

# ***Travel & Equipment Form***

To help make the logistics of your arctic adventure run smoothly, please take a moment to fill out and email or fax back to: (867) 979-0573. Thank you

## **TRAVEL PLANS**

NorthWinds has special airfares from Ottawa to Iqaluit. Would you like this service? (ask for prices...they change faster than the weather in the Arctic.)

**Yes:** I would like NorthWinds to book as follows:

*Arriving:* Date: \_\_\_\_\_ *Departing:* Date: \_\_\_\_\_

**No:** I will book my own travel to Iqaluit as follows:

*Arriving:* Date: \_\_\_\_\_ Time: \_\_\_\_\_ Airline: \_\_\_\_\_ Flight  
#: \_\_\_\_\_

*Departing:* Date: \_\_\_\_\_ Time: \_\_\_\_\_ Airline: \_\_\_\_\_ Flight  
#: \_\_\_\_\_

## **ACCOMODATION:**

You need to arrive the day before your NorthWinds program. For accommodations please go to the website site [www.northwinds-arctic.com](http://www.northwinds-arctic.com) and click on the top bar :LINKS”

*I will be staying at:* \_\_\_\_\_

## **FOOD:**

- Do you have any food allergies?  Yes  No
- If Yes, to what foods: \_\_\_\_\_
- Are allergies:  Life threatening?  Very strong? or  Mild?  
Do you carry an EPI pin?  Yes  No
- Do you have any strong food dislikes or requests?

\_\_\_\_\_  
\_\_\_\_\_

## **EQUIPMENT:**

We recommend that you bring and test the equipment & clothing that you plan to use on your polar expedition. For those who are coming to learn more about polar travel, you are welcome to borrow clothing & equipment from NorthWinds.

***Sleeping Bag System***

- I will need to borrow a NW sleeping system (includes: VBL, down sleeping bag, fiberfill over bag, full length therm-a-rest, ridge rest
- I will bring my own sleeping system: down or fiberfill good to C (needs to be good to -40 C )

***Tent***

- I wish to use a NW tent (tents are shared, 2 to 3 persons per tent)
- I will bring my own tent: made by \_\_\_\_\_, model \_\_\_\_\_, \_\_\_\_\_ person, Note: tents must have snow flaps

***Ski System*** Please note ski boot size options are limited.

- I wish to try a NW ski system includes: ski poles, back country skis (Fisher 109 or 99) with 1/2 skins, boots & bindings
- Mendel boots w/ NNN BC
- Alfa Expedition boot with a Rotefella three pin binding
- \*\*\* **BOOT SIZE**\_\_\_\_\_

I will bring my own back country skis (must have metal edges) made by \_\_\_\_\_, model \_\_\_\_\_ boots with 1/2 ski skins screwed on mounted with \_\_\_\_\_ski bindings (bring spare parts), \_\_\_\_\_ski boots (need to have insulated over \_\_\_\_\_ with over boots \_\_\_\_\_

***Clothing that can be borrowed from NorthWinds:***

*Please indicate what you will need*

- Expedition Parka
- Insulated warm-up pants
- Anorak with fur trim hood
- Expedition over mittens
- 2 pr. of goggles with nose guards
- Other...neck gators, HH mittens, HH socks, cowls, ...

***Navigation tools***

- I wish to borrow a NW GPS
- I will bring my own GPS, make \_\_\_\_\_ (Recommend the Garmin Etrex or Geko as they are simple to use and light weight)
  
- I wish to borrow a Compass
- I will bring my own Compass, \_\_\_\_\_

***Other equipment that you plan to bring to test:***

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