

IGO ADVENTURES

IGOs are meant to be challenging, but we have the tools and expertise to ensure everyone can cross the finish line if they want to. Below are some of our most frequently asked questions, both about IGO in general and the individual events.

Still got a question? Contact us and we'd be happy to help.

How fit do I have to be?

At IGO, attitude will get you further than aptitude. We firmly believe that anyone can complete an IGO with a decent base level of fitness and have had people from 15 - 55 years old take part. We have also put together the IGO Event Preparation package to help get you ready - this includes a full health MOT, a biomechanical analysis, a meeting with a performance coach and a training plan. If you're still worried, please give us a call and we can discuss.

What if I'm really slow?

IGO's are not about being the first over the line; in fact it is sometimes those who linger on the course who are the real winners. Taking time to enjoy the scenery and be alone in the wilderness can be incredibly powerful. However, we always have someone bringing up the rear, so if you are struggling know that they will be there to help you push through and reach camp under your own steam.

What support is there?

Our events are fully supported; the route is clearly marked and there is a team of experts on hand able to deal with any issues and we provide you with trackers so . We have a doctor with us for emergencies as well as a physio who is there to look after any sore muscles, blisters, or general niggles that may develop over the week. The whole team is there to help you so if you have any questions - just ask!

Do I have to carry all of my equipment each day?

No, we will take your main bag from camp to camp. You just need to carry enough for that stage; extra clothes, water, snacks, your tracking beacon (that IGO will provide), and basic first aid kit. Please consult our kit lists for more information

Can I come by myself?

Of course! Lots of people sign up for an IGO without knowing anyone. We hold a drinks evening before departure for you to meet some of the other participants and also set up a WhatsApp group so you can get to know each other.



How cold is it?

The weather in Norway can be very unpredictable and it's important to be prepared for all weathers; from warm sunshine to gale force winds. We've put together a kit list that should cover any conditions we face. Make sure you have a warm sleeping bag as there's nothing worse than being cold at night!

What do we eat?

N60° is an expedition and our camps are remote, and as such we will be eating freeze-dried expedition rations. We have a range of meals, including vegetarian, to choose from. You simply add boiling water to the pouch, stir, wait for 5-10 minutes and then your meal is ready! It is your responsibility to bring any day to day nutrition you might want; snack bars, gels, rehydration salts, protein shakes etc.

How good at skiing do I have to be?

The skiing on N60° is not technically difficult, but if you are particularly worried get in contact with us to discuss your capabilities. We recommend that you can do a blue run confidently. Our friends at RollerSki.co.uk can help you learn to cross country ski in the UK before heading out if you have never done this before.

Are there tracks for the cross country stages?

Yes, we will have tracks made specially for us for the cross country stages.

Do I need to bring my own equipment?

No - we will provide all the equipment; cross country & touring skis, boots, poles and helmets. You may of course bring your own equipment if you have it – please let us know if you are planning on doing this.

Where do we sleep?

We stay in traditional Norwegian Lavvu tents, each of which has a wood-burning stove in the middle that can be lit for extra warmth. We provide camp beds so that you are off the ground and there are plenty of reindeer hides that can be used for extra insulation. There is one central tent with a fire where we can gather as a group.



How hot is it going to be?

Morocco in October can be very hot - up to 35°C - so it is essential to ensure that you have the right clothing that will not only keep you cool but also protect you from the sun. We also recommend a 3 litre camelbak so that you are carrying sufficient water; there will also be water stations on the route where you can top up.

What do we eat?

IGO will provide your main meals; breakfast, lunch and dinner. Sometimes this will be freeze-dried food, sometimes this will be tagines. It is up to you to bring personal snacks, energy bars, and electrolytes to supplement this and eat whilst on course. Don't bring chocolate - it'll melt in the Moroccan heat!

Do I need to bring my own equipment?

No - we will provide mountain bikes and helmets. You can of course bring your own bike and/or helmet if you wish but you are responsible for transporting these to and from Morocco. If you are planning on doing this please let us know.

Where do we sleep?

We sleep in traditional Berber tents made from camel hair. They have sides to keep out any breeze and we will provide sleeping mats for comfort!

Will I be able to have a shower?

Yes, in Morocco we have showers in camp. We can't always guarantee the water will be hot - but even a quick rinse is welcome in this environment!



I've heard there are bears in Montana - what's the risk?

There are black and grizzly bears in Glacier National Park, however attacks on humans are incredibly rare. We take all the necessary safety precautions, however you can help us do this by:

- Ensuring that all food, including personal bars etc. is not stored in your tent. There will be bear boxes available to put all your food in overnight and you can get this back before we depart each morning
- Not leaving any litter, food scraps or wrapping anywhere except for the bin
- Carrying bear spray with you when on course (we will show you where this can be purchased in Whitefish and how to use it). This is not a repellent but temporarily incapacitates bears if they are close to you

What's the accommodation like on the expedition?

We will be sleeping in normal tents with either 2 or 3 people in each. If there is someone specific you would like to share with, please let us know so we can try and accommodate your request. If it's a dry night we recommend leaving the fly sheet off so you can see the stars!

What's the weather like?

The weather in Montana in September can be variable, and therefore it essential you bring the right kit to cover all eventualities. Our kit list is a good starting point, and nearer the time we can let you know how the forecast is looking so you can adapt your packing accordingly.

How good do I need to be at kayaking?

You do not need any experience of kayaking to take part in W114°. There will be a chance on the training day to learn the basic skills and practice on the river. The kayaks we use are inflatable kayaks and do not have skirts. There are some small areas of white water on the route, but these are completely manageable by amateurs.

Are there bathrooms in camp?

There are no showers in our camps, however all camps are situated by lakes or rivers for a cleansing dip if required! There are however chemical toilets at each camp.

What do we do in the evenings?

Our camps are in stunning locations, all next to either a lake or a river. This is your time to enjoy being in the wilderness and there are always activities to do - whether that's fly fishing, paddle boarding, a refreshing dip, or simply getting to know your fellow participants better over a cold beer!