



IWLS

International Wilderness Leadership School

ALASKA

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)

Haines, Alaska

Haines, Alaska, is a small town located near the top of the Inside Passage. Haines borders Glacier Bay National Park. The park and the adjacent 27 million acres, including Wrangell-St. Elias National Park, comprise the largest protected wilderness area in the world. It is an extremely jagged and glaciated mountain landscape that includes the world's largest non-polar ice caps, pristine fjords, and wilderness rivers. Peak elevations in this region range up to 20,000 feet.

Arrival Information

We ask that you arrive the evening before your course starts, and it's often easiest to stay in Haines the day your course ends as well. Please contact us if you are unable to schedule your travel to arrive the evening before and we can discuss alternative options.

Day 0: Pre-trip meeting at 6:00 pm (unless otherwise noted) at the IWLS office in Haines. Bring your backpack and gear; we will go over equipment, itinerary, questions, etc. The office is located at 170 Sawmill Rd. Our hours of operation are from 8:00 am to 6:00 pm, 7 days a week.

Day 1: This is the start date listed on the website. Meet at the IWLS office at 9:00 am or as directed. This night may be spent in town. Camping is provided in the evening on IWLS property or students are welcome to make separate hotel accommodations.

We will pick you up from the airport or ferry terminal on your arrival date and drop you off for your departure if needed. 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. If you arrive on Seaplanes to Haines, they will provide a shuttle service.

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Airline Tickets

Make certain that your ticket matches the full name on your driver's license or passport. Plan your arrival into Haines no later than 6 PM 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. Always reconfirm your flights within 72 hours of departure time.

Travel Options

Please forward along your travel itinerary as soon as possible so we can make the appropriate pick-up/drop-off arrangements.

Air Service: The easiest way to get to Haines is from Juneau, the state capital. Alaska Airlines has daily scheduled flights from Seattle to Juneau; flight time is about 1.5 hours.

[Alaska Airlines](#) (800) 252-7522

From Juneau, a 35 minute local commuter flight will bring you to Haines.

[Seaplanes](#): (907) 789.3331, Haines: (907) 766-3800. Seaplanes does provide a shuttle service to your accommodations in Haines.

We can also arrange for a scenic chartered flight if you would like to see more of the Lynn Canal or beyond on your way to Haines with legendary ski plane pilot, [Drake Olson](#).

Ferry Service: The [Alaska Marine Highway System](#) operates daily ferries from Juneau, Haines, Skagway and other ports including Bellingham, WA. Ferry service from Juneau to Haines takes about 4 hours. Sailings are frequent, but less regular than flights. (800) 526-673 or (907) 766-2111.

Highway Travel: The Haines Highway connects with Alaska Highway at Haines Junction, 160 miles to the north. Allow 3 ½ hours driving time. The highway is fully paved and there are several campgrounds and lodges along the way.

The Travel Connection Travel Agency: Customized tour planning to coordinate your trip to Haines and the rest of Alaska. Box 645 Haines 99827 (907) 766-2681 or (800) 572-8006.

Baggage

Typically you are allowed two 50 lb. bags at no extra charge. For bags weighing 50-70 lbs. there is usually an additional charge per bag. It is often cheaper to have two bags over 50 lbs. than a third bag. If you travel through other countries for a stopover you may be charged excess baggage fees for anything over 44lbs. (20 kilos) each flight. If possible, pack your backpack and gear inside a large duffel bag.

Passport

Make certain to bring your passport with you to Alaska. Due to unpredictable weather, course locations might have to be changed and begin in the Yukon. If this is the case, students will need to provide a passport at the border.



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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

Haines is located in the Alaska time zone (East Coast time -4 hours)

Climate

Southeast Alaska is a coastal mountain environment where conditions are extremely variable. It may be snowing, raining, or 80°F and sunny.

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](#).

Lodging / Hotels

Mountain View Inn: Stay with the International Wilderness Leadership School at the Mountain View Inn. We are located near Historic Fort Seward, with views of the Lynn Canal, the Cruise Ship Docks and the Haines harbor. Downtown Haines is an easy walking distance of 1/2 of a mile; while even closer are the Post Office, beaches, harbor, laundromats, city park, art shops, bicycle rentals, restaurants, and the Performing Arts Center. All units are kitchenettes with a 2 burner range top, kitchen sink, microwave, refrigerators, coffee pots, china, glassware, silverware for four persons, pots and pans, utensils, mixing bowls and more.

[You can view our lodging website at www.haineslodge.com](http://www.haineslodge.com)

[We also have a hostel style rooms that are ideal for students.](#)

IWLS students receive 20% off their stay at our inn. (800) 766-3396 or (907) 766-3366

Hotel Halsingland: Historic Fort Seward buildings, view of Lynn Canal, 40 rooms, TV, phones, private baths, and restaurant/bar. This hotel is within walking distance of our office. (800) 542-6363 or (907) 766-2000.

Captains Choice Motel: Downtown, View of Lynn Canal, 40 rooms 800-478-2345

Fort Seward Lodge: Historic Fort Seward buildings, view of the Lynn Canal and mountains, 10 rooms, TV, phones, private baths, and restaurant/bar. (800) 478-7772 or (907) 766-2009

Bed & Breakfasts

Chilkat Eagle B&B: Historic building in Fort Seward near Chilkat Center for the Arts, walking distance from our office. (907) 766-2763

Officers' Inn B&B: (800) 478-2525 or (907) 766-2445

Private Campgrounds

Port Chilkoot Campground & Camper Park: (800) 542-6363 or (907) 766-2000

Portage Cove: ¾ miles from town on Beach Road. Camping is for backpackers and bicyclists only, no overnight parking. This is a very scenic location on the beach.



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For a comprehensive list of all the accommodations in Haines check out their website at www.hainesak.com and click on trip planning then where to stay.

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!

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.



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