

# Further Information



This document has been compiled by our local Ground Handlers and is based on recommendations from previous expeditions. **Please do take into account your own personal preferences and common sense!** We welcome feedback on how this document can be improved upon your return from your Challenge.

## A few notes.....

Expect a long, but extremely rewarding day – at least 14 hours. You will participate in all aspects of the Challenge, including feeding, bedding and preparing the dogs, putting up and taking down tents, making hot drinks and generally helping around camp.

Your typical day begins at around 8.30 a.m. when you will prepare the dogs (feeding, harnessing and clearing up after them) and your sled for the day. You will then depart for the first leg of the day's sledding at about 10.30 a.m. The day ends with you again feeding and preparing the dogs for the evening, setting up camp and any other campsite duties as required.

Due to the changing weather patterns in the Arctic Circle, the itinerary (as published) may be subject to change to incorporate amendments to the route due to excessive snow etc.

## Climate

In spring the weather is mild (however it can still be very cold at night) and in the summer, there is the amazing midnight sun. As you are in the Arctic Circle expect a challenging climate with snow and ice as far as the eye can see.

## Temperatures

Daytime temperatures are relatively pleasant but at night can drop to below -20°C. It is essential that sleeping bags are graded to a **minimum** of -20.

## Time

GMT + 1 hour

## Food

All dietary requirements can be catered for. The main source of food is fish, with meat, cheese and bread in plentiful supply. Breakfast consists of porridge (full of energy to set you on your way) followed by a cold lunch and hot dinner (usually meat and potatoes). The watchword here is 'high energy'.

Each tent (2 musher's per tent) will be supplied with a Food Box – this will have all you need to make your own breakfast, lunch and dinners. The dinners are 'boil-in-the-bag' foods which are very nice and nutritional. Camp stoves will be provided.

The celebratory meal in Tromso on Day 7 is not included – Norway is a very expensive country so please budget approx. £30 - £40 for food and drinks. For example, a pint of lager costs £5!

## Equipment

Essential items are shown on the Kit List. Snow-boots will be provided by the Villmarkscenter for sledding and are worn throughout the day. Participants may wish to take extra shoes to change into, although these are not necessary.

Nightwear – due to the very cold temperatures, participants usually wear their thermal clothes rather than normal nightwear. Tracksuit bottoms may be useful to sleep in for extra comfort.

As purchasing some of the kit mentioned on the Kit List can prove to be expensive, an alternative is to hire. Trek Hire UK ([www.trekhireuk.com](http://www.trekhireuk.com)) can supply participants with kit at cost – please contact them to find out more information – don't forget to mention that you are participating in the Global Adventure Challenges Lapland Husky Trail!

# Further Information cont.



## Difficulty

Some of the sledding will be fairly demanding as we travel through mountains and hills, dismounting to help push the sled when the gradient becomes too steep for the huskies to pull alone.

Full training will be given on how to steer and brake the sled.

## Luggage

You will need to re-check in your luggage at Oslo Airport, but not on your return flight home. Whilst we're sledding, your main piece of luggage will stay at the Dog Sled Centre and then will be transferred to our Hotel in Tromso, ready for when you return from your Challenge. All other items and baggage will go in your sled.

## Health/Vaccinations

The immunisations given below are a guide only.

**You must discuss your own particular needs and contra-indications to vaccines or tablets with your doctor or practice nurse.**

Immunisations – Confirm primary courses and boosters are up to date as recommended for life in Britain - including vaccines given to special groups because of risk exposure or complications (e.g. hepatitis B for health care workers).

Vaccines sometimes advised – tick-borne encephalitis.

## Accommodation and Sleeping arrangements

Our first night will be spent at the Dog Sled Centre in a traditional lavvo (a large static tent) with a roaring fire in the middle to keep us warm. Reindeer skins will be used as matting, in addition to our own sleeping mats for extra comfort. Whilst on Trail, we will be camping and it will be 2 people per tent. Upon arrival in Tromso, we'll stay in a comfortable Hotel, twin-share, with en-suite washing facilities – the Hotel is right in the middle of the city centre and also, just a stone throw away from the bar where we hold our celebratory dinner!

Obviously, there is no electricity available on this Challenge until we get to our Hotel AFTER the expedition.

## Toilets and washing facilities

There is only **one** shower available at the centre and none during the trip.

There are no toilet facilities on the expedition. Participants are issued with their own roll of toilet paper (which must be burnt properly after use) and the nearest tree. Remember – this is a **CHALLENGE!!**

## Security and Safety

The ratio of guides to participants is 1:5 ensuring everyone is well looked after. Global Positioning Systems are used by the ground operator so that current location is known at all times.

In the event of severe injury, you would be transported by sled to the next available reception area where a phone call would be made for medical assistance.

An Advanced First Aid Kit is carried at all times with the group, along with Satellite Telephone.

## Passport/Visa

UK British Passport holders do not require a Visa.

## Water

If desired, you can carry a hot drink (e.g. tea/coffee) in your thermos flask during the day.

Water in Norway is extremely clean and you can fill your drinking water bottles at camp every day, from the rivers and water holes you are camping next to. This is perfectly safe and no sterilisation tablets (or their equivalent) are required.



## Valuables

It is advised that participants take valuables (passport, money etc) on Trail with them in their sled – remember to wrap them in plastic bags / bin liners though to stop them from getting wet!

## Currency & Spending Money

This is the Norwegian Krone and is readily available from your local high street. The Ice Hotel and Sweden also accept Norwegian Krone so there is no need to take 2 different sets of currency. There will be **no** opportunity at all to visit a Bank until we are back in Tromso after the expedition, so please ensure you take all necessary currency with you.

## Tipping

Tipping your guides is appropriate, customary and always appreciated. Your guides work in teams and evenly split all gratuities they receive. Your gratuity should reflect the quality of service you received and anything special your guides did to enhance your trip.

## The Ice Hotel

At the end of the expedition you will visit the Ice Hotel (yes, it is a hotel made entirely out of ice!). There is a small entrance fee of approximately £10.00 (as at April 2007) but is well worth the visit.

## Fact File

- **Full country name:** Kingdom of Norway
- **Area:** 324,220 sq km
- **Population:** 4.54 million
- **Capital City:** Oslo
- **Currency:** Norwegian Krone
- **People:** 97% Nordic, Alpine and Baltic, with a Sami minority
- **Language:** Norwegian Nynorsk, Norwegian Bokmal, Northern Sami
- **Religion:** Christian (86.3% Evangelical Lutheran)
- **Government:** Constitutional Monarchy
- **Major Industries:** Oil, natural gas, computers, high technology, fishing, fish farming, forestry, shipping, shipbuilding, paper production
- **Major Trading Partners:** EU (esp. UK, Germany & Sweden)
- **Climate/Temperature:** In spring the weather is mild and in the summer, there is the amazing midnight sun. Winter of course is much colder with plenty of snow.

Please note that the information above is correct at the time of going to publication