

K2 ESU CLIMB K2 @ HOME CHALLENGE



My Personal stair climb target is

Climbs in a week.

K2 the Mountain whom our Explorer unit is named after is 8611m high,

The average set of household stairs are approx. 2.5m tall. That's 3445 climbs. Let 's round this up to 3600 climbs to be safe.

Leave this at the Top of your stairs and tally every climb you do over the week Tuesday 14th April till Sunday 19th April, report back on face book when requested so we can keep a running total. Share a photo of you on your Stairs even make it funny if you like.

TUES 14TH

WED 15TH

Thurs 16th

Fri 17th

Sat 18th

Sun 19th