

➡➡ On the move ↗

for **FOCUS** Ireland

*EVENT GUIDE:
CHOOSE YOUR OWN CHALLENGE*



BE ACTIVE FOR CHANGE

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» WHY DO WE NEED YOUR SUPPORT

Homelessness affects real people; men, women, children, families, young people, elderly, and people with disabilities.

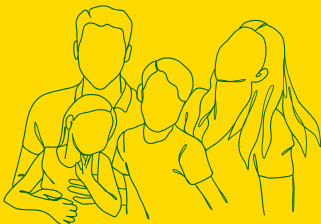
Focus Ireland is driven by the fundamental belief that homelessness is wrong. We work to prevent homelessness and find sustainable long-term solutions to help people leave homelessness forever.



By taking part in 'On the move', you allow Focus Ireland to provide individuals, families and children trapped in homelessness with the immediate and practical support they need.

LATEST HOMELESS FIGURES*«

Official number of people who are homeless and relying on emergency homeless accommodation. There are **13,841 people** currently experiencing homelessness in Ireland.



1,994

Number of families



4,170

Number of children



1,665

Number of young adults
(18-24)

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» ON THE MOVE

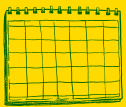
“On the move” is an exciting series of fitness and adventure challenges taking place across the country to raise funds for Focus Ireland.

Take part in a selection of events in locations nationwide, discover the natural beauty of Ireland, and fundraise to support homeless services.

This is a complete guide for you to organise your very own challenge.



EVENT DETAILS «



Date: Friday 14th–Sunday 16th June.

We encourage ‘On the move’ participants to be completing their challenge on the same weekend in June if possible.



Time: Any time that suits you.



Location: You choose your ideal location and route. Whether you’re a seasoned hiker or new to the trails, Ireland offers so many hiking options to suit every level and preference. Do your research, gather your group and conquer your chosen challenge!



Registration fee: €15 per person. This will cover the cost of your t-shirt and postage.

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» PLANNING YOUR OWN CHALLENGE

If you're planning to organise your own challenge, there's a few things to consider including choosing a route, implementing safety precautions, organising transport if required, as well as the legalities of the event.



Decide your route: Are you planning to take on a challenge other walkers and hikers have done before? If this is the case there are likely to be GPX routes you can download. Try Komoot or AllTrails.

Difficulty level: Be realistic and choose a route which matches your skills and ability.



Map your route: Check out your route and plan your trail. Some trails are signposted and graded by difficulty, however in most upland areas, there will be no marked walking trails so you will need some navigation skills, or you may be able to hire a local guide.

Start early: Start out early to give yourself time to complete your planned trail.



Weather forecast: Check out the weather forecast before setting off and be prepared to turn back if the weather deteriorates.

Bring friends & family: Getting a group together is a great way to make the hike more fun, this could be as small or big as you like.



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➡➡ WHAT TO PACK

- ☐ Water (at least 1 litre) & snacks
- ☐ Backpack
- ☐ Waterproof jacket & trousers
- ☐ Sun hat
- ☐ Sunglasses
- ☐ Sunscreen
- ☐ Extra layers, hat, spare hiking socks
- ☐ Mobile phone
- ☐ First Aid kit & any medication you use (please do not share this medication with other members under any circumstances).



WHAT TO WEAR ⬅⬅

- ☐ Sturdy hiking boots or shoes
- ☐ Hiking socks
- ☐ Beanie hat
- ☐ 'On the move' t-shirt (short sleeved top provided by Focus Ireland)*
- ☐ Long sleeved thermal/polyester base layers*
- ☐ Warm fleece/down layer*
- ☐ Waterproof jacket*



**Avoid cotton clothing for your base layers as it absorbs sweat*

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» HEALTH & SAFETY



When choosing your route, make sure that it matches your fitness level and does not pose any health risk.



Always stay on the path, carefully follow the signs and pay attention to weather changes. Be ready to turn back if necessary!



Make sure to bring a backpack full of the essential items you will need such as water, snacks and a first aid kit. Check out our full packing list for guidance.



If you are alone or with a small group, make sure to share details of your planned route with someone you know.



If you injure yourself or lose your way, dial **999** or **112**, and ask for the Gardaí and tell them you need Mountain Rescue. If there is a casualty, keep them warm and comfortable and treat any injuries as best you can.



Please do not litter, and dispose of waste properly. Leave no trace – only footprints.



Due to the presence of farm animals, dogs are not welcome on farmland and in most upland areas. Please make sure to check before taking your dog.

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» FURTHER INFORMATION

The Focus Ireland team are here to help. If you have any questions, please feel free to contact us. And don't forget to check out our other resources on the 'On the move' website!

T: 01 881 5900

W: onthemove.focusireland.ie

E: onthemove@focusireland.ie

Together, we have moved one step closer to ending homelessness.



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