

CH>RITY  
CH>LLENGE



TRIP NOTES

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**BELIEVE  
ACHIEVE  
INSPIRE**

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**DOG SLEDDING CHALLENGE  
SWEDEN**

Fri 21 Mar - Thu 27 Mar 2025





## In aid of your choice of charity

21 Mar - 27 Mar 2025

### 7 DAYS | SWEDEN | CHALLENGING

Take on a challenge that is completely different to everything you know. You'll live an Arctic wilderness lifestyle, without electricity, running water or a flushing toilet. You'll drive a team of loyal huskies through the snow-covered forests of Swedish Lapland in freezing temperatures. Experience the silence of nature as you glide through this winter wonderland, while taking the opportunity to spot elk, moose and reindeer with the potential to see the spectacular Northern Lights. The adventure begins in Kiruna, Sweden's northernmost city, situated 145kms north of the Arctic Circle. The region is home to the Sami people, and you will learn about their culture including spending the night in a Sami tee pee.

- Drive a team of huskies around 180kms of beautiful, frozen Arctic landscape
- A chance to witness the wonder of the Northern Lights
- Learn how to manage and care for the dogs
- Muck in with wilderness living, helping cooking, cleaning and collecting water
- Stay overnight in a Sami tee pee, sleeping on reindeer skins

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Fri 21 Mar

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#### International departure from London

The day is finally here to meet the other participants for the flight to Kiruna in Sweden. After touch down, you will transfer to a hotel in the centre of town, where you will be met by the challenge leader for a full briefing. Dinner will be taken at the hotel where you spend the night. (D)

Accommodation: Hotel

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### DAY 2 Sat 22 Mar

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#### Dog sledding (approx. 25km)

This morning we head off to the kennels, where you will be allotted a team of huskies and given a demonstration and safety briefing. After lunch it's off into the wilderness! This initial stint of mushing enables the group to practice what you have been taught and to get comfortable with handling the sleds. At the end of the ride, you will head back to the kennels, where you will be shown how to care for the dogs. (B,L,D)

Accommodation: Sami tepee sleeping on reindeer skins

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### DAY 3 Sun 23 Mar

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#### Dog sledding (approx. 35km)

When it comes to breakfast, it's animals first – so you'll prepare their food, before sorting out your own. The route is roughly 10km longer than yesterday and lunch will be taken along the way. You will arrive at the wilderness cabin by the edge of a frozen lake later in the day, and this will be your home for the next three nights. The facilities are basic, with no electricity, no running water and an outside toilet, where you will have to drill a hole in the frozen lake to collect water, and to chop wood for the fire. (B,L,D)

Accommodation: Wilderness cabin

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### DAY 4 Mon 24 Mar

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#### Dog sledding (approx. 45km)

After breakfast, mushing takes place on homemade trails untouched by anyone other than the native moose and reindeer. It's really back to nature at lunch time, as you'll have to make a fire with wood that is collected from the surrounding forest. Back at the wilderness cabin, an evening of activities await: chopping wood, fetching water, making the fire, heating water and preparing dinner, and washing up. (B,L,D)

Accommodation: Wilderness cabin

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### DAY 5 Tue 25 Mar

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**Dog sledding (approx. 40km)**

By now, you will know the ropes, preparing breakfast for the dogs, and then packing up for the day's activity ahead. Today you will mush for around 40kms and weather permitting, have lunch on top of a hill overlooking Kiruna. Later it's back to the wilderness cabin, to settle the dogs, yourselves and maybe even enjoy a sauna. There are no guarantees, and it's totally subject to atmospheric conditions, but in the evening, you can take some reindeer skins down to the frozen lake and lay out under the stars, waiting for the incredible Northern Lights to make an appearance. (B,L,D)

Accommodation: Wilderness cabin

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**DAY 6** *Wed 26 Mar*

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**Dog sledding (approx. 35km)**

Rise and shine early to get organised (packing your things to leave the wilderness cabin) before heading off on your final day's sledding. Each day of the challenge, the level of difficulty in the trails followed and the skills needed to manoeuvre your team, will increase. From here it's a challenging ride back to the kennels with some tough ascents and descents. Upon arrival, it is down to you to unharness the dogs, feed and settle them, before bidding them a final farewell. After lunch, you visit the world-famous Ice Hotel in Jukkasjärvi and have a celebratory dinner back at your hotel for the night in Kiruna. (B,L,D)

Accommodation: Hotel

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**DAY 7** *Thu 27 Mar*

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**Kiruna Airport for return flight to the UK**

Be sure to exchange contact details with new-found friends and sledding partners over breakfast, before transferring to the airport for your flight home. (B)

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**NB**

B = Breakfast; L = Lunch; D = Dinner

The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength and ability of the group to follow instructions, and so on. Most notably, the challenge takes place on land that the Sami people bring their herds of reindeer to graze on at certain times and so we will adjust our routes as necessary to respect their rights to roam and the impact 40 barking huskies can have on the reindeer herd. We will do our very best to keep to the set itinerary, however we cannot be held responsible for any last minute changes that may occur. In all such circumstances, your challenge leader will have the final say.



## HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.  
The costs below are per person.

### SELF FUNDER

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*Pay a registration fee of £525.00 when you book*

*Then a balance of £2573.00 (10 weeks before your challenge)*

*Raise as much as you can for your charity.*

### MINIMUM SPONSORSHIP

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*Registration fee of £525.00 when you book*

*Raise a minimum of £5250.00 for your charity.*

### FLEXI

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*Registration fee of £525.00 when you book*

*Then £525.00 towards challenge costs (10 weeks before your challenge)*

*Raise a minimum of £4180.00 for your charity.*

*You will be invoiced for the air tax and fuel element contribution for your international flights, capped at £150.00, which is due 10 weeks before departure.*

## WHAT'S INCLUDED

### Before you go

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- Support materials (itinerary, kit list, visa information, travel tips, responsible travel policy and guidance)
- Sponsorship forms
- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Access to your own password protected account including support materials and training schedules
- Warm up exercise routines
- Risk assessment and emergency management planning
- Public liability insurance
- Fundraising advice
- Fitness training notes
- Access to training weekends (optional and at additional expense)
- 16 and 20 week trek/bike training schedule

### On your challenge

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- Accommodation during the challenge (usually in twin share)
- UK-based 24-hour emergency support line
- Internal transfers (unless otherwise stated in the itinerary)
- Equipment as per the challenge activity
- An English speaking first aid trained challenge leader and full local support team
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- A donation to a community project in one of the countries in which we operate
- Drinking water on challenge days
- A Charity Challenge T-Shirt
- Entrance fees to national parks or other places of interest visited on the itinerary
- Full back-up support including first-aid qualified staff and first-aid supplies
- Three meals a day (unless otherwise stated in the itinerary)
- International flights to and from the UK, in economy class (see air tax exclusion below)

## WHAT'S NOT INCLUDED

**Before you go**

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- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Visa (if required)
- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for requirements)

**THE DETAILS****On your challenge**

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- Contribution towards air taxes and fuel element (please see the section below on "Air Tax and Fuel Element Contribution")
- Tips
- Departure Tax (if applicable)

**Fundraising deadlines**

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 12 weeks before departure (by 27/12/2024), and the remaining 20% within 4 weeks of completing the challenge (by 24/04/2025). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

**Air tax and fuel element contribution**

The air taxes, and fuel element, that make up part of the flight costs can fluctuate significantly before a challenge takes place. As such, we exclude part of these taxes from the initial cost of the challenge and we will invoice you for it 10 weeks before departure. This applies to all participants on all payment options. For the challenge you are booked on this payment will be capped at £150 and we will absorb any amount above that. Please be sure to factor this cost into your budgeting for the challenge.

**Typical group size**

The typical group size is 7 - 8 participants

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**Small group supplement**

The costs and sponsorship levels on our website are based on a minimum of 7 participants. We can run this trip with 5-7 people, but there will be a small group supplement of £125. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

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**Optional extras**

Business class upgrades\*  
Single room supplements\*  
Extensions at end of trip\*  
Travel insurance  
(\*subject to availability)

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**Travel insurance**

Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at <https://www.campbellirvine.com/charitychallenge>.

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### Level of Difficulty

The Dog Sledding challenge is graded as "Challenging". Physically, this is less demanding than a trek or bike ride but don't for one second think that you just stand on the sled and the dogs do all of the work. You need to be in control of the sled and the team of dogs and this requires you to be switched on both physically and mentally on a constant basis. You can read more below on "What it takes to drive a team of huskies." This is the perfect challenge for participants who are of an adventurous spirit and an open mind, but perhaps haven't taken on a strenuous challenge event previously and are willing to truly push themselves out of their comfort zone! It is imperative you have a good level of fitness, so you can manage the sled without falling off, and stay in control of the team and get back on the sled when you do fall off. Whilst this does happen occasionally you will need to get up quickly without assistance, often in very deep snow, and to try and regain control of the sled. A BMI of under 30 (preferably under 25), is appropriate for this trip due to the nature of the physical demands on yourself and the dogs. Don't estimate what is required to run uphill to catch up with your sled, in minus 30 degrees Celsius, when wearing five layers of clothing and huge snow boots!

You can tell your supporters that on your Dog Sledding Challenge you will be:

- Sledding for around 5 hours per day
- Covering almost 200km across 5 days of sledding
- Using your core strength to control the team of three or four powerful huskies
- Sleeping in temperatures that can reach -40 Celsius
- Overnighting in very basic wilderness cabins, without electricity or running water, where the toilets are outside and where you will room together in one large open room
- Taking charge of and looking after your own team of dogs. You will see to their needs before yours!

### Typical day

You will wake early in time to feed your dogs and clear up their poo, before having your own breakfast. Dressing for the worst possible weather, you will prepare your sled, harness the dogs one by one, and then begin driving your dogs for 35- 45kms per day, stopping for lunch en-route in a cabin or tee pee where lunch is prepared on an open fire. There will be plenty of refreshment stops, and opportunities to take photos and video. In the evening you will arrive at your wilderness hut where you will first give the dogs some snacks whilst you unharness them and settle them into their individual kennels, then collect water from the frozen lake, chop and collect wood for the fire, return to feed the dogs their evening meal and finally you can relax and have dinner in the cabin. Everyone takes turns to wash and dry up and after a briefing about the following day you can head off to sleep ready for another long day of sledding.

### About the dogs

All the dogs are sociable, friendly and love attention. A cuddle and lots of love is greatly appreciated by our four legged friends! The team we work with in Sweden (headed up by Kent and Jordana), provide the most incredible hospitality in what are the most inhospitable freezing Arctic conditions) have around 70 working dogs, who have all been bred by them. At the kennels where they live from day to day, they have enclosures of two to three dogs. Despite the freezing temperatures, the husky's comfort temperature is minus 15 degrees Celsius. They are fed on a diet of both raw and processed food to ensure they get all of the necessary fuel for their energetic work. Once the dogs have aged and are no longer up to the work, they are adopted by local families (and former sledding clients).

All dog kennels in Sweden have to adhere to the requirements as stipulated by Lanstyrelsen, the government agency responsible for animal welfare. In accordance with this Swedish Law, all matters pertaining to the dogs welfare is



regulated including amongst other things, the size and dimensions of their living quarters (which have to be insulated), the area for them to run around when in kennels and the size of their transportation boxes. Our team in Sweden are strongly committed to having a healthy, safe and happy environment for each and every one of their dogs. Their training routines and rotation of dogs used, ensures that the dogs are never overworked.

### How many dogs will I be driving?

As a rule of thumb you will be driving 3 or 4 dogs. Most people will drive 4 dogs, but some may drive 3. This may seem like a small number, but you should not be fooled by their size – they are incredibly strong. All of the dog teams drive at the same speed, so you have to take into consideration the weight of the sled and equipment as well as your own weight and that of everyone else on the expedition. Do also keep in mind that you have to learn to be in control of your dog team, and not vice versa.

### Safety of the dogs

The dogs are family to Kent and Jordana and to each other. Every dog is a mum or dad, brother or sister or cousin to the others, and you need to understand that there are serious consequences for the dogs if you lose control of your sled. If you don't follow instructions, you can easily put the dogs at risk, and they can get seriously injured. You will get thorough training before you head off and the days start on more established paths and get progressively more difficult as the days go on. But we ask you to seriously consider your reasons for wanting to take on this challenge.

### The right attitude

Please do not book if you simply want to tick the Arctic and Dog Sledding off of your bucket list.

Please do book if you can accept that you are going to be challenged both mentally and physically, pushed out of your comfort zone, having to operate in the harshest of Arctic conditions, with minimal infrastructure that you have at home, and most importantly that you understand and are willing to take on the role of caring for your team of huskies unconditionally throughout the duration of your challenge, and put their needs before your own.

### How easy is it to control the team of dogs?

The dogs know their role. They have been trained from an early age and the lead dogs are normally older and more experienced and show the way to the younger dogs. You will be given instruction both verbally and in written format, in the hotel before you depart for the kennels and then again with the sleds once at the kennels. You will have a short afternoon ride to get used to the sleds and the dogs, harnessing and unharnessing them, and each day the terrain will get slightly more challenging, as you hone your skills. You will learn to stay standing on the sled when taking bends and corners, or where the ground is either angled leaning to the left or the right, so a good sense of balance is required. The dogs are powerful and when they pull off from a starting position, you need to use your strength to hold off. There's no first gear, second gear, they go from nothing to full power instantly! You will need to break with your left foot, your right foot, both feet, soft break, hard break, lean to keep upright when moving over uneven terrain, and keep the right speed. Too fast means you will run into the sled in front, or the dogs will try and run around the team in front, meaning they run off the path which could be 4 feet deep in snow! Breaking too late if you're not paying attention could mean the sled runs in to the back of your dogs as when they stop, the sled will keep going unless you control it. This

description is not intended to scare you but to make sure that you understand dog sledding is anything but, just standing on the back of the sled and holding on whilst the dogs just pull you along.

### Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount! In terms of your Dog Sledding challenge, there are a couple of important points that you should be aware of:

- The temperatures could reach down to -40 degrees Celsius at night, so appropriate winter clothing and equipment is absolutely essential. The temperature can drop within an hour by as much as 10-15 degrees. You need to always take care to have the right clothing with you. Follow all instructions given on what to take and how to dress to avoid the risks of hypothermia or frost bite. The good thing is that with the right clothing, you can easily manage in extreme conditions.
- You will be working very closely with the dogs, who are powerful, excitable and boisterous. This will be difficult for anyone with a fear of animals
- You could be up to 8 hours from evacuation, with evacuation procedures involving a snowmobile to the main road
- Participants with any medical condition that might require urgent medical attention may want to consider this before booking
- Some of the activities are undertaken on a voluntary basis such as chopping wood or making the hole in the frozen lake each night, to collect water. You should only undertake these activities after receiving training, and if you feel comfortable. No one will be forced to do these higher risk activities.

### Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. For more information, please visit our Responsible Tourism pages.

### Flights

You will be flying from London to Kiruna via Stockholm. The flight will take approx. 5 hours. The airline and routing will be confirmed one month prior to departure. Your flight tickets will be e-mailed to you before departure.

If you choose to book your own flights you must confirm with the Charity Challenge office before paying otherwise you may be liable for your included group flights (please contact [flights@charitychallenge.com](mailto:flights@charitychallenge.com) for further assistance).

Please note: Timings of the group flights are subject to change so please take this into consideration when booking

domestic travel arrangements to reach your departure airport i.e. book flexible tickets where possible. We are unable to take responsibility for the consequences of missed international flights due to delayed travel arrangements to the airport. We therefore advise you, when booking transport and making any arrangements, to plan to get to the airport in plenty of time allowing for any possible delays which may occur on the day (bad weather, break down, cancellations etc). If you book a domestic flight, in order to get to your international departure airport, please do consider that this flight ticket cannot be linked to the ticket we are organising for you; you will need to collect your luggage, possibly change terminal and check-in again as normal.

### Visa

A full passport is required with six months to run from the end of the expedition, but no visa is necessary for British Citizens.

### Insurance

Your safety when travelling with Charity Challenges is our main concern which is why it is a booking condition that you have a suitable travel insurance policy that will cover you for the adventurous nature of your challenge. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found by clicking [here](#).

For more general travel insurance questions, please refer to our main [FAQs page](#).

### Vaccinations & Medicines

For up to date vaccination information please check the Travel Health Pro page:  
[https://travelhealthpro.org.uk/country/215/sweden#Vaccine\\_recommendations](https://travelhealthpro.org.uk/country/215/sweden#Vaccine_recommendations)

Charity Challenge are not medical experts and we would encourage you to visit your doctor or travel nurse to discuss vaccination requirements.

### Medication

- Carry medicines (including those bought over the counter) in their correctly labelled original packaging, as issued by the pharmacist. These should be carried in your hand luggage.
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- Take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-existing illnesses

N.B. Some medications are banned abroad so please check. You can find further information at <https://travelhealthpro.org.uk/factsheet/43/medicines-abroad>

## Climate & Terrain

### Climate

The temperatures range from -5C up to -45C! It is difficult to predict what temperature it is going to be but on average: December and January are the coldest months – it is the darkest time of the year with very little if any sunshine as the sun does not cross the horizon from December through to January. February is a great month as the temperatures are still very cold but the sun starts showing itself a little more each day. March is wonderful too as the temperatures are usually milder and the sun is shining brighter and longer! But don't be fooled, even in March it is possible to have an evening with -30C. April still has snow but things start to get warm. The cold is a very dry cold. People are often surprised when the temperature is -15 C but it feels more like -5C in a humid climate. Nevertheless, when you are driving a sled you will also experience wind chill, which adds to the cold!

### Terrain

This dog sledding challenge has varied snow filled terrain surrounded by trees and a surprising number of hills. You will need a great deal of core strength and balance to cope with the ascents and descents.

### Will I see the Northern Lights?

Your challenge is located about 200kms above the Arctic Circle. Due to the location, you have a greater chance of catching a glimpse of this magnificent spectacle. This is not guaranteed, of course, as it is a natural phenomenon and dependent on nature's influences!

### Training

A good level of fitness is required due to the challenging nature of the terrain and the need to often get off and push or run with the sled to help it navigate through trees and up hills. A BMI of under 30 (preferably under 25), is appropriate for this trip due to the nature of the physical demands on yourself and the dogs. You will be asked to give your weight when booking on to the challenge. Please be as honest and accurate as you can as we allocate the team of dogs to you based on this information. Most people lose a little weight between booking and taking part, as a result of their training for the challenge. This can be managed. If however, you put on weight from when you booked on to the challenge, you should let us know in advance otherwise it could cause issues for your husky team.

You do not need to have any previous experience in driving your own team of dogs but you DO need to be fit. Driving a pack of huskies is very tiring at times and you will be standing on your feet all day. Anyone can drive a dog team as long as you are focused and willing to listen and learn. You will also be taught how to take care of your team of dogs, including the ins and outs of mushing (sledding)!

### Luggage allowance and valuables

As no formal clothes are needed, luggage should be kept to the absolute minimum as you will need to carry it for two days in your sled. Your rucksack or holdall must not exceed 20kg in weight (suitcases are not appropriate as they won't fit in the sled).

### Leadership

There will be an English-speaking challenge leader who will be responsible for the logistics and co-ordination of your challenge. The challenge leader will be ultimately responsible for the running of the itinerary and the safety of your group. The Arctic is a hostile and unforgiving environment. Your safety and that of the huskies is in your hands, and therefore the leaders who survive year-round in these harsh conditions are very black and white when it comes to how things should be done. If you have a sensitive nature, please be aware that you will be given direct instructions and sometimes direct feedback if you are not following the instructions! It's not to everyone's liking but is essential to keep everyone safe in the challenging environment.

### Group Size

Each group is intended to be a minimum of 7 people in order to run and a maximum of 8 people due to the wilderness environment in which the challenge takes place. We will be able to run this challenge for 5 to 7 people by charging a small group supplement of £125 which will be added to your final balance invoice (self-funders) or charged to your charity (minimum sponsorship or flexi).

### Clothing and equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. In Sweden, you will be provided with the specialist winter snowsuits, mittens (to go over your own gloves), and snow shoes that you will need to wear while you are sledding.

However, you will need to bring very warm clothes to wear underneath and when around the cabins in the evening. Woollen socks are a must, as cotton does not work well in extremely cold conditions, and you should bring some fleece lined trousers, salopettes or skiing trousers with you to wear when not sledding. You will need different types of gloves on this trip for both mushing and around the camp. The first pair should be thin, warm, and waterproof gloves for that can be used for feeding (raw food) and harnessing the dogs. You will also need warm liners for the mushing mitts and our agent recommends woollen mittens.

A full kit list for this challenge can be found in your account area, and once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoorhire and Cotswold Outdoor.

As the biggest risk on this challenge is the extreme cold, you must bring the right clothing with you. Please pay close attention to the kit list and bring everything that is essential. Staying warm (both when sledding and when trying to sleep) is the key to staying comfortable.



## Accommodation & Toilets

### Accommodation

During the challenge your accommodation will be in shared facilities and living quarters.

On the first and last nights you will be in twin or triple shared, en-suite rooms in a hotel in Kiruna.

On the second night, you will be staying in a Sami tee pee by the kennels, sleeping on reindeer skins around a fire. It is likely to be very cold this night. It will give you an insight into the harsh conditions that the Sami people have survived in for years.

In the wilderness huts, there are three open plan areas for sleeping (bunk beds) around a kitchen/dining area. You will not have access to electricity or running water. You will fetch water from the lake for the dogs and washing, chop your own wood and use it to keep warm and prepare food with, for yourself and for your dogs. To compensate for the otherwise Spartan conditions, you will happily be able to relax in the sauna for an evening (if it's warm enough)!

### Toilets

The wilderness cabins and the Sami tee pee have outside toilets. Toilet paper is provided, though it is worth bringing a supply of your own for during the day whilst on the sledges. You should also bring your own towel with you for washing and if you use the sauna.

## Food & Drink

Expedition food will be very filling, nutritious and sourced locally – it includes reindeer, moose, and Swedish meatballs! Plenty of drinking water will be available to keep you hydrated. You might want to bring some extra snacks, such as energy bars, nutri-grains, dried fruits etc, however you generally have plenty of food available on this challenge. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

## Money

**Currency:** The Krona, which is subdivided into 100 öre. For up to date currency exchange, go to [www.xe.com](http://www.xe.com).

**Cash:** There are ATMs available at the airport and in Kiruna at the end of the challenge. This is the best source of obtaining currency whilst you are in Sweden.

**Credit cards:** Credit cards are reliable. Visa, MasterCard and American Express are the most widely accepted cards and may be used at cash points.

**Spending money:** You will not need large amounts of money during this trip. Credit cards are accepted and there are ATMs in Kiruna. To help you budget, prices in Sweden are as follows: GBP5-8 per beer in a restaurant, GBP2-6 per beer in a shop, GBP1.50 per glass of soft drink, GBP25 per bottle of wine in a restaurant. Approximately £100 in Krona should be sufficient but please take more if you plan to extend your stay, drink a lot, or buy souvenirs.

**Tipping:** Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good

service. We recommend approx. £70-75 and this should be given to the expedition leader at the end of the expedition who will make sure everyone involved in supporting the challenge behind the scenes) is tipped. In bars and restaurants tips are very common and are about 10% of the total bill.

### Phone and WiFi

You will have phone signal in Kiruna, as well as access to WiFi in the hotel. However, this is possibly the last place that you will be able to make contact with the outside world. Once in the wilderness cabins, there is no WiFi access, and phone signal comes in-and-out of range. In addition, there is no electricity in the cabins and you won't be able to charge your camera or phones. However, if you want to bring a solar charger this will work very well in late February to March, as the days are longer and the skies are clearer than earlier in Winter. Even if you do have phone signal, we ask you to have your phones on silent throughout the challenge and that if you do want to make or receive a call, that you go outside of the cabin or away from the group. You are on a wilderness challenge in the Arctic and for many, phones ringing will ruin a calm and peaceful moment! Please be respectful of this.

### Emergencies

The event is not run as a race and there is always a large discrepancy in people's ability, which is allowed for (within reason). The challenge is run at the pace of the slowest sled so no one will ever be left behind but if you cannot keep up, it means the rest of the group could spend time waiting for you in minus 30 degrees Celsius. If we find somebody is unable to continue, then we can transport him or her back to the cabin or back to Kiruna with the help of our support team. But due to the fact that if you leave the group during the day, your dogs will still need to be driven back to the wilderness cabin or kennels, you are most likely going to be required to continue to the end of the day for the safety of the dogs, unless you absolutely cannot go on.

### Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

### Medical Support

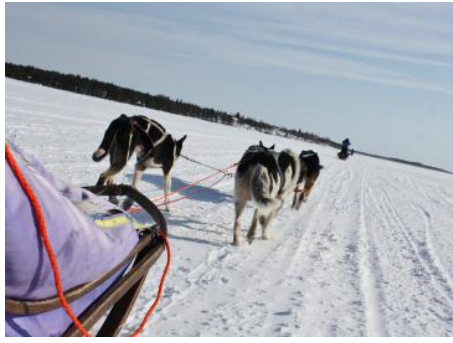
First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. the cold and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition. If you have any specific needs around pre-existing medical conditions, you should discuss with your doctor or specialist in advance and can discuss any advice given by them with the challenge leader or doctor.



“

A magical week full of fun, laughter, special memories, stunning scenery, amazing hosts and the best dogs in the world. If I could have brought them home it would have made the week perfect. I would encourage anyone to have a go at this. Simply brilliant.

Sally Wilson



“

The dogs are lean running machines with open hearts and a willingness to please that brought a tear to the eye when it was time to part.

Kirsty Strachan



“

It was an experience of a lifetime and one that will live with me for the rest of my life. I would recommend this challenge to anyone who wants to experience something totally different.

Martin Reynolds

# CH>RITY CH>LLENGE

## **Any more questions?**

Contact us:

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