

**SWEDEN**



**intrepid expeditions**

# **ARCTIC SURVIVAL CHALLENGE**



**"MAN CAN LIVE FOR ABOUT 40 DAYS WITHOUT FOOD, ABOUT 3 DAYS WITHOUT WATER, ABOUT EIGHT MINUTES WITHOUT AIR, BUT ONLY FOR ONE SECOND WITHOUT HOPE."**

Set in a stunning and pristine wilderness 150 km south of the Arctic Circle. This once in a lifetime experience challenges your ability to adapt and live in the heart of this harsh environment, tests your survival instinct and provides complete tranquillity and relaxation under the Arctic stars. Experience the thrill of husky driving and snowmobiling. Learn the life-saving skills of ice fishing, fire lighting, shelter and snow hole building to name but a few.



# Itinerary

## Day 1:

Travel from the UK to Sweden's capital Stockholm where you then catch an internal flight taking you one hour north to Ostersund in the region of Jamtland. Upon arrival at Ostersund we are met by our friendly Swedish colleagues, and travel for one hour by minibus to our cosy log cabin near Raftlaven. The cabin is wonderfully rustic with no electricity; just a wood burner, a basic kitchen, dining table and beds. Then spend the evening settling in ready for tomorrow's activities.

## Day 2:

After a warm breakfast and allocated with a 'buddy' for the week we venture out to explore the surroundings on cross country skis, following tracks through the forest and along by the frozen river. Also there's a chance to try out snow shoes too. Later that evening it's back to the cabin for dinner before going out again to start construction of the snow hole which will be home for one night later in the week.

## Day 3:

### Husky sledding day.

After breakfast the husky arrive at our cabin and we create a track for you to race the dogs through. After a short briefing each person takes control of their own dog team for a magical ride through the frozen forest. A delicious hot lunch and coffee is served up Swedish style over an open fire outside which has fabulous views across the landscape. Then its back to the cabin for dinner as you would have built up an appetite before heading out to add more snow to the snow hole.

## Day 4:

### Snowmobile safari day.

Get ready for an exhilarating ride! After an early breakfast we travel in the minibus for one hour to where

we start our snowmobile safari. After an important safety brief, in pairs we set off to a nearby frozen lake to practice handling these powerful machines. Once everyone is happy we head off through the forests and up into the mountains. On a clear day from the vantage point (2500ft ASL) on the mountain top there is a magnificent view across the landscape to Norway.

On the way back down we stop for lunch either out in the wilds or at a mountain hotel (depending on the weather). From here its time to swap with your partner for the ride back. The safari lasts approximately six hours. (An individual snowmobile is available at an additional cost at time of rental).

On return to the Intrepid Expeditions cabin its time to prepare for the survival phase. With bags packed for all that's required for the following three days and nights we head out on skis in the darkness to the location where we erect a traditional Scandinavian tent complete with log burner. Later in the evening we cook up our first night's rations before settling down to sleep.

During the night we take it in turns with our 'buddy' to stoke up the log burner to keep us comfortable.

## Day 5:

### Shelter building.

This is a very labour intensive day but also fun and rewarding. Once we have found a suitable place to build the shelter we start by clearing the area of snow. The 'A' framed shelter is then constructed with the surrounding trees. Once the framework is in place pine branches are used to thatch the roof. Inside, a shallow trench is dug in the centre for a fire.

Building the shelter takes most of the day. Once it is finished it's time to light the fire and move in.

It will then be time for dinner round the open fire in the shelter before it's time for sleep. During the night we take it in turns with our 'buddy'

to keep watch over the fire as we did the previous night.

## Day 6:

### Snow hole.

Today we continue to construct and finish the snow hole, tunneling into it with spades and ice axes carefully carving a domed ceiling. Two to three entrances will be made, along with a ski pole in the roof for ventilation. Inside is a cosy, relatively warm 0 degrees Celsius. Again we take it in turns over night with our buddy, this time for 'candle watch'. Placing candles in the snow hole not only gives light but very importantly indicates sufficient oxygen is present inside.

## Day 7:

### Hot tub & sauna day.

After breakfast in the snow hole we ski back to the cabin. With the survival phase completed it's now time for some relaxation. The sauna and hot tub are lit and several hours later its ready, but in the mean time the time is your own. You can ski, snow shoe or ice fish if you wish.

Then in the afternoon its time to hop into the hot tub and chill out after your challenging week. There is also a traditional sauna heated with a log burner to relax in as well to have a well deserved rest. In the evening we have a celebratory dinner in the cabin cooked for us by our Swedish colleagues. This a time to reminisce on a fantastic and truly unforgettable week.

## Day 8:

### Time to go home.



**Passport, Visa & Vaccinations:**

**Current 10 year passport**

**Current European Health Insurance Card.**

**Vaccinations: Tetanus is recommended.**

**What is included in the price:**

**Training Day in the UK.**

**All flights.**

**Transport within Sweden.**

**Accommodation and food.**

**Sleeping equipment for the survival phase**

**Skis, snow shoes.**

**Huskies.**

**Ice fishing equipment.**

**Snowmobiles-one between two unless arranged Otherwise.**

**Not included:**

**Personal travel insurance.**

**Personal expenditure.**

**Rations for the three day survival phase.**

**All other items not mentioned in the programme.**

**This is our most popular charity challenge event and has helped raise hundreds of thousands of pounds toward UK charities...why not try it yourself.**



# KIT LIST

INCLUDED FOR THE 2014 SEASON.

**Intrepid Expeditions now provide you with a sleeping bag, bivi bag, roll mat and overboots for the survival phase.**

1. 1 X PAIR OF WARM BOOTS
2. 1 X FOOTWEAR (FOR INSIDE CABIN) crocs /trainers
3. ENOUGH PAIRS THERMAL SOCKS TO LAST THE DURATION
4. 2 X COMPLETE SET OF THERMALS
5. ENOUGH SPARE UNDERWEAR FOR THE DURATION
6. 1 X PAIR TROUSERS
7. 1 X JUMPER FLEECE
8. 1 X WATERPROOF JACKET or ski jacket
9. 1 X WATERPROOF TROUSERS
10. 1 X PAIR GLOVES OR MITTENS
11. 1 X PAIR LEATHER GLOVES for cutting and handling hot pots etc
12. 1 X HAT
13. 1 X TOILETRIES BAG
14. 1 X TOWEL
15. 1 X SUN AND LIP BLOCK
16. 1 x HEAD TORCH (spare batteries)
17. 3 X SETS OF SPARE BATTERIES
18. 1 X WHISTLE
19. 1 X MESS TIN/ cooking pot
20. 1 X KNIFE FORK SPOON
21. 1 X MUG (PLASTIC)
22. 1 X PERSONAL FIRST AID KIT
23. 1 x THIN SLEEPING BAG FOR INSIDE THE CABIN.
24. 1 X RUCKSACK OR HOLDAL
25. 1 X SMALL DAY SACK
26. 1 X THERMOS FLASK 1ltr
27. 1 X PILLOW CASE for inside the cabin
28. 1 X CAMERA
29. 1 X SET OF SWIMWEAR for the hot tub
30. 1 X DRIVING LICENSE for snowmobiles
31. 3 Days worth of rations for the survival phase
32. 1 X SENSE OF HUMOUR



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£1495.00  
all inclusive.**

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## BOOKING/ENQUIRIES

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