

World Extreme Medicine 50,000 Instagram Followers Giveaway T&C's

Terms & Conditions

Promoter

This giveaway is organised and promoted by World Extreme Medicine ("WEM").

By entering this giveaway, participants agree to be bound by these Terms & Conditions.

Giveaway Period

The giveaway opens on the date the promotional Instagram post is published (24th June 2026) and closes at 00:00 BST on 1st July 2026, as stated within the post.

Entries received after the closing date will **not** be counted.

Eligibility

The giveaway is open to individuals aged 18 years or over worldwide.

Employees, contractors, faculty members, and immediate family members of World Extreme Medicine are not eligible to enter (sorry).

Only one winner will be selected.

How to Enter

To receive one entry, participants must:

- Follow @worldextrememedicine on Instagram
- Like the giveaway post
- Comment on the giveaway post telling us about their next adventure or dream adventure

Additional entries can be earned by:

- Reposting the giveaway post (+1 entry)
- Sharing the giveaway post to an Instagram Story (+1 entry)

Participants must ensure reposts and Stories are visible to World Extreme Medicine during the giveaway period (otherwise we can't check!)

No purchase is necessary to enter.

Prize

One winner will receive:

- 1 x World Extreme Medicine Buff
- 1 x World Extreme Medicine Nalgene Bottle
- 1 x World Extreme Medicine Velcro Badge/Patch
- 1 x World Extreme Medicine Dry Bag (8-litre capacity)
- 1 x Three-Day Ticket to WEM26*

***WEM26 Ticket Details**

The WEM26 ticket will be issued as a promotional code that provides a complimentary three-day conference ticket.

The winner will be required to complete the standard booking process via the World Extreme Medicine website using the supplied code. The code will reduce the ticket price to £0 so no money will be exchanged to receive this prize.

This process allows the winner to create a conference account and access workshop registration when workshop booking becomes available.

The WEM26 ticket includes conference access **only**.

The prize does not include:

- Travel costs
- Accommodation
- Breakfasts
- Evening meals
- Ceilidh tickets
- Workshop registration (winner must register when workshops open later in the year)
- Any additional personal expenses

Lunch and refreshments provided during conference hours are included as part of the conference ticket.

Prize Restrictions

The prize is non-transferable and cannot be exchanged for cash, credit, alternative products, or alternative event tickets.

World Extreme Medicine reserves the right to substitute any merchandise item with a similar item of equal or greater value should circumstances require.

Winner Selection

The winner will be selected at random using an independent third-party giveaway selection tool that will scan the engagement of the post, check for entries, and supply us with a chosen winner.

The selection process will verify that the winner has completed the required entry criteria.

The draw will take place shortly after the giveaway closes.

The decision of World Extreme Medicine is final.

Winner Notification

The winner will be contacted via Instagram Direct Message.

The winner will also be announced via a World Extreme Medicine Instagram Story.

If the winner does not respond within 14 days of being contacted, World Extreme Medicine reserves the right to select an alternative winner.

Delivery of Merchandise

The winner will be asked to provide a postal address for delivery of the merchandise items.

Address details will only be used for the purpose of fulfilling the prize.

Address information will not be added to any marketing or mailing lists and will not be sold, shared, or distributed to third parties, except where necessary to fulfil delivery of the prize (for example, postal or courier services).

Data Protection

Any personal data provided during the administration of this giveaway will be processed solely for the purposes of managing the giveaway and delivering the prize.

All personal information will be handled in accordance with applicable data protection legislation.

Instagram Disclaimer

This promotion is in no way sponsored, endorsed, administered by, or associated with Instagram.

By entering, participants acknowledge that they are providing their information to World Extreme Medicine and not to Instagram.

General

World Extreme Medicine reserves the right to amend, suspend, or cancel the giveaway where necessary due to circumstances beyond its reasonable control.

Any attempt to manipulate or abuse the entry process may result in disqualification.

These Terms & Conditions shall be governed by the laws of England and Wales.

[View World Extreme Medicine's T&C's.](#)

[View World Extreme Medicine's Privacy Policy.](#)

[Contact the team.](#)