



# THE EVEREST CHALLENGE

VIRTUAL CLIMB FOR HIMALAYAN LIFE

## CLIMBING GUIDELINES

**YOUR GOAL IS TO SUMMIT MOUNT EVEREST (29,029 FT) AS MANY TIMES  
AS POSSIBLE AS A TEAM AND HELP US RAISE \$29,029.**

### HOW TO KEEP TRACK OF ELEVATION:

- We will be counting elevation gain, not just simply counting steps so there needs to be some incline involved
- We recommend using the stairs in your house or apartment, riding a bike up hills, using a stool in your home to do step-ups, or find a hill in your neighbourhood to run-up. Get creative!
- For iPhones: you can use the Health App to track your “Flights” in meters
- For Androids: you can use the GoogleFit app to track elevation

### KEEP US IN THE LOOP:

- You will be asked by your Team Leader to submit your total elevation gain at the end of each day. They will add together all of your teams elevation gain and update your Team Page so you will be able to see what team is in the lead
- Follow @himalayanlifeinternational and show us how you are completing your elevation gain by tagging us in your post/story or send in videos/photos to [info@himalayanlife.com](mailto:info@himalayanlife.com)

### RAISING \$29,029 FOR HIMALAYAN LIFE:

- Our goal is to collectively raise \$29,029 for Himalayan Life through our climb
- Reach out to your community and ask for people to pledge based on your progress or to give a one-time donation
- Donations can be given directly to your personal CrowdRise page

If you have any other questions please email [info@himalayanlife.com](mailto:info@himalayanlife.com)