

Travel & Logistics

Naval Academy Alaska Leadership Expedition

Course Start

We look forward to meeting you in Alaska! **Your course will begin at 7:00 AM in front of the Alaska Railroad Station in Anchorage on the course start date. Please look for the NOLS school bus parked directly in front of the Railroad Station.** The Railroad Station is located on the corner of 1st and C Streets. From there, we will drive to our headquarters in Palmer, 50 miles north. Given the early start to the day, we advise you to arrive in Anchorage the day before your course begins.

The First Day

The first day will be a very busy one. In the morning, you will meet your instructors and other expedition members. The day will be spent issuing equipment and preparing food supplies for the entire expedition. There will be time for a course orientation, some classes on basic skills and packing backpacks.

The first night will be spent camped on NOLS property in Palmer. The next morning you'll head for the mountains and begin your expedition.

End of Course Departure

Your course will be transported back to the NOLS headquarters in Palmer late on the next to last day of the course. While at the headquarters on the last day of your course you will clean and deissue course gear, settle your equipment bill and complete a course debriefing. Dinner is provided for you at our headquarters, after which you will leave for Anchorage at 7PM. Please do not plan to leave Alaska sooner than late evening (10 PM or later) on the last day of your course. Many flights leave Anchorage around mid-night. We recommend that students depart that evening. You can also reserve lodging in Anchorage for flights leaving the day after your course end date. We will do our best to ensure that your course ends on schedule and generally most do. However, we cannot guarantee that you will get in on time as unusual weather could affect the ending day of the course.

Pre and Post Course Anchorage Lodging

Bed and Breakfasts

We recommend B&Bs as a very comfortable lodging option in Anchorage. Based on past student experience, we recommend the following locations. Price and services offered (rides, meals, etc.) vary. **Space may be limited so call early for reservations.**

Alaska House of Jade
(907) 337-3400

Web site – alaskahouseofjade.com
Email – alaskahouseofjade@ak.net
Hosts – Yves and Dee Memoune

Coastal Trail Bed & Breakfast
(907) 243 -5809

Fax (907) 243-5514
Web site - coastaltrail.com
email - info@coastaltrail.com
Hosts - Derek and Sherry Tomilson

Anchorage Walkabout Town
Toll Free (866) 279-7808
(907) 279-7808
Fax (907) 258-3657

Web site – www.anchoragewalkabout.com
Email – walkaboutak@gmail.com
Hosts – Terry and Sandy Stimson



Youth Hostels

There are several reasonably priced youth hostels in Anchorage:

Alaska Backpackers Inn - (907) 277-2770 - www.alaskabackpackers.com

Hostelling International Anchorage - (907) 276-3635

Spenard Hostel International - (907) 248-5036 - www.alakahostel.org

Hotels and Motels

In Alaska, most hotels and motels will not allow individuals under the age of 18 to register. Anchorage fills up during the summer, so we suggest you make reservations well in advance for the nights before and after your course. The following is a list of those hotels convenient to downtown Anchorage.

Anchorage Hilton
(800) 445-8667
(907) 272-7411

Howard Johnson Hotel
(800) 545-7665
(907) 793-5500

Sheraton Anchorage Hotel
(866) 716-8145
(907) 276-8700

Days Inn
(800) 329-7466
(907) 276-7226

Comfort Inn
(800) 228-5150
(907) 277-6887

Air Service

Most major airlines serve Anchorage. Please check their individual websites for current information.

Note: Alaska Time Zone is 4 hours behind Eastern, 3 hours behind Central, 2 hours behind Mountain, 1 hour behind Pacific.

Shuttle from the Airport

Taxis to downtown cost about \$30. Most hotels provide shuttle services.

Driving to Alaska

The majority of our students fly to Alaska. If you choose to drive, please call NOLS Alaska at (907) 745-4047 with any questions.

If Delayed

If your arrival to Anchorage is delayed and you are not able to make the pick up at the train station, please call the NOLS Alaska office at (907) 745-4047 or call the NOLS Professional Training at (800) 710-NOLS ext. 3.

Caution

As in any large city, students should use common sense when traveling around Anchorage at night. Travel with a friend. Do not walk around alone. Anchorage has no more of a crime problem than other U.S. cities, but it doesn't have less of one either.

Storage of Personal Belongings and Vehicles

Personal belongings and vehicles may be stored at the NOLS facility for the duration of your course. Due care will be taken to prevent theft or damage of your personal belongings. However, **NOLS does not assume any liability for lost, stolen or damaged personal property while stored at a NOLS facility or elsewhere.** NOLS will not honor any personal claim for property loss while in our care. If you want insurance coverage for your personal belongings, you will need to obtain it.

Student Mail

Mail cannot be delivered to students while they are in the field. All student mail arriving at NOLS will be held until you return to the headquarters. Sending perishable items is discouraged. Please inform your family and friends that letters and packages they send to you at NOLS should include the course code (e.g. NAKE-the start date) and your name in the address. Your course code is shown on your enrollment letter and account statement.



USPS mailing address: Your Name (Course Code) NOLS Alaska PO Box 981 Palmer, AK 99645	FedEx and UPS deliveries: Your Name (Course Code) NOLS Alaska 5805 N. Farm Loop Palmer, AK 99645
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Telephones

You will be out of telephone contact for the duration of your expedition. We have a telephone (907) 745-6269 for student use while at our headquarters. Our office phone in Palmer is (907) 745-4047.

Food Considerations

NOLS courses supply a nutritious and varied diet consisting of assorted dried foods and some fresh supplements. The diet is versatile, offering countless combinations defined only by individual creativity. Rice, pastas, beans, flour, cereal, nuts, cheese, soups, dried fruits and vegetables are among the basic ingredients. You will carry an extensive spice kit. There are also a wide variety of drinks available among the field rations such as herb teas, cocoa, fruit crystals and broths.

You may wish to bring some extra treats to supplement the ration. In the past, students have appreciated chocolate bars, energy bars, specialty teas, dried vegetables/fruit or meat jerky. You have the option to bring a small amount of these personal treats (maximum 2 pounds) at your expense and put into organized re-ration bags. Remember that weight and space is limited and for that reason you are strictly limited to 2 pounds for the duration of your course. Due to the nature of expeditions expect to share if you do bring treats.

Fishing License

Fishing licenses are optional; however, if you plan to fish on your course, you must have a valid fishing license. A non-resident Alaska fishing license is \$145 for a year; a two-week license is \$80; a seven-day license is \$55. We will sell fishing licenses on the first day of your course. Your instructors will advise you on the practicality of purchasing a license. The quality of the fishing depends upon your course route and the season. **Please plan to pay for your fishing license with a personal check made out to NOLS, cash or a traveler's check. If you have a credit card you can pay for a license on-line at NOLS Alaska.** The fishing regulations also require you to bring a valid ID (such as your drivers license) and carry it together with your fishing license while fishing.

Miscellaneous Expenses

You are advised to bring enough cash to cover miscellaneous expenses encountered while traveling to and from Anchorage. These potential expenses include phone calls, airport shuttle fees, laundry and food while traveling. The suggested minimum is \$150.

Refer to the **Equipment List** for an estimate of expenses that you may incur in properly outfitting for your course.

