



Registered Office:
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SWEDEN AXE AND PADDLE EXPEDITION 2015 INFORMATION

Kit List

Sleeping bag (ideally suited down to -15⁰C)
Basha / hammock / tent – please ask for advice if you are unsure.
Thermarest or other ground mat.
Water bottle or Platypus, Dromedary or Ortlieb collapsible water container
Mug + billy can (not mess tins)
Fork or spoon
Sheath knife (to be kept in hold luggage)
Folding Saw – please ask for advice if you are unsure (to be kept in hold luggage)
Dry bags – everything must be waterproofed.
Rucksack or Northface style hold all, or Ortlieb Dry Bag Carrying System
Warm hat and gloves
Travel clothing for 1st and last days on flights.
Canoeing clothing – we suggest - trousers, t-shirt, shirt, warm clothing, must be long-sleeved/ full-length legs. Quick drying clothes. Your feet could get wet and you will be walking on slippery rocks – do not take Gortex walking boots, or sandals. Warm socks and willies would work well.
Spare dry footwear for the evening.
Fleece / down jacket etc
Waterproof coat and trousers
1 small roll of duck tape
1 whistle
1 Snap gate Karabiner (small but not mini) + 10m of cord (at least 3mm)
Torch with 2 sets of spare batteries
Sunglasses
Personal effects; - wash kit, medication etc (it is probably worthwhile taking your own supply of analgesia and anti diarrhoea tablets as well as toilet paper)
Rations – 4 x breakfast – 4 x lunches – 4 x supper (super noodles, couscous, oat-so-simple – light weight dehydrated stuff – chocolate snacks etc.
Tea / coffee / whitener
Fishing kit

23kg maximum

Please ensure that **ALL** kit is carried in a waterproof bag. Any cameras, mobile phones etc should be kept in re-sealable plastic bags to keep out water..., which will get everywhere!

Money

The local currency is Swedish Kronor. You can put almost anything on a credit card but we would suggest taking about £50 in Kronor.

Health

There are three things to consider:

1. Tick borne encephalitis – please speak to your GP about this.
2. Tetanus – please be up to date before the trip.
3. EHIC – European Health Insurance Card – you will need one of these. Please visit www.dh.gov.uk/travellers and apply online.

Please consult your doctor. It is worth taking antibacterial soap with you and washing your hands before eating. Even by taking these precautions it is still possible to get an upset stomach, so having your own supply of Imodium (and loo roll) is advisable – if taking wet wipes, ensure they are biodegradable (i.e. Kandoo)

Weather

The temperatures in the wilderness could still be over 30⁰C during the day but may dip below freezing at night. Be prepared for all eventualities. The likely temperatures are a max of 25 and a min of around 10. It can quite windy though.

Maps

For those people interested in maps of where we are going, you can ring The Map Shop on 01684 593146. The maps you will need are:

20E SO HOTAGEN (based on Follinge)

203D HOTAGEN (based on Hotagen)

The scale is 1:50,000.

IF YOU HAVE ANY QUESTIONS, PLEASE ASK.

SWEDEN WINTER EXPEDITION 2015 BOOKING FORM

Please reserve me a place on the Survival School SWEDEN AXE AND PADDLE EXPEDITION 2015.

Important – Please give details as per your passport

DATE OF TRIP:

Payment

Deposit for the Sweden Winter Expedition for £295.	<input type="checkbox"/>
Full payment for the Sweden Winter Expedition for £1295	<input type="checkbox"/>

Please make cheques payable to Survival School

Declaration Please read carefully and sign.

Title	
First Name	
Other Names	
Surname	
DOB	
Address	
Passport Number	
Place of Issue	
Nationality	
Issue Date	
Expiry Date	
Emergency Contact	
Emergency Contact Phone Number	
Dietary Restrictions	
Telephone Number	
Mobile Number	
Email	

On behalf of the person (s) included on this form I am authorised to make this booking and have read and agreed to the Booking Conditions. To the best of my knowledge all persons booking this expedition are in good physical and mental health, and know of no circumstances why the expedition is likely to be cancelled or curtailed, and are not travelling against the advice of a medical practitioner or for the purpose of obtaining medical treatment.

Signed: Print name: Date:

BOOKING CONDITIONS

1. All bookings are made with Survival School whose registered office is 1 Epworth Mount, Ocker Hill, Randwick, Stroud, GL6 6HU, United Kingdom, whose owner is Jonny Crockett.
2. The terms and conditions of all agreements made with Survival School shall be subject to, and governed by English Law.
3. In order to make a booking, complete and sign the Booking Form and post it to Survival School with your deposit of £295 together with a copy of your Travel Insurance Certificate and one recent photograph of yourself. Unless the expedition is full you will receive confirmation of booking and further details. If the expedition is full your cheque will be returned to you.
4. The balance of the payment for the expedition is due 2 months prior to departure. It is important to be aware that once your deposit is paid, should you wish to cancel at any time thereafter, the deposit is non-refundable. In addition the cancellation penalties detailed below will be applied. It is strongly recommended that you have suitable cancellation insurance coverage.
5. If the balance is not received by the specific date, we reserve the right to cancel your booking and the deposit will be forfeited, unless Jonny Crockett has agreed a delay in your payment.
6. Cancellation of the expedition will entitle you to a refund of the full cost of your expedition, unless the cancellation has been forced by unforeseen government intervention in which case actual costs incurred by Survival School will be subtracted from any refund due. No other compensation will be allowable.
7. Cancellation of bookings must be notified in writing. Cancellation charges are set out below, based on the date of receipt of written notification:

More than 8 weeks before departure	-	loss of deposit
4-8 weeks	-	60% of total expedition cost
2-4 weeks	-	80% of total expedition cost
less the 2 weeks	-	100% of total expedition cost
8. Whilst every effort will be made to adhere to the planned itinerary, it must be realised that in this type of adventurous travel, changes to the itinerary may occur for which Survival School accepts no responsibility, however caused. Survival School will make every effort to inform you of any change, as we know of each change before departure. Your final itinerary may differ in respect of the places where you stay overnight. In particular it may be necessary to alter your itinerary at short notice due to adverse weather or road conditions, or to operating conditions imposed by owners and operators of accommodation, facilities, aircraft, vessels and other forms of transport. Should weather conditions involve clients in extra costs such as accommodation, transportation and meals, such costs should be borne by the client.
9. Our instructors will do their utmost to ensure that any problems are solved for the benefit of the group as a whole. Signing the booking form signifies your acceptance of the instructors' authority to make decisions affecting the group or individuals. For instance, he/she may require an individual to leave the group if he/she believes that person's health is at risk, if an illegal act is committed, or their behaviour becomes detrimental to the safety, enjoyment or well-being of the group. Should an instructor take such action, that person would not be entitled to any refund.
10. Survival School reserves the right to change the advertised expedition instructor.
11. Please understand that there are certain hazards involved in expeditions, which you must accept at your own risk. Survival School will not be liable for any illness, injury or death sustained during an expedition, nor will it be liable for any uninsured losses of your property.
12. Survival School cannot be made liable for the consequences of strikes, industrial action, wars, riots, sickness, quarantines, government intervention, weather conditions or other untoward occurrences.
13. It is a condition of booking that you are adequately covered by insurance, which must cover the cost of helicopter rescue, repatriation and evacuation if you become too ill to continue.
14. Survival School representatives, other than Jonny Crockett, are not entitled to promise refunds for whatever reason, and Survival School will not be bound by any such promise.
15. Any air travel that is part of any expedition is subject to the conditions as stipulated by the airline concerned and liability is limited in accordance with International Convention.
16. On advancement of deposit for a booking on any of our expeditions the depositor acknowledges that he/she has read and understands the above booking conditions and agrees to be bound by them.
17. Survival School wants you to have a safe, fun learning experience and will do everything it can for you to get what you want from the expedition.

Survival School Emergency Details & Consent Form For Adults

(Please return this form to us as soon as possible. Thank you.)

Full name:

Address:

..... Postcode:

Telephone number: Email:

Date of Birth: Vehicle Registration Number

Dates of Course.....

I UNDERSTAND THAT

The survival course can be physically and mentally demanding and may require excessive exertion and that I will not bring any alcohol or non-prescription or over the counter drugs.

The possibility of personal injury to me and others exists.

The course may expose me to hazards (fire making and cutting instruments, cold and/or heat).

I CONFIRM AND AGREE

I am aware of the risks to myself and others whilst attending a Survival School survival course and agree to abide by the rules at all times.

I am physically fit and mentally able to partake in the survival course. 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 Survival School staff, to use all equipment as instructed and to obey all directions given by Survival School staff.

MEDICAL QUESTIONS

Do you suffer from the following?

Please tick	YES	NO		YES	NO
Asthma	<input type="checkbox"/>	<input type="checkbox"/>	Heart trouble	<input type="checkbox"/>	<input type="checkbox"/>
Epilepsy	<input type="checkbox"/>	<input type="checkbox"/>	Anaphylactic shock	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	Dermatitis	<input type="checkbox"/>	<input type="checkbox"/>
Haemophilia	<input type="checkbox"/>	<input type="checkbox"/>	Hay fever	<input type="checkbox"/>	<input type="checkbox"/>
Arthritis	<input type="checkbox"/>	<input type="checkbox"/>	Migraine	<input type="checkbox"/>	<input type="checkbox"/>
Allergies (please specify)	<input type="checkbox"/>	<input type="checkbox"/>	Dietary Restrictions	<input type="checkbox"/>	<input type="checkbox"/>

(Please specify).....

Do you have a history of any other illness or learning difficulty 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:

EMERGENCY CONTACT (PLEASE PRINT CLEARLY IN CAPITALS)

Full name: Relationship:

Address:

.....

Postcode: Emergency contact telephone number:

SIGNED..... DATE