During Your Stay

Meals
The mess hall is the main communal area at KLRS with space for up to 40 people. All meals are prepared by our Red Seal Chef and Assistant Cook. Vegetarian options are available and most food allergies can be accommodated. Please let KLRS staff know of any dietary requirements ahead of your visit.

The kitchen area in the mess hall is off limits to visitors but there is a shelf and fridge available for any personal food items or beverages you wish to bring.

*Please Note:* Food is not permitted in the cabins to avoid attracting bears and mice.

**Meals:**
- **Breakfast:** Served 06:30 – 09:00 daily
  - If you require an earlier breakfast to fit your field schedule please let the KLRS kitchen staff know
- **Lunch:** Served 12:30 - 13:30 daily
  - Bagged lunches are available for field excursions. Please let the KLRS kitchen staff know if you require a bagged lunch a day ahead of time.
- **Dinner:** Served 18:00 - 19:00 daily
  - If you are going to be late for dinner please let the kitchen staff know and a plate will be left for you in the visitor fridge to be re-heated in the microwave.
- **Snacks, tea, coffee, etc.**
  - Self-serve (24 hrs)

Washhouse and Laundry Facilities
There is a centrally located washhouse with four showers, eight sinks, and four toilets, divided into men’s and women’s areas. Visitors are responsible for bringing their own personal toiletries and towel.

A washing machine and laundry soap are provided for use of clients staying at KLRS. Clothes may be dried on a clothes line located beside the washhouse.

Silver City Airstrip
KLRS is located on an active air strip with both fixed wing and helicopter air traffic.

After leaving the Alaska Highway at the turnoff to KLRS, you will come to a stop-sign. This is the Silver City gravel airstrip. Obey the sign and STOP – turn the music off. Look left, right, and up and listen for aircraft landing or taking off.

Do NOT proceed if there is any aircraft movement on the strip or if there are any aircraft approaching the strip or in the air in the immediate vicinity.
Once clear, drive directly across the strip, staying outside the runway markers, turn right on the far side of the strip and proceed along the trees to the KLRS parking area.

Please do NOT drive diagonally across the airstrip to KLRS.

The pilots thank you!

**Medical Facilities**

**Nearest Facilities**
The nearest medical facility to KLRS is the Haines Junction Health Centre, located approximately a 40-minute drive away. The facility is open Monday to Friday from 8:45 am to 5:15 pm, but a nurse practitioner is on call 24 hours/day for emergencies. A doctor visits the facility 3 times a month for a day. There is a limited pharmacy available at the health center so if you require medications other than basic pain killers please ensure that you bring them with you.

**Travel Insurance**
All out of territory, Canadian, visitors who require the use of the Haines Junction Health Centre are subject to associated charges if they do not have health insurance coverage or a valid federal health card. These charges are $359 for being seen by a nurse and $173 for any lab tests. All non-Canadian visitors will be charged $718 per visit and $359 for any lab tests regardless of whether they have insurance coverage in their own country. Please ensure that you obtain appropriate travel insurance for your visit to avoid any medical expenses.

**On Site First Aid Facilities**
KLRS is equipped with several First Aid Stations equipped with level 3 first aid kits, AED’s, and eye wash bottles. The locations of these kits will be reviewed during your orientation briefing upon arrival at KLRS.

**First Aid Kit Locations:**
- Mess Hall
- Walter Wood Building
- Project Hut
- Steele Lab
- Old Mess Hall

**Automated External Defibrillators (AED) Locations:**
- Mess Hall
- Old Mess Hall

**EyeWash Stations:**
- Walter Wood Building
- Steele Lab
- Old Mess Hall
- Mess Hall
For emergencies in areas where there is not a First Aid Station there is a portable AED and first aid kit locate in the Mess Hall and Old Mess Hall.

A backboard and stretcher are located in the Operations Room, along with additional first aid supplies. 

EpiPen’s are on site but are intended solely as a replenishment source for anyone who has had to use their own. Please consult KLRS station manager if a replacement EpiPen is required.

Internet and Communications

Internet

KLRS provides visitors with internet access via satellite, which has limited bandwidth and, therefore, strict limits regarding internet usage. Please note the following requirements to make the limited bandwidth available to everyone:

- Update your computer’s and smart device’s (e.g., phone, tablets) operating systems, anti-virus software, and all applications before arriving;
- Disable all automatic updates prior to connecting to KLRS network;
- Plan to use an online (web-based) email so that all emails are not automatically downloaded to your computer;
  - many web-based email applications have low bandwidth versions – please use these, if they are available;
- Check the size of attachments:
  - before downloading (do you really need it?)
  - before sending, compress all files, especially photos
- Deactivate “auto sync” to Dropbox and other similar on-line services;
- Do not use Skype, Google Chat, Face Time, YouTube, games or other streaming / video services.

There is public Wi-Fi available at several locations in Haines Junction.

KLRS Telephone

There is no cell (mobile) phone coverage at KLRS. The station operates a landline connected phone primarily for AINA/KLRS business and emergencies. Phones may be made available to visitors for short calls but timings may be subject to operational needs. Please ask a KLRS staff member if you require the use of the phone.

In emergencies, family and friends can contact you on the station phone +1 (867) 841-4561.

Cell Phones

Locally to KLRS, there is cell coverage in Haines Junction, Destruction Bay, and Burwash Landing. Depending on the type of mobile device you have, you may be able to obtain cell coverage within (approximately) a 10-minute drive of KLRS towards Haines Junction.

The main cellular provider in the area is Bell Mobility. Consult your cellular provider prior to your visit to determine whether your provider is compatible with Bell Mobility service areas.
For communication through the KLRS wifi using cell phones we recommend using the Whatsapp application for text messaging. We request however that you do not use this app for wifi based phone calls.

**Bear Safety**

Link to KLRS Bear Safety poster