



Jailbreak

Jailbreak Guidelines

Saturday 16th – Sunday 17th May 2009

*Please sign and return one copy of these guidelines
keep the other copy to take with you*

1. For safety reasons you must travel in pairs (or more) – you must NOT travel alone. NEVER split up to get a lift. All pairs must stay together at all times.
2. If you are hitching you must not thumb for lifts either in the slip-roads of motorways or actually on the motorways – this is *illegal*. Please be aware of the possible dangers of hitch-hiking.
3. Before you leave you must have
 - i. A valid passport
 - ii. A European Health Insurance Card
 - iii. A mobile phone with international roaming and credit
 - iv. Your Jailbreak Pack
 - v. Cash or credit card for emergencies and the return journey only
 - vi. Camera
4. If you leave the UK, take a flight or boat, or feel that you may be putting yourself into an area of risk (i.e. hitch-hiking) please contact your Charity rep to inform them. You **MUST** also contact your rep **by 10pm Saturday eve** to confirm your whereabouts.
5. If you are taking a flight, or other long-haul journey, **ASK ABOUT THE RETURN JOURNEY**. It is recommended that you do not take a flight without guarantee of return.
6. Please be aware that you are not allowed to take a collection box with you; you must have permission from each Local Authority to collect money in the street. However, if you are planning your route ahead of the event you may be able to arrange this in advance with each Local Authority. Remember to ask your charity for a tin.
7. All application forms and cheques must be received by Friday 3rd April 2009
8. All sponsorship money must be received by **Friday 12th June 2009**
9. Your entry will only be finalised on receipt of the signed application form / disclaimer along with the relevant signed and dated cheques.

We strongly recommend that you consider taking out personal insurance to cover yourself for the duration of the event.

Please indicate which charity you would like your sponsorship money to benefit:

Eastbourne & South Wealden MS Society

Sussex Air Ambulance

RNLI

Sussex Autistic Community Trust

Please note if you wish to divide your sponsorship money between the charities please write individual cheques.

Please indicate which category you would like to enter under (this can be left blank if you are still undecided and can even be chosen during or after the event).

- *Jet-setters Prize*** for the furthest overall distance travelled
- *Adventurers Prize*** most unusual destination
- *Go-getters Prize*** for furthest distance using most different modes of transport

Please note: You will have to provide suitable evidence of the above.

There will also be two other categories announced on the Awards Evening, which will be held on **16th June 2009 at (name of venue) at 7.30pm**; the Team who raised the most for their chosen charity & the individual who raised the most for their chosen charity

Charity Contacts:

Eastbourne & South Wealden
MS Centre
Map House
34-36 St Leonards Road
Eastbourne
East Sussex BN21 3UT



Telephone: 01323 439447
Website: www.mssesw.org.uk
Email: info@mseastbourneandsouthwealden.org.uk

Sussex Air Ambulance
Wheelbarrow Park Estate,
Pattenden Lane,
Marden,
Kent, TN12 9QJ.



Telephone: 01622 833833
Website: www.sussexairambulance.co.uk
Email: delaines@kaat.org.uk

RNLI South East Regional Office
Kennet House
River Way
Uckfield
East Sussex
TN22 1SL



Telephone: 01825 761466
Website: www.rnli.org.uk
Email: lpurdy@rnli.org.uk

Sussex Autistic Community Trust
Sussex House
Tills Courtyard
19 High Street
Battle
East Sussex TN33 0AE



Telephone: 01424 773366
Website: www.sact.org.uk
Email: trudy.allen@sact.org.uk

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Signed:.....	Date:.....
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