
Everest Challenge 2026 - FAQ's

1. About the Challenge

What is the Everest Challenge?

It's a team-based fundraiser and mountain endurance event where teams aim to collectively climb the height of Mount Everest (8,848 metres) in one day.

Is it a race?

No. This is a hiking challenge focused on teamwork and steady pacing, not speed.

Do we have to reach the full Everest height?

The goal is for each team to reach 8,848 metres collectively. Not completing the full height is not a failure, but teams should only enter if they are prepared to attempt the full challenge.

Can we run at any point?

No. Participants are asked not to run during the challenge.

How many teams will take part?

Places are limited to 50 participants and allocated on a first-come basis. The number of teams will depend on the team sizes registered.

2. Fitness and Experience

Who is the challenge for?

Experienced hikers with extensive experience in the Irish hills who are comfortable with long, sustained days on uneven terrains. You should be prepared to support your team throughout the day, understand the risks involved and take responsibility for your preparation, equipment and pacing on the day. Participants are expected to adhere to Leave No Trace principles.

How fit do I need to be?

This is not a casual hike. It's a physically demanding endurance challenge in a mountain environment. You should be comfortable with long mountain days and sustained climbing.

What team size should we choose?

The team size guidance is designed to help you choose an appropriate level. If you are unsure, choose a team of 5. It is still a very demanding day.

3. Logistics**Where do we park?**

We have arranged two minibuses to bring you from Dingle to the event starting point. This will help ensure we don't take up all the available spaces at the Brandon car park, and allow other people to continue to use the mountain during our event.

Do we have to stay together as a team?

Yes. Teams must hike together for the duration of the challenge.

What happens if someone needs to stop?

Safety comes first. Event staff will support participants if someone needs to withdraw.

4. Booking and Changes**How do I register a team?**

Teams must submit a completed registration form online and pay in full at the time of booking.

How much does it cost?

The entry fee is €50 per person.

Is my place refundable?

Places are non-refundable due to limited capacity.

Can I change team members?

Yes, please email support@earths-edge.com with details of the name change. Please note we will do our best to accommodate changes in T-Shirt size, but it may not be possible.

5. Charity and Fundraising**Where does the money go?**

The Everest Challenge is a not-for-profit event. After essential costs are covered, all proceeds will

be donated to [Kerry Mountain Rescue](#), whose volunteers respond to incidents in the mountains across the region.

Do I have to fundraise?

Though not required, participants are encouraged to fundraise, either for Kerry Mountain Rescue or for a charity of their own choosing, via a **JustGiving** or **iDonate** page.

6. Safety

What happens if the weather is bad?

The event may be modified, moved or postponed depending on conditions. Safety decisions are final.

Will there be medical support?

Yes. First aid trained staff will be available at the event with emergency shelters.

What kit do I need?

What you wear will depend on the weather on the day, but you should plan to carry appropriate hiking boots or trail shoes, warm layers, a waterproof jacket and trousers, gloves, a warm hat, sun cream, spare clothes, a head torch, a water bottle and a suitable backpack. While it's important to have everything you need, avoid overloading your pack as this will make the challenge harder. There will be a marquee at the starting point where you can leave a bag or plastic container with any items you don't need during your lap. This is accessible between laps to re-stock if needed.

At registration, teams will be checked to ensure they have a phone and a basic first aid kit between them.

Mandatory kit list:

- Waterproof jacket with hood
- Fully charged mobile phone
- Minimum 1 litre of water (refill available every lap)
- Food/snacks for one lap
- Appropriate walking boots or trail shoes
- Small backpack or running vest to carry kit
- Participants must carry their own prescription medication (e.g. inhalers, EpiPens, diabetes medication).

Recommended:

- Warm layer
- Hat or buff
- Gloves
- Trekking poles
- Sunscreen
- Electrolytes
- Power Bank (1 per team, so you have enough battery to record your elevation gain)

*We may update the mandatory kit in the days leading up to the event, depending on the weather.

What other safety measures are in place?

A full safety briefing will be delivered before the challenge starts, along with mandatory kit checks. Teams will also be required to share their live location throughout the challenge via WhatsApp.