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| RefugeeRun |  |

Dear sister,

*Assalamu'alaikum warahmatullahi wabarakatuh!*

Thank you for signing up to take part in our epic *Refugee Run* challenge. As well as helping to raise funds to support vulnerable people in need, we hope this adventure will be a great *iman* boosting and confidence building activity for all of our participants.

To help you get the most out of your challenge, we’ve put this helpful information sheet together. Please read it carefully.

**Create your fundraising page**

First things first, please set up your fundraising page to make it easy for your friends and family to make donations and support you.

1. Visit the charity’s JustGiving fundraising page.
2. Click on the orange “Start fundraising” button near the top of the page.
3. Set up your individual fundraiser page, telling people why you are taking part.

Now share your page will everyone you know and ask them to support you.

**On the day**

Please allow plenty of time to get to the venue. The challenge will begin promptly at {time}. Please arrive at the venue dressed for the challenge and ready to go.

**What to wear**

All participants are expected to dress modestly, wearing Islamic dress throughout the challenge. Your outfit should consist of an abaya or jilbab worn over a base layer suitable for wet and muddy conditions.

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| ***Base layer:*** | ***Outerwear:*** |
| Polyester leggings or tracksuit trousers | Jilbab or abaya |
| Long sleeve top | Long khimar |
| Quality sports bra | Niqab (if normally worn) |

***Footwear:*** please wear tightly laced trainers or shoes that you don’t mind getting muddy, with synthetic socks. No metal spikes or studs.

**What to bring**

All participants must bring the following:

* A full change of clothes including shoes for afterwards
* A large bath towel
* Two bin bags (for taking your dirty clothes home in)
* Shower gel
* A snack and a drink
* A prayer mat

**Getting there**

Venue address: Henfold Lakes, Henfold Lane, Dorking, Surrey RH5 4RW

***From London M25 (J9)***:

* Travel south along the A24 for approximately 10 minutes passing Boxhill.
* Pass over the A24/A25 (chicken on round about) Dorking roundabout.
* Head south up Dorking Hill, past Dorking Golf club on the left.
* On the brow of hill, look for a turn on the left sign posted Black Brook. Turn down this lane, past the Royal Oak pub, then on the left you will see the Plough Pub. Keep going for approximately 3 miles.
* Pass under the Railway Bridge.
* Keep your eyes peeled for signs for Henfold Lake Fisheries on your right.
* Follow the track past the lakes and through the campsite.
* You will see a falconry ahead. Follow the track to the left here.
* This will bring you straight to the venue.

***Trains:***

* Trains run from London Victoria & Waterloo direct to Dorking, every 20 minutes (journey 45 minutes).
* Taxi from Dorking station takes 8 minutes and costs roughly £10.00. If you prefer to pre-book call ABBA Taxi 01306 881 008.
* The Gatwick to Reading train stops at Dorking Deepdene station, which is next door to Dorking Main Station.

**Conduct**

Please remember that you are ambassadors of Islam, so please exhibit the best *adab* throughout the challenge to give good *dawah* to those you encounter on and off the assault course.

Please be courteous to the marshals and listen carefully to their instructions. They are there to help you.

Try your best to take on every obstacle you come across, and be strong, steadfast and confident. If anyone in your team is struggling, take time to support and encourage them to help them achieve their full potential.

This is a team challenge, which will help you experience sisterhood at its very best. You will get out of the challenge whatever you put in, so make the most of this brilliant adventure.

Most importantly, prepare to have lots of fun!