

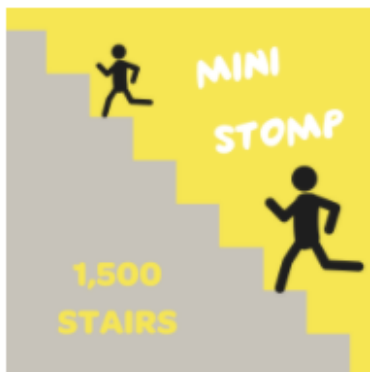


WHAT CAN YOU DO?

STOMP!



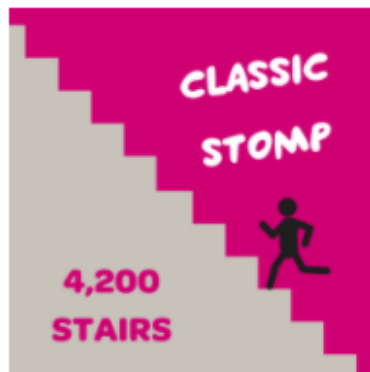
S6 will be doing the 'Ultimate Stomp' and climbing 22,500 stairs to raise funds and awareness for SAMH. We would love your help!



Mini Stomp

1,500 stairs

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



Classic Stomp

4,200 stairs

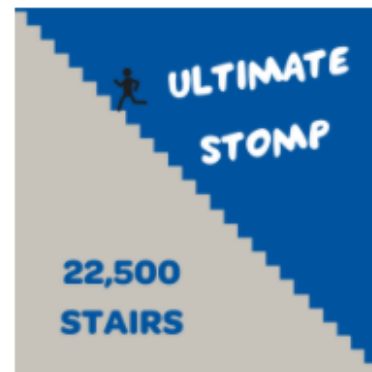
The original number of stairs the Stomp began with at **Murrayfield** four years ago, and almost equivalent to climbing to the summit of **Mount Snowdon**.



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

