

## Kilimanjaro Trek 2009 Stuart Bell

In October I will be attempting to achieve one of my ambitions and climb Kilimanjaro, Africa's highest mountain at 5,985 metres. This will be my first experience of high altitude, where oxygen depletion can cause altitude sickness.



I have paid for this trip myself so all money raised will go to the charity – **Kendal Mountain Search & Rescue Team**. Whilst all members of the team give their time and expertise free of charge, funds are needed to provide the vital equipment needed to provide safe and effective rescue services. Currently one of the team's three vehicles is in need of replacement, and there is an appeal underway to raise the £40,000 cost. For more information about the team visit [www.kendalmrt.org.uk](http://www.kendalmrt.org.uk)



I would be grateful for any sponsorship money that you are able to give. To those who provide an email address, I will send a report on the trek on my return, hopefully with a photo of me at the summit!

### Sponsor Form

I will sponsor the Kilimanjaro Trek for Kendal Mountain Rescue:

|          |  |           |   |
|----------|--|-----------|---|
| Name:    |  | Amount:   | £ |
| Address: |  | Post Code |   |
| Email:   |  |           |   |

**If you are a UK taxpayer, the charity can reclaim around 20% of the donation value. Please complete the following declaration to allow this.**

**I am a UK taxpayer and want the amount above treated as a Gift Aid donation.**

**Signed:**

**Date:**

Please send the form with cheques payable to “**Kendal Mountain Search & Rescue Team**” to Stuart Bell, 63 Empsom Road, Kendal, Cumbria LA9 5PR

or pay with **PayPal** to [sfb@bellsofkendal.co.uk](mailto:sfb@bellsofkendal.co.uk)

**Many thanks for your sponsorship**

