

BWI's 2008 "Hundred K Survival Challenge"

The Boreal Wilderness Institute's **Hundred K Survival Challenge** will be conducted this summer in the Rocky Mountains west of Sundre. This trek is a once in a lifetime chance to experience the wilderness. Join us in July as we use modern wilderness survival techniques to travel light, fast and safely through the mountains and foothills of the upper Red Deer River.

Life is about choices. You can watch survival on TV or you can live it yourself. This is your choice, but we believe that the only way to truly learn is through experience. The **Hundred K Survival Challenge** is intended to be the maximum such experience. It is a wilderness expedition and constitutes the final level in earning BWI's Wilderness Mastery Certificate. Join us for a *real survival challenge*.

Why 100 Kilometre Distance?

This distance requires and challenges expedition travel skills, tough navigation, light weight travel, and self reliance. We will travel as a group, covering roughly 20km per day. If this does not sound like much, consider that this will be compounded by bushwhacking, steep elevations, difficult navigation, limited rations, and additional time to camp without tents or sleeping bags.

Because of this year's difficult location, we will count every 300 meters of elevation gain as 1km. This will still mean a distance of over 80km as a crow flies, but don't expect the route to be this short or straight, and don't expect trails to travel on.

Why Light Daypacks?

Anything larger than a light daypack means more equipment to slow us down and replace the need for wilderness survival skills. Participants are allowed the items they would normally take on a single day-hike, which is limited to the top 8 *critical items* (see BWI's 15 *critical items* list), water bottles, and some basic safety gear. Only enough food to cover your BMR for each day of travel (1Kcal/Kg of bodyweight per hour) will be carried.

Everyone must submit an equipment list based on the advised equipment and a gear check will be conducted prior to departure.

Why 5 Days?

Anyone can survive a tough weekend, but a week of travel with minimal equipment requires skill and knowledge. It also means we cannot hope to have fair weather for the duration. This is a physical, mental, and interpersonal challenge that you will need to be prepared for. It will also be a chance to enjoy camaraderie, see incredible rarely-visited country, and experience a rare and challenging adventure.



BWI's Hundred K Survival Challenge

Hundred K Survival Challenge Information

Minimum prerequisite: Wilderness Survival Core Seminar and the Wilderness Navigation Core Seminar.

Recommended Pre-training: Wilderness Survival Certificate and the Wilderness Navigation Certificate.

Cost: \$295

Time: 8:00 PM Wednesday till 5:00 PM Sunday [Approximate End Time]

Location: Eastern Slopes of the Central Alberta Rocky Mountains and Foothills

Meeting Location: Sundre Alberta

Dates: July 9th to 13th, 2008

Required Forms: BWI Waiver Form and the BWI Medical Form.

Maximum Participants: 6

Registration Deadline: June 15th, 2008

Fitness: Participants must be able to hike daily distances of 25 kilometres on very rough terrain for five consecutive days. Discomforts such as cold temperatures, wet clothing, poor sleep, and hunger are also likely. If in doubt, take this document and the attached medical form to your doctor and discuss your intention of taking this trek.

Risks: Due to the nature of this trek, BWI cannot guarantee that it will be risk-free. Though we will make every effort to promote health and safety, the wilderness is beyond our control. Unexpected hazards may be encountered in a rugged wilderness environment, and this reality must be understood and accepted as part of an exciting and liberating wilderness adventure.

Behaviour: High standards of respect for group members and the wilderness itself are expected of all participants. This includes respect for the privacy, opinions, and needs of others. Illegal or harmful drugs of any sort will not be tolerated. Violation of these standards will result in immediate expulsion from the trek, with no reimbursement for course fees or any other expenses.



Booking Information:

1. Payment may be made using cheque or MasterCard.
2. A \$50 deposit must be paid at the time of registration. Deposits are non refundable
3. Full payment for the course is due no later than June 15th.
4. Total cost is \$295; no GST is added to the price.
5. Boreal Wilderness Institute reserves the right to cancel this trek at any time.
6. Boreal Wilderness Institute and the course instructor(s) have the right to refuse either registration or admission to this trek. They may at any time ask a trek participant to leave, if they feel the participant is a danger to themselves or to others.
7. Neither the Boreal Wilderness Institute, nor individual instructors take any responsibility for cancellation, prolongation, and or extra costs and complications arising out of these matters.
8. Due to the nature of this trek participants must complete **BWI's Waiver** and **BWI's Medical Form** before they will be officially confirmed on the Trek.