

## An update about #basecampforfertility from Ian Stones

This update was written 09.12.21

Currently, it is good news that myself and the group have the go ahead for the trip in March 2022, although we appreciate anything could change at any point due to Covid and its impact on travel.

The team and I are due to fly out on the 4th March 2022 and return on the 19th March.

The trek will take a total of 10 days and covers approximately 130 - 140kms. The total ascent on the climb is 2500m.

So far, I've raised £3566 which has gone directly to the charity and will make a massive difference to the incredible work they do. My initial target was £3500, and I am really pleased to have beaten that target already! However, there is always more to do, and the more I can support the charity the better. So, with that in mind I've set my next fundraising target to **£5346** (the height of Everest base camp).

This year has seen some really great coverage for male fertility and the Himfertility support group with Rhod Gilbert has been as popular as ever. We meet on a monthly basis via Zoom and typically get around 20 - 30 guys joining us each month. I'm very proud to be an ambassador for Fertility Network UK and to co-host the support group with Toby Trice and Rhod Gilbert.

This year's fertility show was held online and was a great success! I was very lucky to host some of the UK's top male fertility experts during the event as well as present and talk about the Himfertility support group.

I have an exciting project that I'm working on around male fertility testing which is due to launch early next year which could completely revolutionise male fertility testing and awareness. It's an exciting time in the male fertility world and the Everest Base Camp challenge is a key part of helping get the message out there.

People are often asking me how the training is going!! That I have to say is a little tricky. It's been such a busy year it's hard to find time to go out on a big march around the south downs, however, I've done more over the last month or two than I have done for some time. And I have to say it's a great reason to get out in the countryside which I really enjoy.

The other big challenge I'm facing is finding the kit! As I'm not a serial adventurer I'm not entirely sure what I need and what I have. We were given a packing list but you never truly know what you'll need until you've done something like this It's also getting a bit expensive so I'm trying to find those who can lend me things like rucksacks and other bits and bobs!

Fingers crossed we will be doing the challenge in a matter of a few months! I would like to take this opportunity to thank everyone who has donated or helped towards this important cause in any way.  
THANK YOU!