

LEADERSHIP WILD RESET LAPLAND SWEDEN



Growing your Leadership by growing your Robustness & Resilience

How are the bearings of my compass? How well can I hold on to my course? How stable am I on a slippery track? How much adversity can I deal with? When my legs burn, my breath screams? I have said yes and have the ambition to make it! But how robust and resilient am I? Will/do/can I stand the heat of the climb, the wetness of pouring rain?

You're invited to join us on an upper most wild but serene traverse in remote and rewarding territory. To go inside and outside. Our steps will lead us into in one of the most rugged places of Europe: the Swedish wilderness area of Sarek National Park. In the land of the semi nomadic Sami population we pass glaciers and imposing mountains, wade through glacial rivers and trek through alpine tundra over ancient reindeer trails. With a bit of luck we spot a herd of these characterful strong four-legged animals: the local people still live a traditional life here based on the seasonal migration of their reindeer. But reindeer are certainly not the only wild animals to be found in the park. The area is also home to brown bears, lynx, the wolverine and Europe's largest moose species.

Our trek will be as real as it will be metaphorical. Because we will be talking whilst walking. Together we will reflect upon ourselves, on who each of us is, or -better said- who we have become. We will support each other in asking ourselves profound questions. Why do I (not) do what I (not want to) do? How have I become who I am today? Which are critical life-experiences? How do they impact me? Do I still like who I am? On what yes, on what not? What is authentic and what is conditioning? How does it all show in my work-life, my private-life? In the ambition I have. The inspiration I seek. The path I take. All geared to reset my bearings and grow my inner comfort.



The Team

'We' are a group of 4-6 participants and 3 guides. Participants are executives, entrepreneurs and people with aspirations. All of us have dreams and bruises. The guides facilitate the journey across the mountains as much as the inner journey. What we all have in common is a longing for inspiration in our lives. For living it to the fullest. We are all open for reflection, for sharing, for mutual support and for the challenge our ego may get.

Program

Our journey spans 7 days. Meanwhile, the rough wild Swedish nature is our home. We arrive in Stockholm on day 1 where we start the journey and our conversations during a night train ride to Gällivare. After the night ride we arrive at the starting point of our Sarek traverse northeast of the area by means of a connecting bus transport. From there we will take the final step to get us in the real remote territory: a helicopter will take us right into what is reconned to be part of the last true wilderness in Europe. After this exhilarating scenic exploration of our upcoming trek, we get our gear ready, go through the plan one more time and disappear into the autumn wilderness of Sarek. Day 2 to 5 are days of intensive tracking and continued talking. Every day, every new track, brings us through through immense valleys, over breath-taking mountains, and rewards us with inspiring views, to then arrive at a place to set up camp. We conclude our wilderness journey with a night in a Swedish lodge before we head back to civilisation on day 7.



Level and Theme

The theme of this journey is 'Leadership Reset'. You are invited to reflect on your leadership and use nature as a metaphor and source of inspiration. We will be off the grid, away from known structures, away from home, from our bed, our shower, from our habits, away from the everyday entertainment. We leave telephones and watches behind – where we are is anyhow no reception (we're connected to home by an emergency – satellite phone). Meanwhile we create a setting to let go of the issues of the day. We use the simplicity of the outdoors and the forces of nature as a driver for a reset. Every day will be filled with new insights from cruising the land, from challenging questions, from reflecting inside, from our continued discussions. Not your usual work week or 'day-in-the-office'.

The most important entry requirement for this trip is a healthy body, an open attitude and a bit of the character. But the days are intensive and physical. Not only do we move every day, we also run the outdoor camp together. Along the way things are simple and still hard work. A day trip contains minimal 15 kilometers and can also increase in the number of altimeters. The terrain can be heavy and sometimes impassable and moving could be slow. In addition, the weather in Sarek is unpredictable and it can rain a lot. We could even get snow. In combination with the lack of shelter and a heavy load in the backpack, participation in this trip requires a solid fitness level. Experience with (wild) camping or familiarity with Arctic terrain is not necessary. We guide you through this raw and untouched arctic landscape and provide you with the skills necessary to move self sufficient and comfortably through the environment. Trust the process.



The guides



Arri Pauw – guide for the inner journey – over 27 years seasoned coach of individuals and teams at the senior levels of organisations across Europe, outdoor experience in multiple countries and continents



Nick Platje – mountain leader for the mountain journey – founder of Rewild, an organisation connecting people back to nature. As former member of the Dutch Royal Marine Corps experienced in leadership in extreme and stressful realities and still finding ways to continue.



Boaz Pauw – mountain leader for the mountain journey and support to the inner journey – experienced in outdoor journeys and schooled in the qualities of non-violent communication.

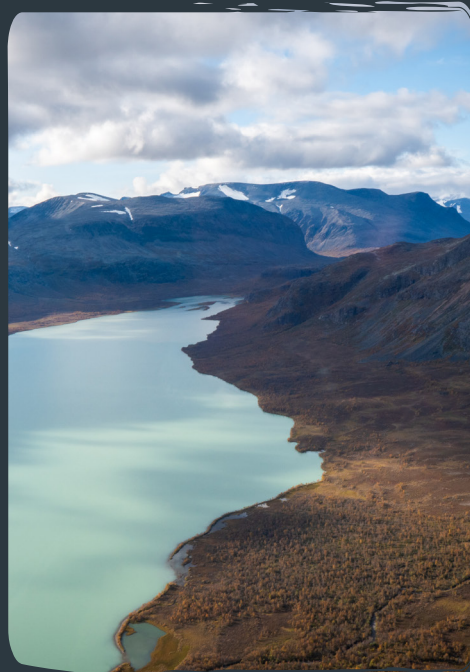
Intake

On participation we will do a twofold intake, whereby we will focus on your goal & intention and secondly the gear & preparations.



Food and drinks

The food is organized by us for the entire week and is included in the price. This means breakfast, lunch and dinners during stays, as well as camp meals.



Necessary gear

You bring:

Documents:

- Passport
- Health and travel insurance documents
- Essential (medical) information
- Bank card

Hiking clothes:

No cotton (cotton absorbs body heat and cools you down too much. Preferably fast drying material and/or wool)

- Hiking shoes preferably at least category B and waterproof
- Watershoes
- Hiking clothing and multiple sets of warm socks (merino wool)
- Baselayer shirts long and short sleeves
- Midlayer(s) upper body synthetic, wool or fleece
- Softshell hiking pants
- Wind and waterproof breathable jacket
- Wind and waterproof breathable pants
- Insulation layer, preferably a down jacket
- Buff and hat or beanie
- Gloves
- Extra gloves or mitts insulated

Notice: We are not able to leave stuff or clothes behind, so please wear your hiking outfit or clothes you will bring on the trip when traveling to Sweden. The aim is to keep your backpack lighter than 12 kilograms (excl. water/food and tent). Are you in doubt about whether you should bring certain things? Our experience is that lighter is often better. Questions? Please feel free to reach out to us!

TIP!

If you would like to rent outdoor gear, buy the right equipment or need any product advice, please contact us. Traveling with Rewild means attractive rates. **Click here** for more information or visit the stuff & gear page on the website.



Gear:

- Large trekking backpack (60L)
- Raincover backpack
- Gaiters
- Headtorch + extra batteries or rechargeable
- Sleeping bag (3-season, comfortable until minimal -2 °C)
- Sleeping mat with R-value for colder temperatures
- Fleece liner
- Water bottle 1L, suggestion: Nalgene
- Soft flasks/thermal flask (at least 2L capacity)
- Silverware (lightweight; fork, spoon, and knife)
- Mug and deep plate (lightweight)
- Waterproof bags
- Walking poles (recommended)
- Small pad for sitting

Self-care:

- Personal first aid kit (blister band-aids, tin foil blanket, sports tape, band-aids, etc.)
- Personal medication and toiletries (lip balm, toothbrush, etc.)
- Personal hygiene items
- Small (microfiber) towel
- Toilet paper or wet wipes
- Small trash bags
- Lighter

If desired:

- Earplugs
- Small pocket knife
- Short hiking pants
- Flipflops
- Sunglasses
- Small inflatable pillow

We provide:

- Tents
- Tarps
- Safety communication devices
- Group medical kit
- Stoves, gas and cooking gear
- Water filters

We will send you an additional overview with product recommendations after subscription. Prior to departure we'll go through the equipment again as final check, to make sure you are prepared properly.

All-program-fee:

Euro 4.950,- ex VAT, what's included?:

- Seven days program – exploring inner and outer worlds off the beaten track
- One night on board train, four nights camp and one night in a lodge
- 3 guides – both for the outdoor as well as for the inner journey
- Group gear: tents, tarps, safety communication, medical kit, cooking gear, water filters
- Food & drinks – breakfast, lunch, dinner, coffee, tea for all week
- Transportation in Sweden – trains, buses and boat
- Infiltration by helicopter
- Extensive 24/7 backup support from the office

Excluded is traveling to/from Stockholm, personal outdoor gear and your travel insurance.



Dates & logistics

Exact data on the website & on request. The logistics within Sweden are organised by us and are included in the trip. You are free to make your own way to Stockholm. Make sure you arrive in outdoor clothing.

Insurance

To participate in this trips you have to be insured for activities in mountainous areas off the beaten track. You can inquire about this with your current insurance policy.

Conditions for participating

By participating in this trip, you accept the general travel conditions, as found at the bottom of the website www.re-wild.nl. The cancellation conditions are also explained here.



Check re-wild.nl for more wilderness trips!