



churchill**northernstudiescentre**

Packing List & General Information Package

Churchill Northern Studies Centre

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youtube.com/churchillnsc

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ABOUT THE CNSC

The Churchill Northern Studies Centre (CNSC) is an independent, non-profit research and education facility located 23 km (14 miles) east of Churchill, Manitoba. Founded in 1976, CNSC is funded primarily through user fees and is neither an extension of government, nor a university run field station. The Centre is operated by a dedicated staff of 8-14 employees, depending on the season, and is governed by a Board of Directors whose members are drawn from the local community, government, and educational institutions. Operating year-round, the CNSC supports research in the physical, biological and social sciences.

Located at the junction of three distinct ecosystems, the CNSC is well situated for the scientific exploration of tundra, boreal forest and marine environments. Specific areas of study include shorebird ecology, polar bears, the marine environment, botany, insects, geology, microclimate and climate change, tree-line formation, atmospheric physics, palaeontology and archaeology. In-house research personnel provide advice and support to visiting scientists, as well as equipment maintenance and data collection under contract to various agencies.

In addition to supporting world class research, the CNSC also provides a wide range of educational programming to independent tour groups, schools and the general public through Road Scholar, Earthwatch, and CNSC Learning Vacations. The unique landscape and wildlife of Churchill offers visitors an unrivalled opportunity to experience first-hand the changes in flora and fauna that accompany each season. Winter skies are clear and dark, making Churchill an ideal location from which to view the spectacular *Aurora borealis*. Large numbers of migratory birds arrive on the first warm winds of spring, as the tundra explodes into colourful fields of delicate wildflowers. Beluga whales return to the Churchill River estuary to feed, calve, and moult their skin under a sun that shines nearly 19 hours per day. As the brief summer turns to fall, polar bears begin to migrate to the shores of Hudson Bay where they patiently await the return of the ice.

THE FACILITY

The Churchill Northern Studies Centre is located at the former Churchill Research (Rocket) Range. Over three thousand atmospheric sounding rockets were fired from the site between 1957 and 1989. Previously housed in the adjacent Operations Building, the Centre moved to a new 27,000 square foot facility in June of 2011. The new building is highly energy efficient and incorporates numerous green technologies that will reduce the Centre's environmental footprint and minimize operating costs. The new CNSC offers shared accommodation, a large cafeteria, modern laboratories and classrooms, a fitness room, an aurora viewing dome and a second story viewing deck.

ACCOMMODATIONS

The dorm provides sleeping quarters for 84 people. Each room accommodates four guests in bunk beds, with individual closet space, a small writing desk, bedside shelves and individual reading lamps. The dorm is often filled to capacity during the summer research season and the fall polar bear season. Rooms are gender specific, although husbands and wives can sometimes be accommodated in one room during slow periods. If you are okay to be in a mixed gender dorm please specify when returning your "Travel & Health Form" after program registration. Separate female and male washrooms are equipped with toilets, sinks, and private showers. Bed linens, blankets, pillows and

towels are supplied, but personal toiletries are not. Please note that there are no alarm clocks in the rooms. Self-serve laundry facilities are available for a fee. **Check-out time is generally 9 AM.**

MEALS AND MEAL CLEAN-UP

The kitchen provides three hearty meals a day, with a variety of side dishes, salads, dessert, juice, coffee and tea. Our cooks are happy to accommodate special dietary requirements, provided that we are informed well in advance. **All guests are expected to assist with dishwashing and clean-up.**

IN-HOUSE SERVICES

The Centre has a small gift shop which carries postcards, stamps, books, CNSC brand clothing, locally made jams and jellies, snacks and other sundry items. Cash (CDN & US), major credit cards, traveller's cheques, and debit cards are accepted. Faxes, outgoing mail service, and **phone cards** are also available. The building is equipped with wireless internet for those with their own laptops, tablets, or smart phones. There are also three public use computers located in the Quiet Lounge. Two payphones are available on the main floor for outgoing long distance calls – these phones **can only be accessed with calling cards**. No charge local calls can be made from the Weston Family Welcome Lounge. Cellular coverage, provided by MB Telecom Services, is unreliable at the CNSC.

MEDICAL & BANKING AND OTHER SERVICES IN CHURCHILL

For your medical needs, there is a small, fully-staffed hospital and pharmacy at the Churchill Regional Health Centre (204-675-8881). We recommend that you bring any medications that you may need as the Pharmacy hours of operation are limited. There is a Royal Bank branch, which has an automated teller (ATM). There is also a post office, grocery store, three churches, a liquor store, souvenir shops, the Parks Canada Interpretative Centre, Eskimo Museum, a town complex that provides a variety of recreational activities, and several restaurants and hotels that are open seasonally (visit www.churchill.ca for a list of places to stay in town and information on other businesses).

VOLUNTEER OPPORTUNITIES

Volunteers are integral to the success of the CNSC, assisting with housekeeping and kitchen duties. Prior to contacting the CNSC, we encourage potential volunteers to review the volunteer section of our website for more information.

A FINAL NOTE

The CNSC is a registered Canadian charity. If you wish to make a donation to the Centre, please speak to the office staff. We can issue **Canadian** tax receipts for donations of **\$25 or more**. In-kind donations of supplies (e.g. towels and facecloths) or equipment are also *greatly* appreciated.

HOW TO GET TO CHURCHILL

- Churchill is only accessible by air and rail. All flights and trains originate from Winnipeg, Manitoba. Book your mode of transportation well in advance, particularly if you plan to travel during the busy months of October/November.

- Leave *plenty* of time between connecting flights in Winnipeg, and keep in mind that you will have to walk outside to board either the plane or train.
- The CNSC *strongly* encourages all guests to purchase travel disruption insurance to protect against expensive travel delays and flight cancellations.
- Ensure that you have proper photo identification and health insurance cards with you at all times. Passports are required for all international travellers including U.S. residents.
- Upon arrival in Churchill, we will provide local transportation to the Centre. If you encounter any problems en route, please contact us at (204) 675-2307 immediately so that we may provide advice and/or possible alternatives.

AIR TRAVEL

Please follow (or exceed) all recommended check-in times. It is especially important for international (including US) participants to leave enough time in Winnipeg to clear customs in the event of a flight delay. You may wish to arrive in Winnipeg a day early and enjoy the sights.

TO WINNIPEG

Westjet offers daily service to Winnipeg from locations throughout Canada. www.westjet.com or (888) 937-8538

Air Canada offers daily service to Winnipeg from locations throughout Canada and the world. www.aircanada.com or (800) 247-2262

Delta Air Lines offers daily service to Winnipeg from Minneapolis. www.delta.com or (800) 221-1212

United Air Lines offers daily service to Winnipeg from Chicago and Denver. www.united.com or (800) 538-2929

TO CHURCHILL

Calm Air International [code share with First Air] offers daily non-stop service to Churchill from Winnipeg and limited service from Thompson. www.calmair.com or (800) 839-2256

TRAIN TRAVEL

VIA Rail travels to Churchill three times a week, with two weekly departures from Winnipeg and one from The Pas. A direct trip from Winnipeg to Churchill takes at least 43 hours, barring any unforeseen delays. Depending on track conditions, trains can be significantly delayed en-route. Call VIA Rail directly for current information and plan accordingly. We have always recommended an overnight stay in Winnipeg on your northbound journey, and we are now urging you to do the same as you head back home through Winnipeg to avoid further expenses due to missed connections. For the best fare, book at least 3 days in advance of your trip and inquire about senior and student discounts. We can refer you to our local VIA rail representative, Kim Daley. To make an inquiry please contact her by email at daley@churchillscience.ca, by phone at our main phone number here:

204-675-2307, or at the local VIA rail office: 204-675-2149 and let her know you're staying at the CNSC.

CURRENT VIA SCHEDULE:

- Sunday:** Departure from Winnipeg at noon for arrival in Churchill on Tuesday at 9-10 am.
- Monday:** Departure from Thompson at 5 pm for arrival in Churchill on Tuesday at 9-10 am.
- Tuesday:** Departure from Winnipeg at noon for arrival in Churchill on Thursday at 9-10 am.
Arrival in Churchill at 9-10am and departure
7:30 pm for travel to Thompson and The Pas.
- Wednesday:** Departure from Thompson at 5 pm for arrival in Churchill Thursday at 9-10 am.
- Thursday:** Arrival in Churchill at 9-10 am and departure 7:30 pm for travel to Thompson, The Pas and Winnipeg.
- Friday:** Departure from Thompson at 5 pm for arrival in Churchill Saturday at 9-10 am.
- Saturday:** Arrival in Churchill 9-10 am and departure 7:30 pm for travel to Thompson, The Pas and Winnipeg.

If you are traveling in the **sleeper** car, all of your linens, towels, face cloths, shampoo, soap, blankets and pillows are provided. For those traveling in **coach**, we recommend that you bring earplugs, eye covers, small pillow, a blanket and some entertainment (cards, books, music). Dining car services are available year round however check the link provided for details on the meal options available depending on the time of year: <http://www.viarail.ca/en/travel-info/onboard-train/meals>

For those guests who would prefer to shorten their train trip by departing from Thompson, Greyhound Bus lines provide bus service from Winnipeg to Thompson and can be contacted at (204) 949-7777 for prices and scheduling. Private vehicles can be securely stored at the Thompson City Hall (204) 677-7910 parking lot with a modest donation to a local charity or at McCready Park Campground (204) 778-8810 for a nominal daily fee (transportation to and from train station is included). McCready Campground is also the only option for large vehicles and RVs. Allow approximately 8-10 hours to drive the paved highway between Winnipeg and Thompson, depending on the season.

WHERE TO STAY IN WINNIPEG

Hampton Inn by Hilton Winnipeg Airport
730 Berry Street, Winnipeg, MB R3H 0S6
(204) 772-3000 t. (204) 772-3100 f.
www.winnipegairport.hamptoninnbyhilton.com

Located near Winnipeg James Armstrong Richardson International Airport, Hampton Inn by Hilton is pleased to offer CNSC guests a special rate of \$109 (plus applicable taxes) per night for a queen room with 2 queen beds or a king room, for an upgrade add an additional \$10. In addition to a variety of well-appointed guest rooms, Hampton Inn provides complimentary hot buffet breakfast, shuttle

service to and from the airport, and high-speed internet. Unwind after your flight in their state-of-the-art fitness facility, warm salt water pool and whirlpool.

To make a reservation please email: YWGAP_Hampton@hilton.com or call Andy at (204) 789-0806 and let him know you are staying at the Churchill Northern Studies Centre. Bookings can also be made online at:

<http://hamptoninn.hilton.com/en/hp/reservations/index.jhtml?hotel=YWGAPHX&corporateCode=0002987905>

ACTIVITIES

There are plenty of things to see and do in Winnipeg; The Manitoba Museum, The Assiniboine Park and Zoo, The Forks, Fort Whyte Alive, Oak Hammock Marsh (you will need a car for this one). If you need to buy any outdoor equipment or clothing visit Mountain Equipment Co-op at 303 Portage Avenue (downtown).

For other activities and more information on festivals, museums and places to visit, check out the Destination Winnipeg website at www.destinationwinnipeg.ca, call toll free (800) 665-0204, or locally (204) 943-1970. For maps and other information about Manitoba call Travel Manitoba toll free (800) 665-0040.

RECOMMENDED PACKING LISTS

TIPS ON LAYERING

Churchill weather is variable and unpredictable, especially due to the wind. The wind chill factor combines observed wind speed and temperature to tell you how cold it actually *feels*. This is often ten degrees (or more) colder than the actual temperature. The secret to staying warm or cool at any given time is to properly layering your clothing. Layers improve your body's ability to thermoregulate and can be adjusted to take into account moisture, wind, temperature, and exertion. Observe the guidelines listed below and don't hesitate to contact us if you have any questions – we live with our weather daily!

1. The **base layer** carries moisture away from the skin and disperses it to the outer layer, where it can evaporate. The best materials to use are synthetics (polypropylene and polyester). These are light, absorb very little water, and dry quickly.
2. The **middle layer** maintains the warmth generated by the body and draws moisture away from the inner layer. Wool and mid-weight synthetics (polar fleece) are best suited for this.
3. The **outer layer** protects against the elements. A shell made of a breathable and waterproof fabric such as Gore-Tex protects against the wind and rain, and allows water vapour to escape.

If you don't have access to cold weather gear or don't want to spend a lot of money on gear you may never use again – consider renting. The CNSC has a selection of gear available for rent (prices listed below, plus 5% Goods & Services Tax):

Parka \$25/day Insulated Snow Pants \$10/day Insulated Boots \$15/day

Contact us ahead of time to reserve your gear*!

*We also have limited sizes of bug jackets and some rain gear for spring/ summer travellers.

GENERAL PACKING LIST

Please consider bringing the following basic items, regardless of when you intend to visit:

- Lip balm and body lotion - Churchill generally has low relative humidity
- Indoor footwear - closed toe shoes required in the cafeteria
- Person hygiene products (e.g. shampoo, soap, hair dryer)
- Travel alarm clock
- Sunglasses and sunscreen - the sun is more intense at higher latitudes
- Small daypack to carry personal gear (e.g. water bottle, thermos, camera)
- Warm hat that covers your ears and light gloves
- Vitamins and personal medications
- Ear plugs - great for the plane or for snoring roommates
- Binoculars and camera - don't forget extra batteries/film/memory cards
- Notebook with a pen/ pencil
- Small flashlight or headlamp
- USB drive for photos/documents

DONATION PACKING LIST

Living in a small community without road access can mean some basic supplies can be difficult or costly to get here in Churchill. If you have extra space in your luggage and would like to bring donation supplies the items listed below would be greatly appreciated!

- Rain wear (Good quality: rain jacket, rain pants, rubber boots)
- USB 'thumb/ flash/ jump' drive
- Black Sharpie markers
- Duct tape
- Packing tape
- Masking tape/ painters tape
- Large Ziploc freezer bags
- Packs of 500 sheets white copier paper
- Blue or Black ball point pens
- new or gently used twin sheets, towels and facecloths

We are also a host for collecting supplies for the local school and they keep an updated wish list here: <http://www.packforapurpose.org/destinations/north-america/canada/churchill-northern-studies-centre/>

WINTER PACKING LIST

Churchill winters are cold and dry with short days and intense sun. It is important to stay warm and hydrated in these conditions. Dressing in layers and insulated windproof outerwear are the best methods to keep you warm, while drinking lots of water and applying lip balm and lotions will aid in maintaining hydration. Blizzards (high winds and blowing snow) are common in the winter months. Heavy duty parkas are a must for spending any length of time of outdoors and it is important to cover

all exposed skin to prevent frostbite. Average daily maximum and minimum temperatures (excluding the wind chill factor):

January - Daily maximum -23⁰ C (-9⁰ F) minimum -31⁰ C (-24⁰ F)

February - Daily maximum -20⁰ C (-4⁰ F) minimum -29⁰ C (-20⁰ F)

March - Daily maximum -15⁰ C (5⁰ F) minimum -24⁰ C (-11⁰ F)

- Sweaters / sweatshirts - polar fleece or wool
- Good winter boots rated for -20⁰ C or more. Ensure that the boots are not too tight as this greatly reduces their ability to insulate.
- Anti-skid slip-on treads (e.g. Yak Tracks)
- Warm, cold weather rated socks. Cotton socks are NOT cold weather rated and will not provide good insulation for extended periods outdoors
- Long sleeved shirts and long underwear
- Warm, comfortable pants - fleece or flannel lined are great
- Heavy, insulated jacket (parka), preferably with fur ruff around the hood and filled with goose down (e.g. Canada Goose brand)
- Insulated, windproof snow pants
- Neck protection - winter weight scarf or neck-warmer
- Balaclava or neoprene face protectors are popular and essential if you plan to spend much time outdoors
- Wind proof mittens or gloves with liners - especially for those wanting to operate your camera outside.
- Chemical hand / foot warming packets (available in our gift shop)
- Ski goggles - work well outdoors in high winds
- Tripod - for those interested in photographing the aurora

SPRING/SUMMER PACKING LIST

Weather conditions along the coast in the summer can change quickly and dramatically, especially while there is still ice on Hudson Bay. Temperatures on land may be very warm, but a sudden wind shift from the north can bring much colder weather. Rain can add significantly to the discomfort. Average daily maximum and minimum temperatures (please keep in mind that windchill can still be a significant factor in June and early July):

June - Daily maximum 11⁰ C (52⁰ F) minimum 2⁰ C (36⁰ F)

July - Daily maximum 17⁰ C (63⁰ F) minimum 7⁰ C (45⁰ F)

August - Daily maximum 16⁰ C (61⁰ F) minimum 7⁰ C (45⁰ F)

- Sufficient layers of clothing to deal with the range of temperatures (Note: light colours, especially yellow, gold and white are best for bugs; the worst are black or navy)
- Short and long sleeved shirts
- Warm jacket
- Rubber boots and hiking boots
- Several pairs of socks (e.g. smart wool)

- Light gloves - protection from cold and bugs
- A full rain suit (top and bottom, helpful as a wind suit as well)
- Warm hat and a sun hat (hats are an easy way to regulate your body temperature and they take up very little room)
- Bug jacket and / or bug head cover
- Insect repellent (the kinds that work best and longest are those with high DEET content such as Deep Woods Off, Repex, etc.)
- Topical ointments (calamine lotion and possibly antihistamines if you suspect that you may react to insect bites)
- Dry bag or plastic re-sealable Ziploc bags for protecting equipment such as books and cameras
- Antibacterial wipes for “washing in the field”
- 10x-20x Hand lens (if you are interested in looking at plants)

FALL PACKING LIST

The sub-arctic fall can feature pleasant sunny days, but they are often interspersed with bouts of cold rain/sleet and icy conditions. Most of our fall activities (i.e. bear viewing) involve a great deal of “in-and-out” from the outdoors into vehicles and other warm places. Many guests find themselves constantly “too hot” or “too cold”. Again, layering is the key to a comfortable experience. Average daily maximum and minimum temperatures (excluding the wind chill factor):

September - Daily maximum 9^o C (48^o F) minimum 3^o C (37^o F)

October - Daily maximum 1^o C (34^o F) minimum -5^o C (23^o F)

November - Daily maximum -9^o C (16^o F) minimum -16^o C (3^o F)

- Sweaters/sweatshirts (polar fleece or wool)
- Good winter boots (rated for -20^o C or more, if you can get them). If you have boots make sure to try them on with your warm socks. Ensure that the boots are not tight as this greatly reduces their ability to insulate
- Long-sleeved shirts / turtlenecks
- Long underwear
- Neck protection (scarves or neck-warmers)
- Warm, comfortable pants (fleece or flannel lined are great)
- Heavy, insulated jacket (parka)
- Wind pants or insulated pants (ski pants work well)
- Mittens, breathable gloves (i.e. GOR-TEX® type)
- Warm, cold weather rated socks - bring several pairs as dry feet are warm, happy feet. Cotton socks are NOT cold weather rated and will not provide good insulation for extended periods outdoors.
- Anti-skid slip-on treads (e.g. YAKTRAX®) - optional

RECOMMENDED READING LIST

Most of these books can be found through Amazon.ca, Chapters.Indigo.ca, and Abebooks.com, or at your local bookstore. They may also be purchased in Churchill; The Eskimo Museum has the best book selection in town. An expanded reading list can be found on our website.

POLAR BEARS

Polar Bears: The Natural History of a Threatened Species by Ian Stirling, published by Fitzhenry & Whiteside, is the definitive book on the polar bear by the world's leading polar bear biologist. ISBN 978-1-55455-155-2 (330+ pages).

White Bear of the North: WAPUSK. Photographs by Dennis Fast, text by Rebecca L. Grambo, published by Heartland Press. A lovely coffee table book with lots of beautiful photographs and text to compliment captures the life cycle of Canada's best known polar bear population. Heartlands Associates Inc. ISBN: 1-896150-32-2

BIRDS

Birdlife of the Churchill Region by Joseph R. Jehl Jr. ISBN: 141203107-9.

"This is the definitive book on the avifauna of Churchill and northeastern Manitoba. It will be welcomed by birders, professional ornithologists and anyone interested in the natural history of the subarctic." Jack Dubois, Chief, Wildlife and Ecosystems Protection Branch, Province of Manitoba. This book has lots of solid information and great anecdotal observations from a long time Churchill researcher.

A Birder's Guide to Churchill by Bonnie Chartier This is the quintessential book for anyone new to the area, as she has maps that outline exactly where to stop to look for specific species. Also included is a comprehensive Introduction to Churchill including climate, insect pests, what to wear, polar bear warnings, what to see and where to stay and more. This book is out of print, but you may be able to find it second hand.

WILDFLOWERS

Wildflowers of Churchill and the Hudson Bay Region by Karen L. Johnson, Illustrations by Linda Fairfield, photographs by Robert R. Taylor, published by Manitoba Museum.

This is the quintessential wildflower guide for the Churchill region and is extremely easy to use for keying. Beautiful photographs and illustrations.

The Orchids of Manitoba : A Field Guide by Doris Ames, Peggy Bainard Acheson, Lorne Heshka, Bob Joyce, John Neufeld, Richard Reeves, Eugene Reimer, Ian Ward. Native Orchids Conservation Inc. 2005. ISBN: 0-9734864-0-6. "...one of the best orchid guides in North America, a blend of excellence, accuracy and quality... the photos are exceptional...a great book!"

GENERAL NATURAL HISTORY

The Naturalist's Guide to the Arctic by E.C. Pielou ISBN: 0-226-66814-2, published by University of Chicago Press. "This book is a practical, portable guide to all of the Arctic's natural history-from sea and sky to flora and fauna." A great overview of arctic natural history that is widely recognized.

Churchill Hudson Bay: A Guide to Natural and Cultural Heritage by Lorraine E. Brandson ISBN: 978-0-9869371-0-1, published by The Churchill Eskimo Museum, Inc. Excellent source of general information on climate, history, flora and fauna, geology and culture.

ABORIGINAL AND EUROPEAN HISTORY

Churchill on Hudson Bay by Angus and Bernice MacIver, published by the Churchill Ladies Club. An autobiographical and historical account of life on the Bay. Available for purchase in most stores in Churchill.

Ancient People of the Arctic by Robert McGhee ISBN: 0-7748-0854-3, published by UBC. "Makes the story of continent-wide migrations, adaptations to harsh environments, and dramatic climate change comes alive...appeal (s) to anyone with an interest in the North and its history." John Wilson, Quill and Quire.

NORTHERN LIGHTS & NIGHT SKIES

Exploring the Night Sky : The Equinox Astronomy Guide for Beginners by Terence Dickinson, Illustrations by John Bianchi, Firefly Books, 2002. ISBN: 0-920656-66-8

“ A new guide to the stars aimed at novice stargazers anxious to expand their astronomical repertoires beyond the Big Dipper....offers a series of realistic night-sky illustrations to locate the major constellations.”

The Arctic Sky: Inuit Astronomy, Star Lore and Legend by John MacDonald, Nunavut Research Institute and Royal Ontario Museum, 1998. ISBN:0-888854-427-8. “ A tour of the arctic universe awaits readers...from a variety of perspectives”

FREQUENTLY ASKED QUESTIONS

Will somebody pick us up at the train station or the airport when we arrive?

Yes. We will use the information you provide in the “Travel Confirmation and Information Form” you returned to us to organize transportation for you.

What happens if the train or flight is delayed and I cannot call you?

Staff will call ahead to find out if your flight is on time and adjust their pick up schedule accordingly. There is no need to call unless you missed your flight.

We plan to stay in town the day before the program starts. Will you pick us up at the Hotel? How do we arrange this?

Simply indicate where you will be staying on your “Travel Confirmation and Information Form”. Give us a call when you arrive and we will let you know when to expect us at the hotel or B&B. We are also happy to drop you off at your hotel if you are staying an extra night after the program ends.

Can we have a glass of wine or beer with our meals?

Yes, but you will need to purchase this in town at the local Liquor Mart. Due to the scheduling of arrivals and departures, weather, and the Liquor Mart's hours of operation, it is not always possible to visit town on your arrival day.

Can we go outside and walk around the building?

We urge participants to stay in the parking lot area for the summer season. However, during polar bear season we ask that for your safety you do not leave the building without a staff member or your group. During the course of your stay there are usually some opportunities to get some exercise as a group, with a staff escort. We recognize that this can be difficult for our more active guests, but polar bears can be around at any time. We now also have an indoor fitness room located on the second level which you are welcome to use. Please familiarize yourself with polar bear safety upon your arrival.

Is this a non-smoking facility?

Yes, smoking is only permitted outside in the designated smoking area (25ft from the front door). Polar bear season is a great reason to stop smoking!

What kind of electrical current do you have in Canada?

120 volt - the same as in the USA – so no special adaptors are required for our southern neighbors.

You said we can make donations of certain items. What do you need?

We gratefully accept new or gently used twin sheets, towels and facecloths as well as assorted office supplies as listed in the packing section. Ask the CNSC staff for more details. We are able to offer Canadians a tax receipt for donations over \$25.00 in value.

Do you accept US dollars in Churchill and at the CNSC?

Yes, most places in Churchill accept US dollars although it may be 'at par' without an exchange; you will get the best exchange rate by using your credit card or changing cash beforehand. Most locations accept major credit cards. We recommend you bring a little Canadian money, just in case.

How safe is the water to drink?

The water is safe to drink anywhere in town. At the CNSC, all of the water has been treated and the staff will tell you more about the specifics during orientation.

Do you have laundry facilities?

Yes, we have self-serve laundry facilities. The cost is \$6.00 per load which includes wash, dry, detergent and anti-static dryer sheets. The facility is open to guests from 4 - 10 PM.

The information you provided states that the check-out time is 9 AM, but our flight/train does not leave until the evening. Can we stay at the CNSC? How do we get into town and what do we do with our luggage?

Guests are usually asked to vacate their rooms by 9 AM. Your bags can then be stored. The morning consists of departures and drop-offs in town. Guests wishing to stay later may use this as free time to socialize, read, send e-mails or watch natural history videos. Lunch will be provided, but this is not included in the program fee, so we ask you to pay \$14.00 in the gift shop. In the afternoon, we will take you into town and drop you off wherever you would like to go. We will make arrangements to have your bags meet you at the train station or the airport before your departure.

Where can I stay if I want to arrive a day early or depart a day late?

There are many local hotels and Bed and Breakfasts in Churchill. Accommodations and vehicle rental information can be found by visiting the Town of Churchill's official website at www.churchill.ca

When will I receive the current program itinerary?

Upon your arrival at the CNSC we will hand out the current program itinerary. A sample itinerary from a previous year is available beforehand on request; we keep most activities the same from year to year just exact dates/ times change. While your program is happening we may need to adjust the schedule due to weather or other concerns; the schedule does allow for some flexibility so we do our best to re-book outings so nothing gets missed.