

UTAH

Pre-Departure & Travel Information

Reminders

Please make sure you have completed the following before your course departure date:

- Registration Form (needs to be submitted along with a deposit to secure your space on a course)
- Health Form (30 days prior to departure)
- Rental Equipment Form (30 days prior to departure)
- Release, Acknowledgment of Risk and Indemnity Agreement (30 days prior to departure)
- Travel itinerary to IWLS office (30 days prior to departure)
- Copy of Passport to IWLS office (30 days prior to departure)
- Paid in Full (90 days prior to departure)

Salt Lake City, Utah

Salt Lake City offers immediate access to some of the most exciting mountains for adventure enthusiasts. Utah has a series of lofty ranges that offer incredible mountaineering, skiing, and climbing. Salt Lake is the state capital of Utah, and thus offers a “big city” experience, complete with international airport and well-defined infrastructure with many opportunities for dining, recreation, and sightseeing.

Arrival Information

Day 0: Pre-trip meeting at 6:00 PM. This will generally be held at your hotel in Salt Lake City, unless otherwise noted.

Day 1: This is the start date listed on the website. Meet at the hotel in Salt Lake City (unless otherwise noted) at 9:00 AM.

We will have an IWLS representative available to pick you up from the airport upon your arrival in SLC. Please notify the IWLS office of your expected arrival or flight information as soon as possible and let us know of any delays or changes.

Airline Tickets

Salt Lake City International Airport is a major hub with multiple daily flights from most major cities in the United States. Make certain that your ticket matches the full name on your passport. Plan your arrival in Salt Lake City no later than 6pm the night before your course start date. If time permits, we recommend arriving one day early to provide leeway for any flight or baggage connection trouble. Please make certain that we have your flight and arrival information so that we can meet you at the airport! Always reconfirm your flights within 72 hours of departure time.

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Baggage

Savvy packing can save you money and stress at the airport. Most airlines allow bags to weigh up to 50 lbs. without charging an extra fee. For bags weighing 50+ lbs. there are usually additional charges, yet it is often cheaper to have an overweight bag rather than an *extra* bag. Call your airline to confirm their baggage policies.

Photocopy all Documents

Make certain to copy your passport, airline tickets, credit cards, traveler's checks, immunization book, etc. This can be very helpful in the event that anything is lost or stolen. It is also a good idea to send an electronic copy of your documents to a personal email account.

Sending Money

We recommend bringing at least \$250 USD for domestic courses in cash or travelers checks. This money is to cover any personal expenses before or after your course. If you are planning on traveling in-conjunction with your course the suggested amounts above may not be enough. Always carry a credit card for emergencies as well, however they are not accepted in all locations so make sure you have enough cash for the necessary expenses.

Time Zones

MST – Mountain Time Zone (East Coast minus 2 hours).

Climate

Salt Lake City has a moderate and snowy winter climate, which warms to an arid high desert climate in the summer. Great Basin National Park is a mountainous environment with variable cold, snowy conditions throughout the winter.

Photography

A small, lightweight, digital camera with a view finder (to save battery life), is recommended. Consider how many batteries and memory cards you will need to bring. Remember to keep the bulk and weight to a minimum.

Medical

Please consult your physician and have them complete the health form provided by IWLS. If you require any personal medications, or, have any pre-existing medical problems, make certain to reconfirm with your instructor upon arrival. Furthermore, IWLS requires that all students have their own health insurance. Individuals are solely responsible for any medical costs, including all associated rescue, evacuation, and transportation costs. Please take time to review your medical insurance policy. Make certain that your coverage extends to the location of your course, and that it provides coverage for any potential, associated costs. Many policies will provide coverage for travel abroad for a small additional fee. [AIG travel guard](#), listed below, offers temporary health insurance for an additional fee.

Medications

Please make sure you have the following medications for personal use on your IWLS course:

- All prescription and/or non-prescription medications you are currently taking.
- A broad-spectrum antibiotic prescribed by your doctor (this is required).
- Aspirin or Ibuprofen





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Travel Insurance

Travel insurance is required for international courses and highly recommend for domestic courses. In many case travel insurance will cover medical expenses, evacuation costs, lost baggage, travel delays, and other costs in the event you need to cancel your trip. We have worked with almost every provider of travel insurance and feel strongly that the Adventure Travel Protection Plan from AIG/ Travel Guard is the best one available. It is one of the only plans that covers high altitude climbing and has significant benefits if purchased within 15 days of making your trip deposit. Details can be found on [our website](#).

Local Transportation

There are many excellent transportation options from the airport and downtown. There are many local taxi companies (we recommend Canyon Transportation <http://www.canyontransport.com>), bus and rail services (www.uta.com) available.

Lodging/Hotels

Salt Lake City has a variety of lodging options.

For an affordable and convenient hotel, we recommend the Econo Lodge in downtown Salt Lake City:

715 W. North Temple, Salt Lake City, UT, US, 84116

Phone: (801) 363-0062 Fax: (801) 359-3926

Will there be a place for me to store my things while I'm on the course?

Yes, we have a secure location at our offices to store personal gear while you are on your course.

What should I bring on the first day?

Please bring all of your personal clothing and equipment for your course.

Training and Fitness

Your course will consist of long days of moderate activity which will require good aerobic (endurance) conditioning. You should create a well-rounded work out plan prior to your course which combines endurance, strength, flexibility and balance. Depending on the nature of your course the training program will vary slightly but the underlying principle should be aerobic conditioning. Examples of aerobic exercises include running, cycling, Nordic skiing, and swimming. Ideally you want to start your work out with a warm up of 5-10 minutes at 50-60% of your maximum heart rate, then continue for another 20-60 minutes at 65-80% of your maximum heart rate, and finish with a cool down of 5-10 minutes at 50-60% of your maximum heart rate. This should be practiced 3-4 times a week for up to eight weeks before your course start date. A strength training workout (ie. weight-lifting) could be a good supplement to your work out plan, but not a substitute. Good conditioning will not only improve your chances for success but will also improve the quality of your course. Don't hesitate to contact us if you have any questions on specific training programs. The possibilities are endless, so get creative and have fun!





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Our Instructors

IWLS instructors are widely recognized as some of the very best in their field and have practical leadership experience from around the globe. They are well trained and have an uncommon enthusiasm for sharing their skill and knowledge, borne out of a passion for outdoor exploration. IWLS leaders are technically skilled, passionate about wilderness, and committed to each and every student. Their dedication insures each student an educational experience that will exceed their expectations!

In addition to the technical skills, IWLS instructors are equally experts in the “softer skills” of risk management, client care, and group dynamics. Not only will they insure a quality experience for each student, but will also work to impart this judgment to them.

