



# WHAT CAN YOU DO?

STOMP!



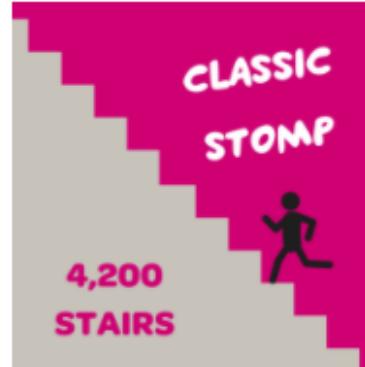
S6 will be doing the 'Ultimate Stomp' and climbing 22,500 stairs to raise funds and awareness for SAMH. We would love your help!



## Mini Stomp

1,500 stairs

The equivalent of the 86 floors to the **Empire State Building's** observatory.



## Classic Stomp

4,200 stairs

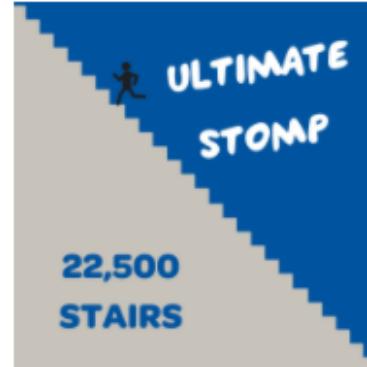
The original number of stairs the Stomp began with at **Murrayfield** four years ago, and almost equivalent to climbing to the summit of **Mount Snowdon**.



## Extreme Stomp

7,500 stairs

The equivalent to 2.5 times the numbers of stairs in the world's tallest building, the **Burj Khalifa**.



## Ultimate Stomp

22,500 stairs

The Guinness Book Of World Records states the staircase on **Neisen Mountain in Switzerland** is the world's longest and it's only 11,674 stairs. This is double!



# TAKING PART

- Climb the stairs, inside or out
  
- Count the number of steps you climb
  
- Upload your stair count and photos on to the STOMP! Google Classroom- use Strava to help count if you wish

