



**acorns**  
children's hospice

# Acorns Arctic Survival Challenge

28 February – 7 March 2027

In partnership with:



# Acorns Arctic Survival Challenge, 28 Feb – 7 Mar 2027



## Trip overview

Embark on an unforgettable adventure set in the pristine wilderness 150km south of the Arctic Circle. Learn to adapt and live in the heart of this harsh environment that will test your resilience and survival instincts, while offering moments of complete tranquility under a canopy of Arctic stars. Experience the thrill of husky sledding and snowmobiling and learn life-saving skills from ice fishing and firelighting to building shelters and snow holes.

## Jämtland Härjedalen

Often referred to as the 'lungs of Europe', the county of Jämtland Härjedalen, in Sweden, is famous for its clean air, as well as its wonderful flora and fauna. Situated in the middle of the country, the provinces of Jämtland and Härjedalen boast some of the finest and most accessible wilderness right on their doorstep, making tourism one of the most important industries of this area. Östersund is the region's only city, home to nearly half of its population. The region also has 12 villages of the indigenous, semi-nomadic Sami reindeer herds people, with a total of 44,000 reindeer.



## About Snow and Paddles

Nigel is a former Royal Marines Commando, and after several deployments in Norway, soon found his passion and strength to be working outdoors, particularly within cold environments and climates. His passion for working outdoors led to establishment of Intrepid Expeditions over twenty years ago.

Intrepid Expeditions has become the busiest cold weather survival training provider in the UK and Sweden and has hosted and arranged hundreds of expeditions. The company has an excellent safety record honed over years of experience running Arctic expeditions with clients.

Nigel holds various nationally recognised qualifications ranging from NCFE level 4 bushcraft survival instructor to advanced canoe leader qualifications. Safety is their absolute priority for all participants. To ensure you can have peace of mind, they hold recognised outdoor first aid qualifications including expedition risk management, and more recently attaining a qualified snowmobile guide instructor.

In addition, Intrepid is ATOL bonded and adheres to all guidelines and safety standards BS8848 both in the UK and abroad.

For more information, please contact Acorns Events Team at [events@acorns.org.uk](mailto:events@acorns.org.uk) or call **01564 825 037**.

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## What is the experience like?

### Who accompanies us?

You will be accompanied throughout the challenge by our survival expert, who, with their team, will provide full instruction and supervision for all activities. During your time at the log cabin, you will have meals prepared for you by our Swedish team. You will also be accompanied by a Sky Blue Adventure leader and an Acorns staff representative.

### How tough is it and what is the terrain like?

The trip is rated challenging.

Temperatures can drop as low as  $-30^{\circ}\text{C}$ , posing a significant challenge. For three days you will be sleeping in self-built shelters, warmed by a fire (or candles in the snow hole).

The land will be covered in deep snow with frozen lakes and you may encounter icy patches while skiing.

### What kind of food will we eat?

During your time at the log cabin, meals will be prepared and provided for you by our Swedish team.

During the survival phase you will be provided with freeze dried ration packs for 3 dinners, 2 lunches and 3 breakfasts. Ration packs are ready prepared meals in foil packs which can be cooked quickly by placing the pack in boiling water for the time stated.

You should bring any additional snacks you might like. Specific dietary requirements can be catered for if you advise us before the trip.

### Where will we stay?

You will be based at a simple, rustic log cabin for three nights before the survival phase, and one night after. The cabin has no electricity, just a wood burner, basic kitchen, dining table and beds.

You will then spend three nights in shelters you will build as a group, including a Scandinavian tent, a forest shelter and a snow hole. In each of the shelters, watch will be kept during the night to stoke fires and maintain warmth, or keep candles lit during the night you stay in the snow hole.

During the survival phase you will be sleep in a sleeping bag on a roll mat, within a bivi bag.



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## Practical information

### Is there an age limit?

You must be 18+ to join this trip. It may be possible for you to participate if you are 16 or 17 years old if accompanied by a parent or guardian. There is no upper age limit.

### Who can take part?

An ideal candidate for this challenge would be someone who is open minded, positive and flexible. You must be able to handle the challenge of being away from home and be happy to get outside your comfort zone and try something new. It is advised that you are of a good fitness level before departure to ensure fast recovery from each day's exertions.

### How fit do I need to be?

The trip is rated challenging.

You will be participating in physical activity for many hours in below-freezing conditions and staying in very basic accommodation. It is essential that you are fit enough to participate in activities, such as cross-country skiing and dog sledding, for several hours at a time and physically well enough to cope with the cold.

### How should I prepare?

It is advised that you start training at least six months before departure to ensure your best chance of success and enjoyment during the challenge. Increasing your cardiovascular endurance well as your core and leg strength will benefit you greatly for the variety of activities you will be involved in. Hill walking is great for overall fitness along with running, cycling, gym workouts, team sports and swimming, etc. You can download number of free apps which will help you train and track your progress. E.g. MapMyRide, C25K (couch to 5k run), MyFitnessPal, etc.

If you attempt to complete the challenge without training it will make it unnecessarily difficult and may hinder your experience, and the experience of your group.



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## Medical Declaration

We require a medical form to be completed by everyone upon registering. Any pre-existing conditions, medications used, and other medical issues must be specified. All your medical details are treated in the strictest confidence.

Details will be provided to your tour manager and local guides, so our staff are adequately informed and prepared to support you during the trip. By completing our booking form you are giving consent for us to contact you confidentially with any follow up questions regarding your health.

If you declare any medical conditions, you may be asked to provide more information, or we may request to contact your GP. In the event that your medical issues at the time of booking represent a concern for your safety and wellbeing, or the safety and wellbeing of others in the group, you may be recommended not to take part. If this happens your booking will not be confirmed, and the deposit will be refunded.

We must be informed if any conditions or medication change, or if new conditions develop. If necessary, confirmation of fitness to travel from your GP or specialist may be required.

Please note that we will never unreasonably deny participation on a trip nor contravene the Equality Act 2010.

## Health and Safety Assurance

Your health and safety is our top priority so rest assured that we take steps to ensure you not only have a memorable experience, but a safe one too.

We constantly monitor and follow the advice of the British Foreign, Commonwealth and Development Office (FCDO) who provide recommendations and advice to British travellers about travel to a certain destination.

Health and safety is our top priority so we will not operate a trip in an area where there is clear and present risk to our team members, whether that is due to a health outbreak, political instability, natural disasters or anything else.

We will inform you about any information pertinent to your travel arrangements.



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## Trip cost

### Sponsorship Option

Pay a registration fee of £395, then fundraise £3,900 for Acorns. By signing up, **you are committing to raising a minimum of £3,900**. Part of this amount is used to cover the cost of your trip.

### Flexi Option

Pay a registration fee of £395 plus trip costs of £1,900\*, then fundraise £2,000 for Acorns. By signing up, **you are committing to raising a minimum of £2,000**. Our expert events team will be on hand to support you with your fundraising to help you achieve your target.

\*Trip cost balance is payable to Acorns Children's Hospice by 1 August 2026.

## What is included?

### Trip includes:

- > Return flights from London (inc. current taxes and fuel surcharges)
- > Training day in the UK
- > Transfers and transport in Sweden
- > Accommodation
- > All meals as specified
- > Sleeping equipment for the survival phase
- > Skis and snow shoes
- > Huskies
- > Ice fishing equipment
- > Snowmobiles (one between two unless arranged otherwise)
- > Project co-ordination and materials
- > Dedicated Sky Blue Adventure and Snow and Paddles Leaders
- > Dedicated Acorns staff representative to accompany you on the trip

### Trip does not include:

- > Travel insurance
- > Personal expenses (e.g. souvenirs, tips, etc.)
- > Vaccinations
- > Trek kit and equipment not outlined in this document



## Passport, Visa and Vaccinations

- > Current 10 year passport
- > Current health card and insurance card
- > Vaccinations: Tetanus recommended

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## Itinerary

### Day 1 (Sunday 28 February): London to Östersund

Travel from the UK to Sweden's capital Stockholm where you then catch an internal flight taking you one hour north to Östersund in the region of Jämtland. Upon arrival at Östersund, we are met by our friendly Swedish colleagues, and travel for one hour by minibus to our cosy log cabin near Raftlaven. The cabin is wonderfully rustic with no electricity; just a wood burner, a basic kitchen, dining table and beds. Then spend the evening settling in ready for tomorrow's activities.

### Day 2 (Monday 1 March): Cross Country Skiing and Snowshoeing

After a warm breakfast and allocated with a 'buddy' for the week, we venture out to explore the surroundings on cross country skis, following tracks through the forest and along by the frozen river. There's also a chance to try out snowshoes. Later that evening it's back to the cabin for dinner before going out again to start construction of the snow hole which will be home for one night later in the week.

### Day 3 (Tuesday 2 March): Husky Sledding

After breakfast the huskies arrive at our cabin and we create a track for you to race the dogs through. After a short briefing, each person takes control of their own dog team for a magical ride through the frozen forest. A delicious hot lunch and coffee is served up Swedish style over an open fire outside which has fabulous views across the landscape. Then, it's back to the cabin for dinner as you will have built up an appetite, before heading out to add more snow to the snow hole.

### Day 4 (Wednesday 3 March): Snowmobile Safari

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. In pairs, we set off to a nearby frozen lake to practice handling these powerful machines, then head off through the forests and up into the mountains. On a clear day from the vantage point 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, it's 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 cabin, it's time to prepare for the survival phase! 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.

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## Itinerary continued

### Day 5 (Thursday 4 March): 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. 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.

### Day 6 (Friday 5 March): Snow Hole

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°C. 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 (Saturday 6 March): Hot Tub and 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! The sauna and hot tub are lit and several hours later its ready, but in the meantime the time is your own. You can ski, snowshoe or ice fish if you wish.

Then, in the afternoon it's 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! 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 (Sunday 7 March): Östersund to London

Transfer to the airport for the return flight to London.



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## Kit list

**Please note:** the items on this list are not exhaustive and do not take into account your personal preferences based on your previous trekking experiences, or individual requirements.

Please see the A-Z for further guidance on what to pack.

### Documents and flight essentials

- > Passport and copy
- > Driving license (for snowmobiles)
- > E-tickets and pre-departure info
- > Travel insurance
- > ATM and credit card(s)
- > Cash (£ sterling)
- > Cash (Swedish Krona – approx. £50)
- > Mobile phone and charger
- > Camera and spare batteries



### Luggage

- > Waterproof kit bag (60–80 litres)
- > Small holdall
- > Daypack (25–30 litres)
- > Dry bag (optional)

### Clothing and footwear

- > 1 x pair warm boots
- > 1 x pair footwear for inside cabin (Crocs, trainers, etc.)
- > Thermal socks to last the duration
- > 2 x complete set of thermals
- > Underwear for the duration
- > 1 x pair trousers
- > 1 x jumper fleece
- > 1 x waterproof jacket or ski jacket
- > 1 x waterproof trousers
- > 1 x pair gloves or mittens
- > 1 x leather gloves (for cutting, handling pots, etc.)
- > 1 x warm hat
- > 1 x set swimwear (for hot tub)



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## Kit list continued

### Health and hygiene\*

- > Hygiene kit to include: toothbrush and toothpaste, antiperspirant, deodorant, wet wipes, shampoo, conditioner, shower gel, moisturiser, hand sanitiser
- > Towel
- > Sun block (high SPF)
- > Personal first aid kit to include: prescription medication, insect repellent, ibuprofen, paracetamol, plasters, blister plasters (e.g. Compeed), Imodium, rehydration salts (e.g. Dioralyte), indigestion tablets, remedy antiseptic cream (e.g. Savlon), anti-histamine cream/tablets, lip balm with SPF protection, zinc oxide tape, nail scissors, tweezers, muscle rub (e.g. Deep Heat), throat lozenges, decongestant, Vaseline
- > Hairbrush/comb/nail brush
- > Feminine care products
- > Spare glasses/contact lenses

### Other kit

- > LED Head torch and spare batteries
- > Sunglasses or ski goggles
- > 1 x mess tin/cooking pot
- > 1 x knife, fork, spoon
- > 1 x mug (plastic)
- > Whistle
- > Thin sleeping bag for inside the cabin
- > Sleeping bag liner
- > Pillow case for inside the cabin
- > Thermos flask (1 litre)
- > Portable power bank
- > Energy food/snack bars

\*Please only use natural or biodegradable soap and shampoo to avoid contamination.





## A-Z of the Arctic Survival Challenge

### A

**Arrival:** At the time of writing, British passport holders only need a valid passport for the duration of their stay to enter Sweden.

**Accommodation:** You will stay in a rustic log cabin for four nights, a Scandinavian tent for one night, a forest shelter for one night and a snow hole for one night. You will build the shelters yourselves with full instruction and supervision. Fires will be lit for warmth in the tent and shelter, and candles used in the snow hole.

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### B

**Books:** There are several guidebooks available about Sweden, including:

Lonely Planet Sweden (May 2015), ISBN: 978-1742207377; The Rough Guide to Sweden (September 2012), ISBN: 978-1405389662; and Wild Guide Scandinavia (Norway, Sweden, Iceland and Denmark) (April 2016), ISBN: 978-1910636053.

**Boots and footwear:** You should bring a pair of warm, waterproof winter boots. Hiking boots will not be warm enough. Good winter boot brands to look out for include Sorel, Columbia and Seeland, etc. Appropriate winter boots will often have a comfort rating of  $-20^{\circ}\text{C}$  or below (e.g. Sorel Caribou, Columbia Bugaboot, Salomon Nytro GTX, etc.). You are recommended to try on lots of pairs of boots at a specialist outdoors store such as Cotswold or Ellis Brigham where the staff can advise you on the correct boot and fit for your needs. You are recommended to carry your boots in your hand baggage in case there are any problems or delays with your luggage.

You should also bring some comfortable shoes (e.g. trainers, camp booties or Crocs) to wear in the log cabin at the end of the day.

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### C

**Communications:** Good phone signal is possible around the log cabin but may be non-existent in more remote locations during the challenge. In Sweden generally phone access will vary depending on your home network, roaming capabilities, contract type and mobile handset. Don't forget to turn off data roaming to avoid unexpected data charges.

**Clothing:** You do not need to bring loads of clothing for this challenge. It is more important to bring a couple of sets of thermals and the right sort of layers. Ideally on top of your underwear you will wear long sleeved thermal top and full-length thermal bottoms, and then on top of these you will add a warm mid-layer and a fleece top, and insulated trousers, with a waterproof jacket on top (e.g. ski jacket). Thermal socks, warm winter boots, warm mittens/gloves and a hat are essential.

Your clothes should be made of technical fabrics designed to wick sweat away from your body which subsequently keep clothes dry and smelling fresh for days so you don't have to pack as much.



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Merino wool, nylon, polyester, polypropylene and bamboo fabrics are all effective technical fabrics. DO NOT bring cotton clothing. Cotton clothing can be dangerous to wear in cold conditions because sweat is absorbed by cotton fibres, leaving clothes damp. Damp clothes will make you feel very cold and uncomfortable and could even leave you vulnerable to hypothermia. You can find good quality technical clothing in all reputable outdoors stores. Check the garment label to ensure your garments contain 0% cotton.

Don't forget swimwear for the hot tub!

## D

**Day pack:** Throughout the challenge your daypack is your responsibility and you will be carrying your own so don't make it too heavy. We recommend a 25–30 litre pack with a chest strap and hip belt. It is likely to weigh around 5kg when packed so please take this equivalent with you during any training trips.

You will need to carry essentials with you for each day's activities, such as extra layers for warmth, flask, leather gloves for handling hot pots, etc.

**Dehydration:** Despite the cold temperatures, dehydration is a potential risk caused by the active nature of each day. Due to the freezing temperatures, instead of a standard water bottle, you should bring a one-litre thermos flask. Recommended options include the Thermos Ultimate MKII or the Hydro Flask. You may wish to bring two flasks.

You may wish to bring your own preferred teabags, hot chocolate or instant coffee to drink during the day.

It is recommended that you bring some electrolyte tablets with you to add to cooled drinking water; these flavoured tablets dissolve and add a range of salts, sugars and minerals to your water which helps prevent dehydration before it begins. They are also a great addition for those people who find it difficult to drink plain water. A variety of brands can be purchased in outdoors stores and online for around £6 for 12 tablets (e.g. Nuun, High5, PowerBar, etc.).

**Dietary requirements:** Please ensure that you notify us of any dietary requirements at the time of booking.

Dietary requests may not be possible to cater for without advance arrangement. The majority of special diets, such as vegetarian, vegan, gluten-free, etc., can be catered for but please note that we cannot guarantee that food preparation will have taken place in a contamination free environment.

**Difficulty:** This trip is classified as challenging. The temperatures can drop as low as  $-30^{\circ}\text{C}$ . During the 3-day survival phase you will be sleeping in self-built shelters, warmed by a fire (or candles in the case of the snow hole).

The activity level is quite high so you should not expect this challenge to be easy. You need to train in preparation for this.

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**Dry bag:** You are advised to use a waterproof rucksack liner or dry bag (e.g. Exped dry bag) inside your daypack to keep your belongings dry and protected from the elements. It should be large enough to fit inside your entire backpack.

## E

**Electricity:** Electricity in Sweden is 230V, 50Hz. The plugs used are European two round pin plugs. There is no electricity at the log cabin so you will need spare batteries or a portable charger, such as a power bank to charge any phones or other devices.

There are a great range of products available on Amazon, in electronics stores and other retailers. Please look for a minimum of 15,000mAh capacity.

Top tip: Keep batteries and electronics in a pocket during the day and sleeping bag at night as the cold drains power.

**Emergencies and evacuations:** In the unlikely event of a serious illness or accident, the local team will ensure you are transferred as swiftly as possible to the nearest hospital hospital, which is just over a 30 minute drive away in Östersund. The nearest doctor is approximately 20 minutes drive.

**Environment:** The Swedish wilderness is an extremely fragile environment. We are environmentally conscious and aim to minimise our impact as much as possible to help protect and preserve this beautiful environment.

- > Never leave toilet paper or litter on the trail.
- > Don't dispose of fruit peel, cores or seeds on the ground; although they may decompose eventually, they are unsightly and may attract animals.
- > Turn off lights when not needed.
- > Minimise your water usage by having short showers.

**Etiquette:** Always endeavour to be polite and respectful and take your lead from the local people around you in terms of what is acceptable or not. Being respectful, saying please and thank you and being aware of the feelings of other group members are three key things to bear in mind.

**Expenses:** Due to the remoteness of our challenge there will be few opportunities to spend money during the challenge. However, you should have some Krona (approx. £50) to cover guide and driver tip, refreshments at the airport, etc. It may be possible that you stop at a hotel during your snowmobile safari so you may wish to buy a hot drink there.

## F

**First aid kit:** You should carry a small first aid kit with you for your own personal use. E.g. personal prescription medicine, painkillers, plasters, blister plasters, antihistamines, lip balm with SPF, antiseptic cream, etc.

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## F

**Fitness:** This trip is classified as challenging. You will be participating in physical activity for many hours and in below-freezing conditions. It is essential that you are physically prepared enough to participate in activities for several hours at a time and physically fit enough to cope with the cold. Breaks are taken, but long days of activity are inevitable.

You cannot be too fit for this challenge, so you should train well before your departure. This could include hill walking, resistance training, swimming, running, cycling, gym workouts, team sports, boot camps, etc.

Training for this is imperative for your enjoyment and success on this challenge.

**Food:** Breakfast, lunch and dinner are included throughout the trip. Meals while you stay at the log cabin will be prepared by your guides although you are expected to chip in and help with meal preparation, washing dishes and setting the table.

During the survival phase of the challenge your meals will be more basic; freeze dried or boil-in-the-bag (three dinners, two lunches and three breakfasts). Swedish cuisine is well known for meatballs (kottbullar) and cured salmon (gravad lax) as well as pickled herring (sill) and crispbread (knackebrod). Fish is extremely popular in Sweden, and moose and deer feature alongside pork and poultry for meat options. Lingonberry jam is a widely used accompaniment to both sweet and savoury dishes. There is even a tradition of eating pea soup and pancakes on Thursdays!

## G

**Gloves:** You should bring good quality warm mittens and liner gloves, or very warm gloves (e.g. ski or mountaineering gloves).

A pair of leather gloves is recommended for handling hot pots while cooking, sawing wood, etc.

You might also like to bring a warm woollen or fleece pair of gloves to wear at night in the shelters, around the cabin if it is cold, and while travelling, etc.

## H

**Head torch:** This is a vital piece of kit. Petzl is one brand which makes good quality headlamps but there are many head torches available from other companies. Please ensure you take an LED torch as ones with bulbs are not bright enough. Bring your head torch with fresh batteries inside it and take a full set of spare batteries. Do not bring a wind-up head torch as these are unreliable.

**Health:** You are advised to seek medical advice at least 8 weeks before travelling to ensure that all appropriate vaccinations are up to date. For general information on vaccinations, visit <http://www.fitfortravel.scot.nhs.uk> but your GP or travel health professional should be the first stop for an in-depth consultation tailored to your medical history.

**Hygiene:** Keeping clean and maintaining your hygiene is important for your comfort but also your safety. For the nights you stay at the log cabin it will be possible to melt snow for a wash if you wish. You are asked to only use natural or biodegradable soap and shampoo to avoid contamination.

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At the wilderness camp there will be no washing facilities so you should bring a supply of baby wipes and hand sanitiser gel to maintain hygiene as best you can, particularly as you will be sleeping in close proximity to your teammates.

Most people find it is too cold to have a proper wash at the wilderness camps so baby wipes are the most effective option.

It is important that you take particular care regarding toilet hygiene and clean your hands with sanitizer after using the toilet and before eating.

The sauna and hot tub allow for a warm soak at the end of the challenge.

## I

**Insurance:** Intrepid Expeditions will do everything possible to ensure a safe and enjoyable trip however unexpected things can occur such as your cancellation, delays, medical problems and baggage loss, etc. The purchase of travel insurance for our expeditions, such as a policy from Campbell Irvine Direct, is mandatory and you are advised to organise this at the time of booking to ensure you are covered immediately.

Please note: travel insurance policies protect you before departure too so it is advised to buy insurance as close to booking as possible to protect the loss of your registration fee as a result of cancellation due to injury, illness, etc.

## K

**Kit bag:** You will need a kit bag to hold your belongings for the survival section of the challenge. You will also use this bag to pack your entire luggage in for the flights. Your kit bag must be strong and waterproof. Some examples of suitable kit bags include:

- > North Face Base Camp duffle bag (various sizes, waterproof)
- > Mountain Equipment Wet and Dry bag

Please ensure you write your name on the kit bag or make it uniquely identifiable as kit bags look very similar. Anything you don't need for the survival stage of the challenge should be left in the log cabin in a small separate holdall, backpack or bag (the bag left at the cabin does not need to be waterproof).

## L

**Language:** Swedish is the official language of Sweden. It is a northern Germanic language. Although most Swedes speak good English, it is always good to make an effort to communicate in the local language. Here are some helpful words and phrases to get you by:

- > Hello – God dag (formal) / Hej (informal)
- > How are you? – Hur mår du? (formal) / Hur är det? (informal)
- > (Reply to 'How are you?') – Bara bra tack. Och du?
- > What's your name? – Vad heter du?
- > My name is... – Jag heter...
- > Goodbye – Hej då
- > Good luck – Lycka till!
- > Yes – Ja
- > No – Nej

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- > Sorry – Förlåt!
- > Please – Snälla / Tack
- > Thank you – Tack (thanks) / Tack så mycket (thanks very much)

**Luggage:** You will need the following 4 luggage items:

1. A small daypack of around 25–30 litres which you will carry yourself during the challenge. This should have a hip belt and chest strap for optimal comfort.
2. A large waterproof kit bag to hold your entire luggage, i.e. for the flight and to hold the items needed for your 3-day survival phase. This must be waterproof. This will be transported for you (along with all the equipment needed) to the site of the survival phase.
3. A smaller kit bag/holdall for use at the log cabin. This will be left behind at the log cabin while you are taking part in the survival phase of the challenge. This does not need to be waterproof.
4. Waterproof dry bags – these are optional but really useful to ensure that the contents of your kit bag during the survival phase stay dry.

## M

**Money:** Swedish Krona are used in Sweden and the exchange rate is 12.8 Krona to the Pound (August 2025). There will be very little opportunity to spend money during the challenge, given the remote nature. However you should bring cash for tips, drinks and refreshments at the airport and if you stop at a hotel during your snowmobile safari you may wish to buy a hot drink. Approximately £50 in Swedish Krona will probably be enough.

## N

**Nibbles:** High energy snacks, chocolate and sweets are essential during your challenge to keep your energy levels high and as a morale boost if you are having a bad day. Bring snacks you like to eat, rather than things you think are good for you. Some people bring dried fruit, nuts (especially walnuts and almonds), Kendal mint cake, popcorn, energy bars such as Mulebar, Clif bars, etc. Others bring bags of jelly babies, cake bars and other snacks of their preference.

## P

**Photocopies:** Photocopy all your documents (insurance details, flight numbers, passport, credit/debit cards, etc.) to bring with you during the trip, kept separate from the originals.

If you lose any of your documents you will then have access to a copy with you. You are also advised to **scan and email these copies to yourself and a trusted family member or friend so you have a copy online too.**

## R

**Religion:** Sweden is a relatively secular country, with quite a number of atheists, but the Church of Sweden (Svenska kyrkan) is the largest religious body in the country. Although only a small number of Swedes regularly attend church, the membership of other religions within Sweden is growing with immigration.

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S

**Sleeping bag:** A sleeping bag will be provided for the survival phase of your challenge (3 nights) but you will need to bring a light weight sleeping bag for use the other nights in the log cabin. A 2-season (approx. 5°C comfort rating) sleeping bag will be sufficient for this as it can get quite warm in the cabin. Some examples of suitable sleeping bags include:

Vango Venom 200, Vaude Sioux 400, Fjallraven Move in Bag, Mountain Equipment Starlight I Extra Long, Snugpak Travelpak 2, etc.

There are many more available so please shop around. Please note that you should be looking for a comfort rating of 5°C (not the extreme rating).

**Sleeping bag liner:** A silk or thermal sleeping bag liner is also highly recommended as it adds an extra layer of insulation to your sleeping bag but also helps to keep it clean from sweat and dirt. You sweat around 300ml in a sleeping bag each night and without a liner this will absorb into your sleeping bag and will get very smelly. It is also handy to have if you get too hot at night and unzip your sleeping bag but want to be covered by something.

**Socks:** It is important that you bring good thermal socks, with thick outer socks (ski socks) to keep your feet warm and comfortable within your snow boots. Make sure that the socks you choose are of good quality, non-cotton and will not slip down or sag in your boots (which is one of the main causes of blisters).

Cotton socks absorb sweat and hinder its evaporation, making them damp and therefore likely to rub against your feet, causing blisters. Socks containing Coolmax (a brand of polyester), nylon, or Merino wool all have wicking properties. This means that instead of the fabric absorbing sweat, it pulls it away from the skin for it to evaporate. Socks like this prevent cold feet and blisters.

T

**Tipping:** We recommend allowing around £25–30 in total for tips for your support team.

**Toilets:** The log cabin has two long-drop toilets. During the survival phase of the challenge, you are completely in the wilderness you will need to find a secluded place to go, bury your waste and put any paper in a nappy bag or equivalent, to dispose of responsibly on your return to the cabin. Your guides will give a thorough briefing on toilet procedure and etiquette.

**Towel:** At the cabin you can melt snow for a wash, so a highly absorbent but lightweight and fast drying trek towel is recommended.

W

**Water:** Fresh drinking water is brought in during the time at the log cabin. During the survival phase snow will need to be melted for all your water requirements.

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W

**Weather:** You can expect the temperatures in rural Raftlaven to be colder than the nearest city (Östersund).

The coldest month is January, and warmest is July, so February/March is an ideal time to go for an Arctic experience as you should avoid the harshest extreme temperatures. Having said that, you should expect temperatures not to rise above 0°C (generally in March they will range from 0°C to -30°C), however it is possible for temperatures to drop even lower.

Whilst during the darkest period (at the end of December) the sun rises at 09.42 and sets at 14.20 in the Östersund area, in March you can expect longer hours of daylight – similar to those of a British winter.

Z

**Zinc oxide tape:** When your boots start to rub against your feet, you can apply zinc oxide tape to the hot spot to stop a blister developing. Prevention is better than cure!



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