMER

You are responsible for your own safety. MDA UK, its employees and its agents cannot be held responsible for loss or damage to personal effects, accident, injury or death howsoever arising, except where injury or death arises as a result of MDA UK's negligence.



DISTANCE TREKKED

From year to year, this ranges from a minimum of 50km to over 70km.

FITNESS

Whilst you don't need to be an Olympic athlete, we strongly recommend that you have a good general fitness level and undertake training walks before you embark on the trek. Be aware that the trek will be challenging, cover a variety of terrains and temperatures can be high. If you get tired during any part of the trekking, there is an option of resting on the bus.



EXTRA COSTS

Where additional, unanticipated costs are incurred as a result of circumstances beyond MDA UK's control (such as fuel, tax, landing fees, exchange rate changes, accommodation) MDA UK reserves the right to require you to meet any such additional costs.



FOOD

MDA provides water and snacks on the bus and pays for evening meals. Trekkers pay for their own lunches and any alcohol above and beyond what is already included in pre-booked evening meals.

MDA UK TREKKING GUIDE A-Z

FUNDRAISING

In addition to paying the £600 registration fee, we suggest that you set up a fundraising page on Just Giving and are happy to help you do so. Please encourage your supporters to tick the 'Gift Aid' box where applicable.

We can provide MDA information, statistics and images to illustrate your page.

In order to participate in the Trek, you need to raise a minimum of £3,000 sponsorship and send half to MDA UK by 2nd November 2023. The balance must be paid within 4 weeks of the trek ending. Should you not participate in the Trek, sponsorship money should be sent to MDA UK or returned to the sponsor if requested.



FUNDRAISING SHORTFALLS

When you sign up for an MDA UK Trek, you commit in good faith to raise a certain amount, as a minimum. We hope that you meet and exceed that amount. In the unlikely event that you do not meet your target, there is no legal obligation for you to settle the account; however it does mean that MDA is left to cover the shortfall and that money would otherwise go directly towards our life saving. It is left to your discretion.

INSURANCE

Each participant must individually arrange suitable travel insurance so that they are covered throughout the entirety of the trek, and should also ensure that their insurance covers them for COVID-19 related issues.

If you withdraw from participation in circumstances where recovery of costs can be indemnified under your travel insurance, you agree that you will co-operate with the insurance company and MDA UK to recover costs.



KIT

MDA UK provides a comprehensive kit list. Sturdy hiking boots, and NOT trainers, are essential and NOT optional.



OPTION TO STAY ON

You are welcome to arrive in Tel Aviv before the start of the trek or stay in Jordan afterwards, subject to availability and airline restrictions. Please discuss any such travel request with MDA UK as soon as possible.



MEDICAL

The Trek is physically demanding and it is your responsibility to ensure that you have the appropriate level of fitness and are in good health in order to participate. If you have any medical conditions which could be adversely affected by exercise, particularly a heart condition, or if you have any doubts about your health, you must get separate written clearance from your doctor. You will be responsible for arranging any vaccinations that may be required.

MDA UK TREKKING GUIDE A-Z

PHOTOGRAPHY

By taking part, you agree that any photographs taken during the trip may be used by MDA UK for publicity and marketing purposes.



RESTAURANTS

Restaurants are chosen to accommodate the size of our group, the best price for that group and their location. Where possible, we request a discount based on our charitable status. Not all restaurants are kosher but a vegetarian option will be available.

SAFETY

The safety of our trekkers is of the utmost importance. Every group is accompanied by a fully trained MDA Medic, with constant communication with MDA in Israel and MDA UK. In Jordan we will have security with us at all times.

The Trek is not a race. You agree to observe all instructions and rules issued by MDA UK, its agents or suppliers, whether before or during the course of the Trek. MDA UK may at any time during the Trek terminate your participation if they consider it necessary for the health or safety of you or the other participants in the Trek.



SPENDING MONEY

We advise bringing around £250 worth of NIS (Israeli shekels) and £150 worth of JOD (Jordanian Dinars) (to cover visa and other costs)

TIMINGS

We have a packed itinerary and it is imperative that trekkers are ON TIME. If you are late, the bus WILL leave without you, and you are liable to pay for your own transport to catch up with the group.



TAXIS

Where applicable, such as travelling back from an ambulance shift or out to restaurants for evening meals, trekkers pay for their own taxis.



TOUR GUIDE

MDA UK will ensure a qualified tour guide accompanies the group.

WHERE IS THE MONEY GOING?

The money raised by the 2023 trekkers will go towards the MDA Station in Eilat.

MDA UK FACTS

IN 2022

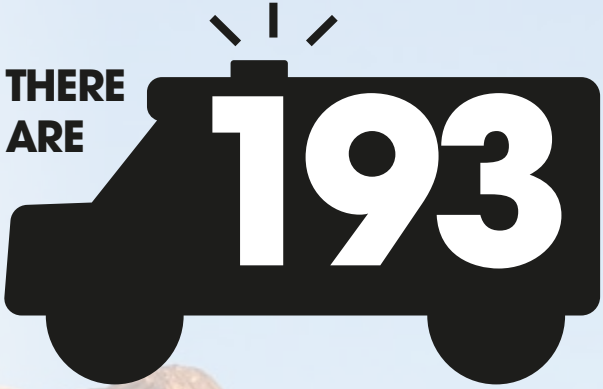


PATIENTS TREATED BY MDA TEAMS



LIFESAVING VEHICLES

THERE ARE



MDA UK AMBULANCES & MICUs IN ACTIVE SERVICE

IN 2022 THERE WERE OVER

2,717,174

EMERGENCY CALLS RECEIVED AT MDA'S DISPATCH CENTER



135 MDA UK MEDICYCLES IN ACTIVE SERVICE



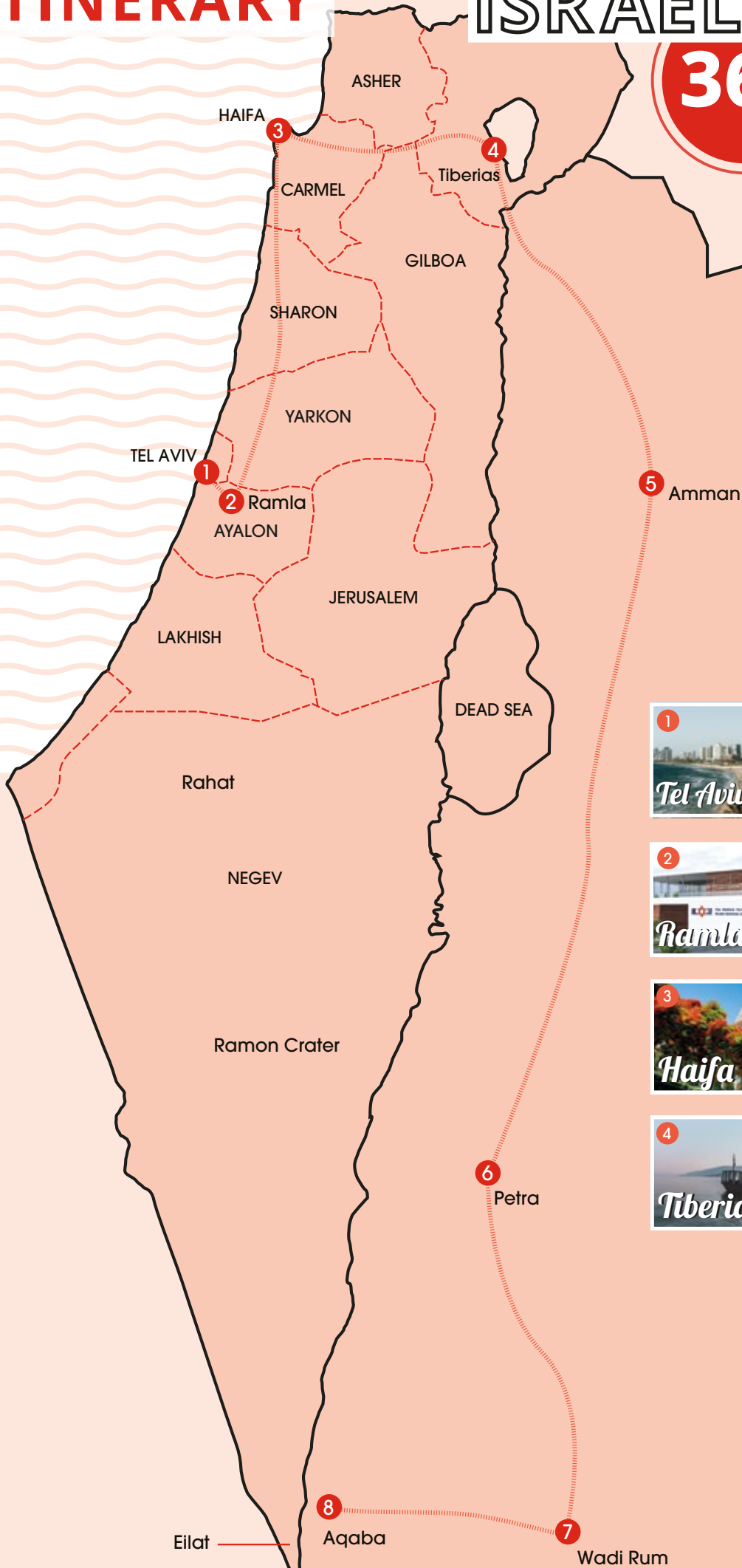
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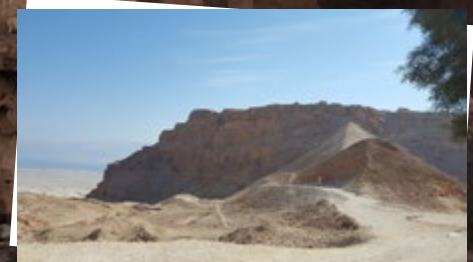
JORDAN

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HOW YOUR FUNDRAISING SAVES LIVES

Item	Price (\$)
Three bed Bloodmobile	250,000
Team Bloodmobile	135,000
4x4 Standard Ambulance	80,000
Mobile Intensive Care Unit (MICU) or Paramedic Supervisor SUV	75,000
Standard Ambulance	62,500
Dedicated room in the new National Blood & Logistics Centre	20,000
Dedicated room in a Station	62,500
MICU Defibrillator	17,000
Street Defibrillator	5,000
MICU GPS Satellite System & Computer	3,000
Standard Defibrillator	2,000
Mezuzah in the new National Blood & Logistics Centre	1,800
Advanced Life Saving Kit	1,000
Ambu Rescue-Pump	500
Emergency Stretcher	250
Medical Trauma Kit	100
Sterile Bandages (40)	50
Oxygen Masks (40)	25



REGISTRATION FORM

NAME

DATE OF BIRTH

EMAIL

ADDRESS

MOBILE NO.

HOME PHONE NO.

NEXT OF KIN NAME/PHONE NO.

SPECIAL DIETARY REQUIREMENTS

TRAVEL INSURANCE COMPANY

INSURANCE POLICY NO.

PHONE NO. FROM OUTSIDE THE UK

HOW DID YOU HEAR ABOUT THE TREK?

ROOM TYPE

Single*: Double:

WHO WOULD YOU LIKE TO SHARE A ROOM WITH?

£600 registration fee based on two people sharing a room, (plus £3,000 fundraising).

CLICK HERE to pay online

or alternatively make payment at www.mdauk.org/trekpayment

I am paying online for:

- Registration fee £600
- Registration fee with a single supplement £950
- Registration fee for two people £1200
- Other prearranged amount £_____

The signatory must provide a copy of their passport to MDA UK. The registration fee of £600 is non-refundable and does not form part of the required sponsorship. If you withdraw from the trip any later than 4 weeks before departure, you are responsible for paying the full costs that have been incurred by MDA UK for your place.

By completing this form, you are agreeing to the terms and conditions and understand that the itinerary is subject to change. For more information, please contact keziafreeman@mdauk.org or call **020 8201 5900**

NAME

DATE



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JORDAN

Winston House
2 Dollis Park
London N3 1HF
+44 (0)20 8201 5900 info@mdauk.org

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