



VALKYR ADVENTURES



*Backcountry lodge * Ski Touring * Alpine Hiking*

GUIDELINES FOR SELF-CATERED GROUPS

IF YOU CHOOSE TO SELF-CATER THEN YOU MUST BRING:

- ALL FOOD AND DRINK FOR YOUR GROUP FOR THE WEEK - BRING ALL INGREDIENTS!
- ALL YOUR FOOD WRAP, BAGGIES, PAPER TOWELS, FOIL, NAPKINS, RUBBER GLOVES
- ENOUGH FOOD TO INCLUDE THE HUTKEEPER FOR THE SUPPER MEAL
- PACK EXTRA FOOD IN CASE YOU HAVE TO STAY AN EXTRA DAY AT THE LODGE BUT DON'T BRING A MASSIVE SURPLUS OF FOOD! YOU MAY HAVE TO PAY A HELICOPTER SURCHARGE TO SHIP IT OUT. WE DON'T WANT FOOD LEFT AT THE LODGE.

WHAT OUR LODGES PROVIDE:

- 4 BURNER PROPANE STOVE AND OVEN PLUS A COUNTERTOP 2 BURNER (VL); THERE IS A 4 BURNER STOVE AND OVEN AT HH (no 2 burner)
- PROPANE BBQ ON THE DECK - CLEAN AFTER USING!
- POTS & PANS; DISHES, CUPS AND CUTLERY; UTENSILS
 - ASK ABOUT INDIVIDUAL ITEMS BEFORE YOU BRING ONE!
 - IF YOU BREAK OR DAMAGE EQUIPMENT PLEASE ADVISE ASAP
- INSULATED COFFEE CARAFES
- SS FRENCH PRESS POTS FOR BREWING COFFEE (OR BYO FILTERS & CONES)
- DISH TOWELS & SCRUBBERS
- DISH SOAP, BLEACH & GARBAGE BAGS
- FRIDGE IN THE KITCHEN
- FREEZER AND FRIDGE IN COLD FOOD STORAGE ROOM

WHAT YOU HAVE TO DO:

- ALWAYS USE FOOD SAFE PRACTICES
- ALL HOUSEKEEPING DURING THE WEEK
- ALL COOKING AND DISHES
- REMOVE ALL LEFTOVERS, GARBAGE AND BOXES
- LEAVE THE FRIDGE, STOVE AND BBQ CLEAN
- SANITIZE THE KITCHEN COUNTERS AND CUTTING BOARDS
- LEAVE THE LODGE IN A CLEAN CONDITION

HELICOPTER NOTES FOR SELF-CATERED GROUPS:

- OUR RATES ALLOW FOR 70 - 75 LB OF FOOD AND DRINK PER PERSON PER WEEK OR 850 - 900 LB OF FOOD SUPPLIES PER GROUP OF 12.
- **ALL SUPPLIES ARE PACKED IN THE HELICOPTER FUSILAGE OR THE SIDE COMPARTMENTS. PLEASE MAKE SURE YOU HAVE A VARIETY OF BOX SIZES OR INSULATED BAGS THAT CAN BE USED TO FILL EVERY AVAILABLE SPACE. NO BANANA BOXES! NO COOLERS! KEEP WEIGHT OF INDIVIDUAL CONTAINERS TO 35 LBS; NOTE THE WEIGHT OF EACH CONTAINER ON IT; SECURE EACH BOX WITH TAPE OR ZIP TIES. WE DO NOT SUPPLY DUCT TAPE.**
- WHILE EVERY EFFORT IS MADE TO ARRANGE THE CARGO AND PASSENGERS EFFICIENTLY, A SURCHARGE WILL APPLY FOR OVERWEIGHT OR OVER-SIZED LOADS THAT REQUIRE AN EXTRA TRIP.
- IF YOU BRING YOUR OWN BOOZE DON'T BRING MORE THAT YOU CAN REASONABLY DRINK! FOR MORE INFORMATION ABOUT BRINGING BOOZE TO THE LODGE PLEASE SEE OUR LIQUOR GUIDELINES.

