



## One Extreme to the Other for Cornish Adventurers and First Aid Kits

Two Cornish adventurers who will be pushing themselves to the limit on their forthcoming trips are now fully prepared thanks to the help of a Devonan business.

Rachel Hill from Newquay and Tara Trethowan from Truro have both received full first aid kits after Christine Chaplin from Cornish First Aid Supplies heard their appeal for help.

"I'd read about the trips and also receive emails through Network Cornwall about the girls' plans," said Christine.

"I was really impressed by their determination to both complete their epic trips and to raise as much money as possible for their respective charities.

"I thought supplying first aid kits and other essentials was the least I could do considering what they will achieve."

Rachel, who will be raising money for Battersea Dogs Home, heads off on her expedition to the Arctic on 24 March.

During the seven-day trip, she and her nine colleagues plan to travel around 35km per day on their individual husky powered sleds.

"I'm really looking forward to the trip, it will be a great challenge," said Rachel. "Temperatures can get down to below -40 degrees in severe weather, so when we're fully kitted out in our arctic suits we look like the Michelin man! "We also have to be fit as when the snow is too deep for the dogs to pull we have to push the sled.

"I've had a lot of support and raised around £2,700 for the home, but it's also really good to have Christine's support as I think the first aid kit will come very handy, although I hope not to use it."

Tara, who works for BT at Goonhilly Satellite Earth Station, will be experiencing opposing weather conditions on her 10 day trip to Lesotho in Southern Africa.

Organised by BT, the ten day trek will see Tara and her fellow explorers trek 160km in the hot, arid conditions to raise money for Childline.

"Christine's support has been invaluable," said Tara. "For the trip I needed water purification tablets, blister plasters, all of which Christine has been generous enough to supply me with. "But most importantly are the wet-wipes as we will have no access to water to wash in, there's only drinking water."

Although the packs differ slightly in terms of content, Christine is looking forward to finding out how each one fares in the extreme conditions.

"It will be a good test for the kits," said Christine. "I believe they will stand up to the weather test and provide the perfect support for the girls."