



KIDS COMPANY'S ARCTIC BIATHLON

27TH – 30TH NOVEMBER 2009

Join Kids Company on a Swedish Wilderness Challenge within the Arctic Circle.

By day, teams will compete against one another on sleds and skis in temperatures as low as -25° and by night, teams will enjoy dinners back at camp and may even be lucky enough to see the Northern Lights.

ITINERARY

FRIDAY

All teams to meet Kids Company representatives at Heathrow for an early flight to Stockholm, meeting a connecting flight to Kiruna (Sweden's most northern city, located in the Lapland province). At Kiruna the group will be met and transferred to Musher's Lodge Base Camp. Here the teams will each harness their dogs and sled to Wilderness Camp by torchlight; this journey will give you a taster of the extreme terrain to be navigated over the following 2 days. The evening will be spent in the sauna followed by dinner.

SATURDAY

Let the challenge begin... the first competition will be ice fishing on the lake – the more fish caught, the more points awarded. Then back to camp where individuals will again harness their dogs and compete against one another in time trials over a gruelling 30km circuit. There will be a brief midday break for recuperation and a chance to refuel with food before the time trials continue in the afternoon under torchlight. The group will arrive back at the Wilderness Camp by early evening for saunas, quiz and dinner.

SUNDAY

In the early morning, teams will be taught the skills needed for ski de fond, after which will follow a punishing 25km competition setting off from the Wilderness Camp. The course will take you through the wilderness via Karpasjarvi and finishing up at Musher's Lodge some 5 hours later. The group will arrive back to dinner, prize giving and arctic biathlon celebrations. Prizes will be awarded for both team and individual positions.

MONDAY

Transfer to airport for flight to Stockholm and connection to UK; arrival in London late afternoon.



KIT

ESSENTIAL KIT

- Daysack of 35 – 45 litres
- Walking boots
- Duvet Jacket or Ski Jacket
- Winter weight trousers or Ski trousers
- Long johns
- Fleece
- Gloves: thick and thin
- Liner gloves
- Woolly hat
- Eye protection / pale sunglasses or goggles
- Thermal top
- Balaclava *(can be provided)
- Thick socks
- Dry clothes to change into after activities
- Swimwear
- Thermos and water bottle
- Energy bars
- Lip salve
- Head torch with spare batteries
- Sleeping bag liner – silk or cotton
- Towel and wash kit
- Personal first aid kit (nurofen, personal medicaments, plaster etc)

KIT PROVIDED

- Insulated all in one sledding overalls
- Winter hats and gloves
- Sleeping bags
- Cold weather boots

KIT RECOMMENDED (NON ESSENTIAL)

- Waterproof rucksack liner or dry bag(s)
- A peaty Malt or bottle of wine etc)



ADDITIONAL INFORMATION

CONDITIONS

Temperatures could drop to as low as -30° by day, so it's not worth thinking about night time temperatures! It is likely to feel even colder due to the wind chill factor. We will have approximately 5 hours of twilight per day, so much of the biathlon will be undertaken in darkness, only adding to the challenge.

FITNESS LEVELS

An intermediate level of fitness is required – you will be using traditional Norwegian skis which may become a challenge in themselves – over 25km of mixed terrain and maybe in unfavourable weather conditions.

SAFETY

The expedition will be lead by John Howie from the Territorial Army who has more than 30 years guiding experience. He will be supported by local guides. There will be a back-up team on skidoos throughout the challenge who will be supported by a medic.

COSTS

We ask for suggested sponsorship of £900 per person. A £300 deposit must be sent to us with the registration form to confirm your place.

(FYI £560 PP which includes accommodation, food, transport and equipment, all sponsorship raised on top of this will go directly to Kids Company.)

FLIGHTS

We recommend you book the below flights with SAS as soon as you have registered so as to get the best price. Flight price as of 01/06/09 was £215.70

Friday 27th: LHW to ARN 0700 / ARN to KRN 1140

Monday 30th: KRN to ARN 1110 / ARN to LHW 1605

INSURANCE

All participants must have Mountain Rescue and Repatriation Insurance before arrival.

CONTACT DETAILS

Should you require any further information, please contact Chloe Hill via email: chloe@kidsco.org.uk