For An Experience of a Lifetime

ARCTIC SURVIVAL CHALLENGE 2015

And enhance the life of someone else’s

www.dream-a-way.org
info@dream-a-way.org
ARCTIC SURVIVAL CHALLENGE

2015

Your Itinerary

Training weekend in Devon

November: activities include shelter building, firelighting, water purification, cold weather injuries, food prep and equipment needed for Arctic Circle

The Arctic Challenge

20th February 2015 8 days 7 nights

London Heathrow to Stockholm. Internal flight: Stockholm to Östersund

A once in a lifetime challenge

A magical experience never to be forgotten

Day 1 travel to raftlaven, begin acclimatising to the cold.
Day 2 Cross country Ski-ing, snow shoes and construction of snow hole.
Day 3 Husky sledding over frozen lake
Day 4 snowmobile safari day up through the forests and mountains.

First night out under canvas, complete with log burner and rations.
Day 5 shelter building.
Day 6 snow hole night.
Day 7 hot tub and sauna.
Day 8 Fly home.

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intrepid expeditions
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KIT LIST FOR CHALLENGE

1. 1 Pair Of Warm Boots
2. 1 X Spare Footwear (For Inside Cabin)
3. Enough Pairs Thermal Socks To Last The Duration
4. 1 X Complete Set Of Thermals
5. Enough Spare Underwear For The Duration
6. 1 X Pair Trousers
7. 2 X T-Shirt
8. 1 X Jumper Fleece
9. 1 X Waterproof Outer Jacket (Or Skiing Type Jacket)
10. 1 X Waterproof Trousers
11. 1 X Pair Leather Gloves (for cutting and handling hotpots etc)
12. 1 X Paid Over Boots **
13. 1 X Pair Mittens or gloves
14. 1 X Hat
15. 1 X Toiletries Bag
16. 1 X Towel
17. 1 X Sun And Lip Block
18. 1 X Set Of Strong Sunglasses Or Ski Goggles
19. 1 X Sleeping Bag, 3/4 Season **
20. 1 X Sleeping Mat **
21. 1 X Waterproof Bag (Sleeping Bivvy Bag) **
22. 1 X Head Torch
23. 3 X Sets Of Spare Batteries
24. 1 X Whistle
25. 1 X Complete Set Of Mess Tins
26. 1 X Knife Fork Spoon
27. 1 X Mug (Plastic)
28. 1 X Personal First Aid Kit
29. 1 X Camera
30. 1 X Rucksack
31. 1 X Flask
32. 1 X Sense Of Humour

**For 2015 Intrepid Expeditions now provide you with a sleeping bag, bivi bag, roll mat and overboots for the survival phase

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**ARCTIC SURVIVAL CHALLENGE 2015**

**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 Swedish colleagues, and travel for one hour by minibus to our cozy log cabin near Raflavän. The cabin is wonderfully rustic with no electricity; just a wood burner, a basic kitchen, dining table and beds.

Spend the evening settling in ready for tomorrows activities.

Day 2
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 3
Husky sledding day. After breakfast we meet up with the husky dog teams. After a short briefing each person takes control of their own dog team for a magical ride through the frozen forest. And afterwards a delicious hot lunch and coffee is served up Swedish style over an open fire in the frozen forest.

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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.

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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. For those who wish there will be a chance to try ice fishing. With any luck you may catch your dinner!

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 night. Today we continue to construct and finish the snow hole, tunnelling 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. Our hot tub is lit and several hours later the water is ready to jump into. It takes a few hours to heat up so while that’s happening 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. Having packed we tidy the cabin to leave it as we found it before taking the minibus back to Ostersund airport to catch the flight to Stockholm and finally our connecting flight back to the UK.

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2015

Personal kit list for November Training

Please ensure you bring the following items of equipment when attending the training course.

Please don’t go out and spend a lot of money on equipment, as you really don’t need much at

1 x Hat
1 x Pair of gloves
2 x Pair of boots or some other form of solid comfortable footwear
1 x complete change of clothing in case you get wet
1 x Warm jacket
1 x Pair of warm trousers
1 x Set of waterproof outer garments
1 x sleeping mat
1 x sleeping bag
1 x Survival bag (orange) or bivy bag
1 x Knife, Fork & Spoon
1 x Set of Mess tins
1 x Mug

1 x Water bottle
1 x Torch and spare batteries (head torch if possible)
1 x rucksack
1 x First Aid Kit
1 x towel
1 x wash kit bag
1 x Sun lotion/insect repellent (summer only)

Failure to bring this equipment will only make you uncomfortable for the duration of the course. We do not issue personal equipment for hygiene purposes.

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Reaching the Fundraising Target

Most people find that once they have started the process of fundraising it is easier to reach the target than they think and many people raise over and above the pre-set amount, which is fantastic! It is advisable to start fundraising as soon as you have signed up. Information on ideas and advice on how to reach your fundraising target will be given to you by Dream-A-Way’s Fundraising co-ordinator.

I understand the terms and conditions of this agreement, and I wish to take part in the Winter Survival Challenge Sweden aid of Dream-A-Way.

Signature_________________________________Print________________________________
Date________________________________________

I understand that this is done at my own risk and I absolve Dream-A-Way and Intrepid Expeditions from any liability for any injury incurred or damage to property through participation.

I fully understand that this is a sponsored event and promise to raise as much sponsorship money for Dream-A-Way as possible. I understand that I am required to raise a minimum of £2,500.00 sponsorship.

I have fully read and understood Intrepid Expeditions’ terms and conditions for the event.

Signature_________________________________Date________________________________

Dream-A-Way, 20 Lime Grove, Exminster, Exeter, Devon, EX6 8TB Tel: 07796 442144

Intrepid Expeditions, 3 Chapel Court Cottages, Budlake, Broadclyst, Exeter, Devon, EX5 3JT Tel: 01392 882445
www.intrepid-expeditions.co.uk

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ARCTIC SURVIVAL CHALLENGE

2015

Personal Contribution

I agree to pay £100.00 now and £100.00 in a month’s time ( ) Or I agree to pay £200.00 now ( )

I enclose a cheque for £200.00 (or one cheque for £100.00 and one post-dated cheque for £100.00) payable to Intrepid Expeditions.

The proposed date for the 2015 Arctic Challenge event is 20th February 2015 (subject to flights)

Your aim is to reach the pre-set minimum fundraising target. Providing you reach the Minimum Fundraising Target, all you pay yourself it the Registration fee, which secures your place on the challenge. This is non-refundable as the money is used to secure your airline ticket and for your training weekend in the UK before the departure date.

Sending in your money

The only money you pay to Intrepid Expeditions is the registration fee of £200. You should pay all your fundraising money to Dream-A-Way please and not Intrepid Expeditions. Dream-A-Way will then pay your remaining costs once you have raised your sponsorship target.

You will need to pay a minimum amount of £2,500.00 to Dream-A-Way no later than 10 weeks prior to the challenge date.

However, as long as we have approximately £2,300.00 by the end of November when we have to pay Intrepid, we are flexible as to how this is paid. Talk to Jeff Merrett regarding this if you wish to use an alternative plan.

You can pay off the whole amount at any time before these dates. Failure to pay Dream-A-Way the total amount will mean that you will be unable to attend the event.

You will also need to send copies of your insurance documents (to include winter sports activities) for this trip to Nigel Startin by 30th November 2014.

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2015
Fundraising Idea’s

A quick list of idea’s below to help you with fundraising

- Fitness Challenges
- Table top Sale
- Car Boot Sale
- 50/50 Sale
- Duck Race
- Raffles
- Quiz Nights
- Coach Trips
- Pool Tournament
- Bag Packing at your local supermarket
- Car Parking for events
- Cook a meal for a donation
- Coffee Morning
- Offering work hours for donations
- Aerobics-athon
- Spring Clean
- Car Wash
- Book sale
- DIY Jobs
- Sponsored Silence
- Bingo Evening
- Disco
- Film Night
- Karaoke Night
- Mile of Coins

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Useful contact details

Travel Insurance
www.dogtag.co.uk
www.bmc.co.uk
www.staysure.co.uk

Equipment
www.edge2edge.com
www.sub-zero-boots.co.uk
www.Rab.uk.com
www.cotswoldoutdoor.com

European Health Insurance Card
www.nhs.uk 0845 46 47
(24hrs UK only)

Foreign Commonwealth Office
www.fco.gov.uk

Health related travel advice
www.dh.gov.uk/travellers

Passport office
www.ukpa.gov.uk
Passport advice line: 0870 521410

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# Arctic challenge 2015

## Applicant Information

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<tr>
<th>Field</th>
<th>Details</th>
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<tbody>
<tr>
<td>Full Name</td>
<td>Passport number:</td>
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<td>Date of birth</td>
<td>Phone:</td>
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<tr>
<td>Current address</td>
<td>Email:</td>
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<td>City:</td>
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## Emergency Contact

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<td>Name of a relative not residing with you:</td>
<td>Phone:</td>
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<td>City:</td>
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## Doctor information

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<tr>
<td>Address:</td>
<td>Phone:</td>
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<td>Dr Name:</td>
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## MEDICAL QUESTIONS

- Do you suffer from the following? (Please write yes or no next to each complaint)
  - Asthma: [ ]
  - Heart trouble: [ ]
  - Epilepsy: [ ]
  - Anaphylactic shock: [ ]
  - Diabetes: [ ]
  - Dermatitis: [ ]
  - Haemophilia: [ ]
  - Arthritis: [ ]
  - Migraine: [ ]
  - Allergies: [ ]

- Do you have a history of any other illness not mentioned above? If so, please state illness below:

- Are you under any medication at the moment? If so please state current medication. Please give details

## I understand that

- The survival course/Expedition can be physically and mentally demanding and may require excessive exertion.
- The possibility of personal injury to myself and others exists.
- The course may expose me to hazards (fire making and cutting instruments, cold and/or heat).

## I CONFIRM AND AGREE

- After I have been given the induction and safety briefing and I am aware of the risks to myself and others whilst attending an Intrepid Expeditions survival course/expedition and agree to abide by the rules at all times.
- I am physically fit and mentally able to partake in the course/Expedition. If I feel unwell to continue I shall alert a member of staff immediately.
- I agree to comply with the rules as given to me by Intrepid Expeditions staff, to use all equipment as instructed and to obey all directions given by Intrepid Expeditions staff.

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<th>Field</th>
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<td>Signature of applicant:</td>
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Terms and Conditions

Should a course participant have any complaints about the challenge, they must make it known to the staff of Intrepid Expeditions at the time. If at the end of the challenge you feel that the complaint has not been properly dealt with, the participant must notify Intrepid Expeditions in writing no later than 7 days after the event.

Challenge participants are solely responsible for arranging and must be in possession of a valid passport (where applicable). Information is given on these matters or related items (clothing, climate, baggage, personal gear etc) in good faith but without responsibility on the part of Intrepid Expeditions.

Insurance

Travel insurance is mandatory for all participants on overseas challenges. Insurance must include cover for medical expenses and personal accident. The participants are responsible for arranging their own insurance.

Members of Intrepid Expeditions staff will do all in their power to solve problems to the benefit of the group as a whole. They may require an individual to leave the group if they believe that the person’s health is at risk. If an illegal act has been committed, or they behave in a way to endanger the safety, enjoyment and welfare of the group, staff of Intrepid Expeditions will take such action, that the person will be asked to leave and make their way back to the UK at their own expense.

Alterations and Cancellations by Intrepid Expeditions

Intrepid Expeditions will make every effort to adhere to the planned itinerary and programme. Intrepid Expeditions reserves the right to modify or cancel any particular activity.

Intrepid Expeditions cannot be held liable for any consequences of strikes, industrial action, wars, riots, sickness, quarantine, government intervention, weather conditions war, sale of land by owner etc or any other untoward circumstances, acts of God, or aviation technicalities.

In the event of a course cancellation due to Intrepid Expeditions own reasons not included in the above mentioned participants will be refunded the full amount of monies paid.

Alterations and cancellations made by the participant (UK courses)

If you cancel the course for whatever reasons the following refunds will apply:

The 25% deposit is non refundable.

The following refunds will apply, post deposit:
Within 10 weeks of the course commencement date: Full refund
Within 8 weeks of the course commencement date: 75% refund
Within 6 weeks of the course commencement date: 50% refund
Within 4 weeks of the course commencement date: No refund and full payment required.
Terms and Conditions (cont)

Alterations and cancellations made by the participant (Overseas courses)

The 25% deposit is non refundable

The following refunds will apply, post deposit:
Within 16 weeks of the course commencement date: Full refund
Within 14 weeks of the course commencement date: 75% refund
Within 12 weeks of the course commencement date: 50% refund
Within 10 weeks of the course commencement date: No refund and full payment required.

We will automatically assume that if full payments are not paid within 8 weeks prior the departure date, we will assume you are not attending, therefore your place will be allocated to another participant and your place will be lost.

The £200 deposit for Charity courses is non refundable.

Bookings

Provisional bookings do not hold firm until a deposit or the full amount of monies is received by Intrepid Expeditions. Full payment must be received at least 4 weeks prior to the UK course commencement date, and 8 weeks prior any overseas course commencement date.

Safety

There are certain hazards involved with these challenges and the Intrepid Expeditions accepts responsibility for negligent acts or omissions by its staff in respect of claims arising as a result of death, bodily injury, or illness caused to the participant. Intrepid Expeditions does not accept liability for death, bodily injury or illness in other cases.

Health and fitness.

It is essential before embarking on a challenge that the participants are fit enough to undertake such activities. If you have a medical condition or history Intrepid Expeditions strongly recommends that you seek advice from your doctor. This information must in turn be added to the medical form and a member of Intrepid Expeditions must be informed. Intrepid expeditions cannot be held responsible for injuries such as frost nip, frost bite hypothermia or hyperthermia, sunburn as these are self inflicted injuries.

Any information given to Intrepid Expeditions will be strictly confidential. Intrepid Expeditions cannot be held responsible for any illness or injury as a result of an ongoing medical condition.

If in doubt participants should contact staff of Intrepid Expeditions to discuss the requirements. Participants should be aware that medical assistance is rarely available in the remoter regions visited by Intrepid Expeditions.
Terms and Conditions (cont)

Age

Course participants (hereinafter referred to as customer) must be at least 18 years of age at the course commencement date.

Environmental Damage

The customer must respect the environment being utilised during the course period. The customer will be liable to any damage due to deliberate or negligent destruction caused to the environment or buildings or livestock. If as a result such damage occurs the customer shall be responsible for paying the reasonable costs. If any course participant is found to have caused or is behaving in a malicious manner likely to cause such damage, they will be asked to leave the course or expedition.

Flights and delays

Most flights will be arranged with scheduled airlines who will usually provide refreshments, meals or accommodation where there is any substantial flight delay and when this is possible to arrange. Intrepid expeditions will not arrange these facilities if there is a delay at the outward or homeward points of departure if not offered by the airline.

Flight changes

Airlines may have to change aircraft without advance warning. You are asked to check carefully departure and check in times on your documentation when received to ensure that you arrive at the airport in sufficient time.

Passports and Visas and Health

You will be advised separately of any passports or visa requirements and any compulsory health requirements to enable you to participate in your travel arrangements. Please note that you will require a full British passport with at least 6 months unexpired at the date of return travel. For EC and other passport holders please contact Intrepid Expeditions for special requirements.

Intrepid Expeditions cannot be held responsible for any loss or damage to luggage and property; they are carried at the participant’s own risk.

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**ARCTIC SURVIVAL CHALLENGE 2015**

Terms and Conditions (cont)

**Personal insurance.**

We strongly advise that you take out travel insurance as soon as you make your booking, details are on our website.

**Equipment provided.**

You will pay the full amount of the if the equipment lent to you is returned in a damaged condition or lost.

All of The equipment will be returned in the condition it was received at the end of the loaned period.

Damaged items will be paid within 14 days of the end of the trip.

**Equipment Loaned:**
1. Season 4 Sleeping Bag
2. Waterproof Bivvy Bag
3. Season 4 Roll Mat
4. Arctic Overboots

Contact Nigel Startin
Tel/Fax 01392 882445
Mobile 07771752507
E-mail nigel@intrepid-expeditions.co.uk
www.intrepid-expeditions.co.uk

ATOL 9576

Intrepid Expeditions
Chapel Court Cottages
Budlake
Broadclyst
Exeter
Devon
EX5 3JT
**ARCTIC SURVIVAL CHALLENGE 2015**

**Sponsorship Form**

Name of Adventurer ___________________________ Phone ___________________________

Address ___________________________ Postcode ___________________________

If I have ticked the box headed ‘Gift Aid?’, I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity or Community Amateur Sports Club (CASC) named above to reclaim tax on the donation detailed below, given on the date shown. I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the tax year at least equal to the amount of tax that all the charities and CASCs I donate to, will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

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Total : £

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**Thank You!**

Your generous support will enable Dream-A-Way to make Dreams come true for even more special, local people

Jeff Merrett  MBE Dream-A-Way 20, Lime Grove, Exminster, Exeter, EX6 8TB