“The mountains we climb, are mountains of the mind.”

Robert McFarlane

Mental health is a serious issue and affects around 1-in-7 people globally but there is always hope.

I’m raising funds to help those who suffer with mental health by taking on the challenge of climbing, and summiting Mount Kilimanjaro in February 2020.

If you donate, please know that your funds will not support any costs associated with the expedition meaning 100% your donation is going directly towards the Black Dog Institute who are dedicated in understanding, preventing and treating mental illness.

DONATE

The focus

My aim is to focus on the prevention of mental health issues in schools.

The years spent in school are seen as a crucial time for prevention and intervention in young people with 75% of mental health problems emerging before the age of 25.

Find out more

The challenge

CONGRATULATIONS
YOU ARE NOW AT
UHURU PEAK, TANZANIA, 5895M. AMSL
AFRICA'S HIGHEST POINT
WORLD'S HIGHEST FREE-STANDING MOUNTAIN

Mount Kilimanjaro is in Tanzania, Africa and is a dormant volcano. It is the highest mountain in Africa, with its summit about 4,900 metres (16,100 ft) from its base, and 5,895 metres (19,341ft) above sea level.

I arrive in Tanzania on the 18th of Feb and return to Australia on the 28th of Feb 2020.

To get to the summit I have chosen the challenging Lemosho Route. The trip starts and ends in Arusha, then climbing the rim of the Shira Plateau where we then walk on the lava ridges. From here, there is a steep climb before the final summit day.

Aiming to rise at 1am we aim to be on the top of Africa by sunrise.

The final day will be a gruelling 12-14 hours trek partially using oxygen thanks to a lack of air.

I will need to be in peak physical condition and with major diet changes, intensive training and hard work I might just make it.

Why?

My own struggles were not apparent to me till much later in life. I simply wasn't aware that there was such a thing as mental health nor that there was anything wrong with me till about 10 years ago when I began to slide head on into self medication and depression. Since then I've been in a constant battle with what can only be described as the demons in my head.

After so many failed attempts to manage these demons in the right way I had to ultimately decide whether I was going to continue down a path that would finally destroy me or to instead summon the courage and energy to do something about it.

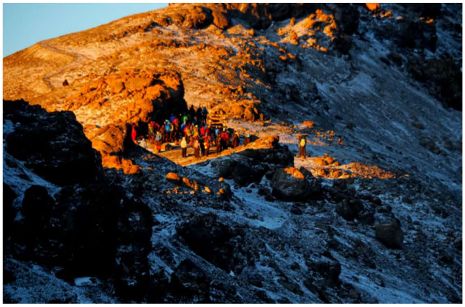
It’s taken a lot of courage for me to finally make the decision to come clean and do something really tough, which is like climbing a mountain for me, so why not actually do it and in the process hopefully make a difference and perhaps in the same breath allow me a little peace.

Itinerary

Day 4 – Trek...

Day 5 – Trek...

Day 4 – Trek to Shira Hut Camp (3840m)



If you haven’t been affected by mental health, there is probably someone you know and love that has. Please give whatever you can and make a real difference.

DONATE

Who inspires me?

David Goggins is an American ultramarathon runner, ultra-distance cyclist, triathlete, motivational speaker and author. He is a retired United States Navy SEAL and former United States Air Force Tactical Air Control Party member who served in the War in Afghanistan and the Iraq War. He's even a former world record holder for the most pull-ups done in 24 hours. In his book ‘Can’t Hurt Me’ he details some of the most mentally and physically challenging experiences a human being could go through and yet throughout it all finds the true grit he needed to keep on going and ask for more.

How?

No booze
Exercise
Healthy eating
Lots of sleep
Friends and family
Meditation
Comedy
Music

Partners

Put your logo here and you’ll see how much of a difference it will make.

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Check my progress

Follow on Instagram

What?
The focus
The challenge
Itinerary
Why?
Who inspires me?
How?
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World Expeditions
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Contact me if you have any questions:
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Name

Email

Questions

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