

TRAVEL TO ALASKA



Dear Newcomer:

In response to your request for information on your PCS move to Fort Wainwright I have enclosed information regarding housing, schools and general information on Fort Wainwright and Fairbanks communities.

You can also obtain information about Fort Wainwright and the Fairbanks area through the Internet at the following addresses: www.dmdc.osd.mil/sites (SITES) and www.wainwright.army.mil/ (FT Wainwright home page). Also, be sure to contact your local ACS Relocation Program for additional support and assistance and to receive a printout of the Fort Wainwright SITES booklet.

If I can be of further assistance, please don't hesitate to contact me.

Sincerely,

Relocation Readiness Program, Manager
Army Community Service

Call:

COM: (907) 353-7908/4333

DSN: (317) 353-7908/4333

E-mail:

acsreloc@wainwright.army.mil

Mail:

ATTN: APVR-WCA-AC

3401 SANTIAGO ROAD #126

FORT WAINWRIGHT, ALASKA 99703-6600

Driving to Alaska

Making a PCS move to Alaska can be an exciting time, especially if you decide to drive. But you must have good information regarding the trip before you make that decision. This book, created May 8, 2003, is designed to answer your questions and give you the most current information about driving the ALCAN (Alaska-Canadian) Highway. For the more adventuresome, the Alaska Highway offers one of the most challenging routes north. It weaves for 1,390 miles from Dawson Creek, British Columbia to Delta Junction, Alaska. Then follow the Richardson Highway 98 more miles to reach Fairbanks. Fort Richardson bound personnel will turn onto the Glenn Highway in Tok, Alaska for the last 328 miles to Anchorage. It's a long haul, with many side trips and sightseeing pleasures. Plan to spend four or five days on this stretch alone. Your PCS orders must specifically authorize travel via the Alaska Highway or the Alaska Marine Highway System (AMHS—the Ferry) and ALCAN Highway.

For you family to accompany you to Alaska, your PCS orders must say concurrent travel, have each family member's name on your orders, each family member must have completed the Exceptional Family Member screening and have Command Sponsorship. If your PCS orders say "deferred travel" for your family, then you need to travel to Alaska alone. After you arrive in Alaska, you can begin the Command Sponsorship process. Have your family complete the Exceptional Family Member screening at the losing post and wait to hear from you for further instructions. For more information, you can inquire with your current personnel support battalion and local Army Community Service, Exceptional Family Member Program Manager.

Responsibly Sponsoring: Explaining the EFMP Overseas Screening Process Prior to Requesting Command Sponsorship

All soldiers who are PCSing overseas with family members need to have their family members screened for the Exceptional Family Member Program (EFMP). Soldiers who have arrived at Fort Wainwright, and are awaiting command sponsorship for their family members, must have family members contact the EFMP Manager at the military installation nearest them to begin the EFMP screening process.

Helping a soldier understand this process will help them greatly with their transition to Ft. Wainwright. The EFMP screening is what gets them command sponsorship and travel orders for their family. The EFMP screening affects **all soldiers** who want to bring their families overseas on an accompanied tour.

WHAT IS EFMP?

EFMP is mandatory for active duty personnel who have family members with special physical, emotional, educational or developmental needs. The focus of the program is to assist in assigning active duty members to an area where their exceptional family members' needs can be best taken care of.

SOME EXAMPLES OF SPECIAL NEEDS:

ADD/ADHD	Allergies	Arthritis	Asthma	Autism
Cerebral Palsy	Chronic Fatigue	Cystic Fibrosis	Depression	Epilepsy
Hearing Impaired	Kidney Disease	Learning Delays	Multiple Sclerosis	
Physical Handicaps	Speech/Language Delays	Visually Impaired		
Special Education Requirements	Mental Health Counseling			

WHAT IF A SOLDIER IS ALREADY ENROLLED IN EFMP?

Soldiers enrolled in EFMP need to confirm that all EFMP paperwork is updated and reflects the present special needs of the family member and any unique special needs that are anticipated in the near future. MEDDAC does not do this. **It is the soldier's responsibility to update the EFMP paperwork every three years or whenever special needs services are altered.** This should be done before the soldier even comes up on orders if applicable

Soldiers enrolled in EFMP should contact the ACS EFMP at 907-353-4243 to get relocation information regarding their special needs family member, so as to better prepare for the transition. Some things that can be handled ahead of time are special education concerns, finding local agencies that provide necessary services, locating support groups, and networking with other EFMP families.

WHY AN EFMP SCREENING?

The EFMP overseas screening is to make sure that the family members do not have any special needs that could not be taken care of at an overseas assignment. Alaska is limited in many ways regarding medical services available when compared to the services in the lower 48. The EFMP screening confirms that there are no family members with special needs or that a special needs family member can receive adequate services here in Alaska. The screening also should determine if special housing is needed that is handicap accessible or that has limited stairs.

WHAT IS AN EFMP SCREENING?

See last page for details involved in the screening process.

Basically, family members are seen by MEDDAC EFMP and the necessary paperwork is completed which states that enrollment is or is not warranted. **This paperwork allows the soldier to request command sponsorship for their family.**

WHEN TO GET SCREENED FOR EFMP?

ASAP!!! As soon as a soldier knows they are going for an overseas tour, and wants to take their family, they should contact their MEDDAC EFMP. The process can take months, so the earlier it is done, the better. **DO NOT WAIT TIL THE LAST MINUTE; IT CAN AFFECT THE TRAVEL ORDERS.**

Soldiers should make copies of all EFMP screening paperwork. This includes the DA 5888. **This should be hand-carried with all other related and important paperwork. A lot of hassles can be prevented.**

ATTENTION!!! If you are sponsoring a soldier coming from **AIT**, let them know right away that this is needed for their family to come with them to Alaska. A lot of soldiers are not given the information they need on how to get their family on their orders. By telling them this, the soldier can communicate the steps that need to be taken to their family members who are not with them at AIT. The spouse can call and see how the process can be completed if they are not near a military installation. A “long distance” EFMP screening may be possible if the medical information can be faxed to Nurse Binder (MEDDAC EFMP, FT WAINWRIGHT). She can be reached at 907-353-1269.

WHERE DOES THE EFMP PAPERWORK AND DA5888 GO?

- 1. When the paperwork is completed at the losing station, it is sent to Ft. Richardson Family Travel at 907-384-1969.**
- 2. Then it is forwarded to Ft. Wainwright EFMP MEDDAC, Cathy Binder at 907-353-1269, for clearance. She confirms whether or not we can accommodate the special needs within the family.**
- 3. Then, it is sent back to Ft. Richardson.**
- 4. And then to the losing station who cuts the orders. This is when command sponsorship is given for the family to move with the soldier.**

Paperwork can get “lost” which is why it is important to copy everything involving the overseas orders. Encourage the soldier to follow up that it has been forwarded, and get names, dates, and phone numbers. Usually, by calling Ft. Richardson or Ft. Wainwright, it can be determined where the paperwork is in the process.

HOW ACS EFMP CAN HELP THE SPECIAL NEEDS FAMILY:

Advocacy	Crisis Intervention
Information & Referral	Lending Library
Relocation Assistance	Resource Directory
Respite Information	Recreational and Cultural Programs
Support Groups	Workshops and Classes

Please contact with any questions or concerns you may have.

EFMP

DSN 317 353-4243 Commercial 907-353-4243

Bldg. 3401, Santiago Ave, Room 105, Ft. Wainwright, AK 99703

**INSTRUCTIONS FOR COMPLETING
EFMP SCREENING PRIOR TO OVERSEAS MOVE OR REQUESTING
COMMAND SPONSORSHIP**

Please read and follow these instructions PRIOR to calling for a screening appointment:

1. Obtain a DA-5888 from your unit personnel office or the 203rd PSB. Per DA Reg. 608-75, **items 1-8 must** be completed by Personnel before being presented to the Medical Treatment Facility. **“The medical treatment facility will not screen family members unless part A is completed and authenticated by the MPD or PSB representative.”**
2. Ensure your family members are enrolled in DEERS.
3. Complete the attached DA 7246 (EFMP Screening Questionnaire). List all family members being screened and answer the questions only for those family members.
4. You must bring a military medical record for each family member being screened. If they do not have a military medical record, please go to the Outpatient Records Section at Kamish Clinic or Bassett Army Community Hospital, tell them you are having EFMP screening done, and ask to have records initiated for your family members. If civilian medical records are available, please bring copies of those to include in the new record.
5. Only children age 5 and under must have a physical exam. If your child has had a physical or well-baby check-up in the past 6 months you may provide a copy of that evaluation; **or** you may schedule an appointment for a physical and bring documentation of results with you to your EFMP screening appointment. There will also be a developmental assessment questionnaire that must be completed when you report for screening.
6. When you have completed the above requirements, bring all documentation to the Pediatric Clinic to complete the screening for your family members. Screenings are done 1300-1530 Monday – Friday.
7. After completion of your EFMP screening contact the Personnel Section/S1 of your gaining unit to complete the command sponsorship process for your family.
8. Thank you for your cooperation. Questions concerning EFMP screening may be addressed to the undersigned at 353-1269. Or contact Fort Wainwright’s EFMP Manager at 353-4243.

Cathy M. Binder, CPNP
EFMP Medical Chief
USA MEDDAC-AK



MUST KNOW INFO FOR PET OWNERS!



AIR TRAVEL:

You should be aware that many airlines restrict pet shipment due to extreme temperatures. Most will not fly pets if it is more than 85 degrees or less than 20 degrees Fahrenheit. This covers a great deal of the year in Fairbanks so be sure to call in advance to ensure that your pets will be able to accompany you at the time you are traveling. Also, be advised that airlines require that all animals have current shots and a vet issued health certificate. Health certificates for the airlines are generally good for 30 days, however some airlines will only accept certificates that are less than 10 days old; check with your carrier. The cost will vary from one airline to another so do your homework.

POV TRAVEL:

If you are planning to drive to Alaska with a pet be aware that you will be required to present shot records and health certificates (not more than 30 days old) at the Canadian Border. You may also want to call ahead to ensure that you can get lodging along the way that will permit pets. Most places charge an additional security deposit and a higher rate for pets.

FERRY TRAVEL:

The Alaska Marine Highway System does permit pets on board however there are restrictions. You must have a health certificate within 30 days of travel. There is a \$25 fee charged per animal. Animals must be cared for by their owners and must remain on the car deck inside the car or in a kennel. Owners may visit animals only when the vessel is in port, as passengers are not permitted on the car deck once underway.

ONCE YOU ARRIVE:

There are very limited "pet rooms" available in on-post lodging. Reservations should be made as far in advance as possible (120 days are allowed for inbound personnel). There is a refundable \$100 deposit required in addition to a fee of \$10 per pet, per night that must be paid in advance in ten-day increments. You will be limited to two pets in a room. As per post policy no pet is allowed to be left in, or tied to a vehicle. All pets must be secured in a kennel when the owner is not present in the room. Animals must be taken across the street, beyond the tree line to potty, regardless of weather conditions. Anyone who is caught with a pet in a room that is not authorized to have animals will be fined \$100 and charged the additional pet fee for the days that they have stayed up to that point. There is a list of off-post kennels available at the reception desk for those who wish to board their pets elsewhere. This option is usually less costly.

KENNELS:

There are many kennels and boarding facilities available in the area. All required certificates of health and shot records. Advance reservations are suggested. The following are some of those that are listed in the local directory. Their inclusion is not intended to be a recommendation; it is merely to give you a place to start in researching where to board your pet. It is recommended that you visit the facility if possible before paying any deposits.

Aspen Arctic Kennels 907-457-2267
Chelsea's Kennels 907-457-7474
Klondike Collie Kennels 907-479-6230

Dee's K-9 Corral 907-456-4321
Golden Heart Boarding 907-488-6866
Northern Pet Care 907-488-5959

POST-VETERINARY SERVICES:

Fort Wainwright does have veterinary facilities available for routine care. They are located in Building 3597 on Oak Avenue and can be reached at 907-353-2910. All other care must be received off post at a civilian facility. There are many local Veterinarians.

*USARAK requires that all pets that reside in government housing must be registered with the vet on post. A current rabies immunization certificate must be presented at the time of registration.

*Housing residents are allowed to have only two pets living with them. There are no quarantines for domestic animals coming into Alaska.

*There are strict limitations on the importation and keeping of wild or exotic animals. Contact the State Department of Agriculture with specific questions about this and also if you intend to move parrots or other birds into or through Canada.

Some local lodging facilities will allow you to keep your pet in your room but you should be prepared to pay additional fees and security deposits. The Army will not reimburse you the cost of transporting or boarding pets or the additional cost of keeping them in your room! These expenses are out of pocket! For this reason you may want to consider leaving your pet with friends or family until you are settled in and can send for them.

IT IS COLD UP HERE:

PLEASE remember this when making plans to bring your pets to Alaska! There are very strict guidelines and safety precautions to consider (please refer to the handout "Welcome to Fort Wainwright..."). If you are coming from a warm climate with a large dog that spends most or all of its' time outside the transition may be hard on everyone! It is dangerous to leave any pet outside for extended time periods in the extreme temperatures that we often experience up here.

PLEASE PLAN AHEAD:

If you take the time to plan in advance for the care of your pets and the additional expense that you will incur as a result, your move will be much easier for the whole family especially the furry ones!!





VETERINARY SERVICES
WELCOMES YOU TO FORT WAINWRIGHT!

Fort Wainwright does have veterinary facilities available for routine care. Basic services include preventative medicine, limited sick call and health certificates. Veterinary Services, located in Building 3597 Oak Avenue is open Monday through Friday 0830 to 1130 and 1300 to 1600. Patients are seen by appointment only by calling 907-353-2910. Be sure to have a local full service civilian veterinarian available to handle major medical issues.

We would like to remind you of the following information:

*USARAK requires that all pets that reside in government housing must be registered with Veterinary Services on post. Proof of current immunizations must be presented at the time of registration. If your pet's vaccinations are not current, an appointment can be scheduled for you at that time. Be sure to update your contact information if your address changes.

*Housing residents are permitted to have only two pets (not including small caged animals).

*Pets will not be tethered to any part of your government quarters to include railings, outdoor fixtures or trees and the pet will not be able to reach sidewalks and common areas.

*Any pet found running loose on post will be impounded at the Fort Wainwright Stray Animal Facility (co-located with the Veterinary Clinic) at the owner's expense.

*You must clean up pet feces daily

*Special note about pet ownership in an sub-arctic environment:

The cold weather of Alaska precludes total confinement to the outdoors. Even dogs normally associated with this type environment, like Huskies and Malamutes need protection from the elements. There is a common misconception that dogs will be "fine" if left outdoors. THIS IS NOT TRUE especially in a sub-arctic environment. Certain breeds are better suited to cold weather, but the majority of dogs and cats need your protection and intervention. Indoor accommodations are best during extreme temperature drops. To be sure that our pets are protected USARAK regulation 210-11 clearly delineates which pets can remain outside and at what temperatures. First a cold weather certificate issued by the post veterinarian is required if you are considering housing your dog outside in cold weather.

By regulation: Huskies and Malamutes are permitted to be housed outside at temperatures to minus 20 degrees F. Medium-haired dogs (labs, shepherds, chows) to zero degrees F and short-haired (pitbulls, rottweilers, hounds) and small/toy breeds to minus 32 degrees F. These temperatures include the wind chill.

NO PET WILL BE HOUSED OUTSIDE WHEN TEMPERATURES ARE BELOW MINUS 20 DEGREES F!!

Common sense dictates that most pets, especially small dogs and cats should not be allowed outside for more than a few minutes in severe cold. Dogs with undercoats will be warm enough outside for short periods of time. If you have an indoor animal, short walks to relieve themselves may be all they can handle in extreme cold. Severe cold can cause cold weather injuries/frostbite quickly to extremities, ears, or any area sparsely covered with hair.

If your dog spends significant time outdoors, regardless of breed or temperature, an adequate shelter is mandatory. Plastic travel kennels (airline kennels) are NOT considered adequate shelter. Your pet's shelter must be approved and inspected by Post Services. Guidance of shelter specifications is available at Veterinary Services. An adequate shelter should be the proper dimension for your pet, provide protection from wind, rain and snow to include an elevated floor, and be insulated.

Cold weather also presents some difficulty in ensuring basic physical needs are met. Food, water, and sanitation procedures are a primary concern. Food is very important during the winter months because food energy supplies body heat. As temperatures drop, many animals require extra calories to maintain body weight, especially those that spend more time outside. The colder the weather, the more food energy is required. The amount actually required depends upon physical activity and the time kept outside.

Water poses another problem since it freezes very quickly in Alaskan temperatures. Water needs to be supplied at frequent intervals to prevent dehydration. No animal should go for more than 3 to 4 hours without fresh water. Ice and snow are not sufficient sources of water.

Lastly, sanitary maintenance of the animal's area is required on a daily basis. Failure to do so exposes both the animal and post residents to parasites and disease. This problem is especially evident during break-up when many months of neglect are uncovered by melting snow. This aspect of animal care must not be neglected and it is the sole responsibility of the animal owner. Remember, the health hazard is to people as well as animals. Children are the most susceptible victims as they run and play throughout the housing area.

Failure to adequately house, feed, water, or provide basic sanitation, are forms of animal abuse. Let's ensure we give our pets the care they deserve. For more information or questions call the Vet Clinic at 353-2910 or stop by building 3597 Oak Avenue.

Helpful Relocation Web Sites

Army MWR Homepage: <http://www.armymwr.com>

DOD Schools: <http://www.odedodea.edu/schools>

Foreign Currency Exchange Rates: <http://www.x-rates.com/>

Home Finding: <http://realtor.com/>

Maps and Driving Directions: <http://www.randmcnally.com/>

Maps and Driving Directions: <http://www.expedia.com/>

*Military Assistance Program: <http://dod.mil/mapsite/>

Military Housing: <http://www.pcshousearmy.com/>

Military Resources: <http://www.military.com/>

Military Resources: <http://www.militarylifestyle.com>

Moving Resources: <http://www.monstermoving.com/index.asp>

*PER DIEM/ COLA/ BAH/ DLA etc: <http://www.dtic.mil/perdiem/rateinfo.html>

*SITES: <http://www.dmdc.osd.mil/sites/>

Special Needs Network: <http://mfrc.calib.com/snn/>

Traveling with Pets: <http://www.petswelcome.com/>

US Army Homepage: <http://www.army.mil/>

US Army Europe Homepage: <http://www.hqusareur.army.mil/>

Vehicle Registration and Driver Information- Europe: <http://rmv.hqusareur.army.mil/>

Alaska- Specific Sites:

Alaska Department of Transportation: <http://www.dot.state.ak.us/>

Alaska DMV: <http://www.state.ak.us/dmv>

Alaska Marine Highway: <http://www.alaska.gov/ferry/>

Alaska Public Lands: <http://www.nps.gov/aplic/center/>

Alaska Tourism: <http://www.dced.state.ak.us/tourism/>

Alaskan Travel and Business Center: <http://www.alaskan.com/index.cfm>

Alaska Travel & Tourism information: <http://www.bellsalaska.com/>

Anchorage Visitor's info: <http://www.anchorage.net/splash.cfm>

Canadian Firearms Regulations: <http://cfc.gc.ca>

Canadian Roads: <http://www.th.gov.bc.ca/bchighways/roadreports/roadreports.htm>

Canadian Travel Information: www.canada.worldweb.com/

Denali Park Information: <http://www.nps.gov/dena/>

Fairbanks Newspaper: <http://www.newsminer.com/>

Fairbanks Visitor's Info: <http://www.explorefairbanks.com>

Fort Wainwright Homepage: <http://www.wainwright.army.mil/>

North to Alaska- Travel Info: <http://www.north-to-alaska.com/main.html>

School District (Fairbanks area): <http://www.northstar.k12.ak.us/fnsbsd2.html>

Seward Resort: <http://www.usarak.army.mil/framwr/seward.htm>

State of Alaska Homepage: <http://www.state.ak.us/>

University of Alaska Fairbanks: <http://www.uaf.edu/>

USARAK Homepage: <http://www.usarak.army.mil>

Alaska Road Conditions: <http://511.alaska.gov/>

RELOCATING??

Here's some helpful resources to help you get there!

GETTING TO/OUT OF ALASKA

The Milepost is available in book form at most major bookstores. It provides mile-by-mile information (services, attractions, exits) for roads in Alaska and along the Alaska Highway. You can also check them out at www.themilepost.com.

North! To Alaska – Create your own travel planner for the Alaska Highway at www.northtoalaska.com. Also get information about the Alaska Marine Highway, including an up-to-date schedule.

ALCAN (Alaskan/Canadian) Highway - Get ALCAN travel information at www.touryukon.com and at www.alcanseek.com, which includes a message forum where people share their experiences and tips about driving the Alaska Highway.

Driving through Canada – To get tips and information on crossing the Canadian border and driving in Canada check out <http://gocanada.about.com>. Check on road conditions through Canada at <http://gocanada.about.com/aboutcanada/gocanada/msubroads.htm>.

Alaska Department of Transportation Homepage - you'll find all the following at www.dot.state.ak.us

- **Alaska Marine Highway System** for Schedules, Reservations, and Maps.
Or call toll free 1-800-642-0066 to request a current schedule be mailed to you.
- **Travel Advisory** includes Construction Advisories and Winter Road Conditions
- **Driver and Vehicle Licensing** information or call toll free (888)

DMV-KWIK

Traveling with Pets? -Then try www.petswelcome.com - Pick the state, choose a city and it will give you a list of accommodations that accept pets, including Canada and Alaska. Lots of helpful hints on pet travel, too!

POST AND COMMUNITY INFORMATION

Post and Community Information is available on most Army installations world wide. Information includes Off Duty magazines on select areas; state, regional and overseas country videos; Standard Information Topic Exchange Service (SITES) books, and more! Contact the Fort Wainwright Army Community Service at Building 3722 Neely Road, Fort Wainwright, AK 99703, DSN (317) 353-4227, Comm (907)353-4227.

Installation Homepages - Information on your new post, gaining unit, Army Community Service, Newcomers Installation Guide, Housing, Services, Civilian Personnel, and other area information can be found by typing the installation name in address [www.\(installation name\).army.mil](http://www.(installation name).army.mil). P.S. Homepages are continually being updated, so check back often.

S.I.T.E.S. (Standardized Information Topic Exchange Service) - This valuable booklet is available at the Fort Wainwright Homepage, & www.dmdc.osd.mil/ or, order your personal copy from your local Army Community Service, Relocation Office before you depart!

State Home Pages are found at www.state.__.us/ by inserting the state's two letter abbreviation. You'll find pages on local government and agencies, community, taxes, schools, employment, DOT/DMV, Human and Health Services, Travel and Visitor Guides, and other invaluable information and links on your destination.

Real Estate Information - The internet has an abundance of sales and rental information available. By using a search engine, you can find hundreds of real estate sites. Here are a couple real estate sites to get you started:

- **Apartment Blue Book** at www.abbonline.com **The Real Estate Book** at www.treb.com

RentNet – www.rent.net National apartment rental and relocation guide. Tips on whether to buy or rent.

PREPARING FOR THE MOVE

Rates and Allowances direct from Perscom. This Web Site has informative links on Per Diem, COLA, BAH and DLA and more at www.dtic.mil/perdiem/rateinfo.html

Pay Entitlements and Budgeting are important to us all. For the current pay charts, per diem rates, and the new Basic Allowance for Housing (BAH) tables try www.dtic.mil and www.dfas.mil

Relocation Web Site: www.ecola.com Includes links to car rentals, newspapers, magazines, and more.

Attention Relocating Spouses! - One of the best web sites available to assist you with all your questions on military relocation can be found at www.spousenet.com.

Military Front for Families - <http://www.gammin.ourfamily.com/>. If you need a link, this site will probably have it! She has a great section on moving that is very useful!

Military Assistance Program - Another great site full of information, including tips on how to organize your move and complete budget planning, can be found at <http://dod.mil/mapsite/>. Helpful links on this site include The Relocation Station, Military Family Resource Center (MFRC), and Military Teens on the Move (MTOM).

**Fort Wainwright/Eielson Air Force Base
And
Fairbanks, Alaska**

To register a vehicle, Alaska requires emissions tests as follows:

Older vehicles: Vehicles from 1975 or newer, used vehicles being sold that are 1987 or older, and vehicles that haven't been inspected within the last 12 months must pass a state emission inspection.

One-time inspection: Vehicles powered by diesel, propane and natural gas are subject to a one-time inspection when initially registered.

Exceptions: Vehicles with an empty weight over 12,000 pounds, motorcycles, motor scooters, trailers, snow vehicles and new vehicles (model year 2000-2001 are exempt.

Valid dates: An emission certificate is valid for 90 days from the date of the inspection for the purpose of registering a vehicle or renewing the registration. If a vehicle is not registered within this 90-day period, the owner must have the vehicle re-inspected and obtain a new certificate.

Dealer valid dates: If the I/M is done in a dealer's inventory, the certificate is valid for one year from the date of issue. The I/M certificate must have been issued within the past 90 days in order to renew the registration on the vehicle.

For more on emission testing

Surf to

<http://www.state.ak.us/local/akpages/ADMIN/dmv/reg/imtest.htm>

For information on registering a vehicle in Alaska

Surf to

<http://www.state.ak.us/local/akpages/ADMIN/dmv/>

or call

Alaska Department of Motor Vehicles
907-459-1005

SUGGESTIONS FOR WINTERIZING YOUR VEHICLE

1. Wash your vehicle thoroughly including undercarriage and - especially the wheel wells and wax vehicle for protection.
 2. Undercoat wheel wells with canned undercoating-spray. (Outside on a warm day or inside heated garage with a breathing mask)
 3. Install a block type engine block heater (pay mechanic).
 4. Optional, a transmission heater, engine oil pan heater (pay mechanic).
 5. You should install a battery blanket or battery trickle charger (blanket, band-aid or plate type); make certain the blanket is the right length to go all the way around.
 6. Connect 3,4, & 5 to a 3 or 4-hole receiver short cord under the radiator to grill or bumper.
 7. Optional, you can bolt on a black cord-holder to grill or bumper.
 8. Then you can connect 15' extreme cold weather cord around cord holder.
 9. Some people like to attach a tiny testing light to the end of the cord – a GOOD idea.
 10. Change engine oil to 5W-30 or a synthetic; change antifreeze to a -60 degrees.
 11. Change oil, gas, and engine filters. Belts snap easily in the cold, change if any signs of cracking and carry a spare. Check wiper blades--optional , drain and leave just a little windshield washer liquid in the container. Check all headlights.
 12. If needed, pay for tune-up.
 13. Grease door jams and put powdered graphite into door locks..
 14. Repack non-drive wheel bearings with Alaskan weather grade grease.
 15. Optional, buy 2/4 studded mud/snow tires or a set of chains if possible.
 16. Inflate tires in late November to maximum PSI, and cap the valves. Never inflate tires outside in cold weather; go inside heated garage or the icy air will freeze valve open.
 17. Carry a severe cold sleeping bag for each person in the back seat (not in the frozen trunk), and food, gloves, boots, socks, flares, candles, etc.
 18. Some people like rubber floor mats to keep snow/ice off the floor carpet.
 19. Pour 1 of bottle gas-line antifreeze in tank before severe cold weather. Use isopropyl alcohol type for newer cars, regular type for older cars. Some people add a bottle every/every other fill-up during winter.
 20. Some carry a small, cheap CB radio (or cell phone) for emergencies.
 21. Optional, portable electric tire pump that plugs into the cigarette lighter.
 22. On severely cold mornings (-45), tires will be low and drive like they're square. Drive very slowly for the first 2-3 miles until they warm up/round out.
 23. Drive **slower and brake earlier** before intersections, and pump the brake pedal-- don't pump if ABS.
 24. SLOW DOWN and PREPARE TO STOP for moose alongside the road; otherwise they will jump out in front of you and possibly KILL YOU.
- 6 out of 10 drivers in Alaska after 10 pm have exceeded the legal alcohol limit and 4 out of 10 drivers in Alaska after 10 am have exceeded the legal alcohol limit. In Alaska, 90% of all traffic stops have alcohol involved. ALWAYS DRIVE DEFENSIVELY! Don't Drink and Drive; Don't Ride with a Drinking Driver; and REPORT THEM before they kill someone you love.



Winter Travel Survival Tips

WINTER DRIVING KIT

A cell phone is great to have in a car in case you get stuck but it will not keep you alive in cold weather. Have a back up plan and store the following items in your trunk throughout the winter months:

- Tire chains
- Bag of kitty litter or sand
- Shovel
- Tow rope
- Snow scraper/brush or broom
- Flashlight and extra batteries
- Rags or paper towels
- Jumper cables
- Extra warm clothes, gloves and snow boots
- Blankets or sleeping bag
- Flares
- First-aid kit
- Bottled water
- Basic tool kit
- Matches and candles housed in a waterproof container
- Extra washer fluid
- High calorie snack foods, canned fruits, nuts, raisins and or granola bars
- Can opener

WINTER CAR SAFETY REMINDERS

- Make sure your vehicle's engine has had a recent tune-up. Belts, spark plugs, adjustments.
- Replace old car batteries. A new battery supplies only 40% of max power at 0 degrees.
- Heater/defrosters. Make sure they work and always use fresh air vents when using the heater.
- Brakes. Test your vehicle's brakes on a deserted parking lot for even brake application and test the anti-lock system.
- Exhaust system. Have a professional inspect and replace at first sign of leakage.
- Window washing fluid. Only ensure you have plenty available in the reservoir. Never use plain water as it will freeze.
- Wiper blades. Replace worn and streaking blades.
- Tires. Ensure proper tread and pressure. Tire pressure decreases one pound for every 10 degree temperature drop. Check your tire pressure as temperatures drop or fluctuate.
- Fuel tank. Never let your fuel tank get below half full. Not only does this help prevent fuel line freeze-up but will ensure you always have enough fuel for emergency situations.
- Always dress so you will be seen outside your car, such as when you clean off your vehicle.
- Slow down and allow more distance between vehicles. Allow 8 - 10 second intervals on slick roads.
- When skidding, do not apply brakes, steer into the skid and recover as the skid allows.
- When stuck in snow, do not spin your tires. Remove as much snow as possible around tires and try to drive out in a straight line. Spread sand or kitty litter in front of tires.

IF STRANDED IN YOUR CAR DURING COLD WEATHER

- Do not leave your automobile as it provides shelter and makes it easier for rescuers to find you.
- Don't overexert yourself.
- Tie a brightly colored cloth to your radio antenna or place at top of rolled up window.
- Keep the dome light on during darkness as it uses little electrical energy and allows rescuers to see you.
- For air, open a window slightly on the side away from the wind.
- Use whatever is available to insulate your body.
- If possible, run the engine and heater periodically for warmth.
- If in deep snow, ensure that exhaust pipe is clear when running engine.

WHEN STUCK IN SNOW, REMEMBER....

- Bigger is not better. 4-wheel drive vehicles and larger tires do get stuck in snow.
- Do not accelerate hard when stuck in snow as this normally digs the tire deeper into the snow and melts the immediate area around the tire into water which then freezes into ice depending on the temperature.
- First, clear as much snow as possible from around tires, under vehicle and along intended path of travel.
- If available, place sand in front of tires and along path of travel.
- Place the vehicle in low gear (automatic transmissions) or second gear (manual transmission) and apply pressure to the accelerator. Stop if tires begin to spin.
- Try rocking the vehicle for short periods using reverse and forward gears. Doing this continually can cause serious damage to the transmission.
- When using people to help push the vehicle, ensure people are clear of the rotational path of the tire due to thrown snow, ice, or other debris.
- Ensure people are never in a path where the vehicle may slide and pinch them between obstructions.
- Never spin tires at speed if a tire is suspended above ground and allowed to rotate freely. Tires can explode from centrifugal force if not in contact with the ground.

ALCAN

Road Conditions & Construction Advisories Report

For Alaska Department of Transportation reports on winter road conditions and road construction in Alaska, go to <http://www.dot.state.ak.us/> . For winter road conditions click on Winter Road Conditions Report. For road construction projects, click on Construction Advisories, then click on either Northern Compass for the Interior region, or Southcentral Navigator. The construction season typically runs from the beginning of May to the end of October. Please obey the construction signs and Flagger's instructions.

The State of Alaska Dept. of Transportation & Public Facilities also provides 24-hour roadwork hotlines for highway travelers, phone (907) 273-6037 in Anchorage, or 1-800-478-7675; if you are traveling to Fairbanks, Tok or Valdez, phone (907) 456-7623; or for the Steese Highway 451-5204.

Travelers may check for current road conditions in the Yukon by phoning (867) 667-8215, or by visiting the Yukon Transportation Maintenance Daily Road Report web site at www.gov.yk.ca/depts/cts/highways/report.html.

The British Columbia Ministry of Transportation and Highways Road Reports/Route Information web site is:
www.th.gov.bc.ca/bchighways/roadreports/roadreports.htm

For current recorded road conditions in British Columbia, phone (250) 774-7447. General road information for British Columbia is also available at a charge of 75 cents per minute by phoning 1-900-565-4997. Both the Yukon and BC sites can also be accessed from the Alaska Dept. of Transportation web site at www.dot.state.ak.us.

Remember to buckle up and have a safe journey!

Adapted from www.themilepost.com

TIPS FOR TRAVELERS TO CANADA

INTRODUCTION

Millions of U.S. citizens visit Canada each year. We hope this brochure will help you avoid problems, but if you should need assistance as a result of an accident, illness, or even the loss of your passport, our Embassy in Ottawa and Consulates General in Halifax, Quebec City, Montreal, Toronto, Calgary, and Vancouver are there to assist you.

PART ONE: BEFORE YOU GO

For up-to-date travel information on Canada or any country in the world that you plan to visit, obtain the Department of State's Consular Information Sheet. Consular Information Sheets cover such matters as health conditions, unusual currency and entry regulations, crime and security conditions, drug penalties, and areas of instability. In addition, the State Department issues Travel Warnings when we recommend Americans defer travel to a country because of unsafe conditions. Travel Warnings are under continuous review by the Department of State. Before you depart for a country that has a Travel Warning, make certain that you have the most recent revision of the Warning. The Department of State also issues Public Announcements as a means to disseminate information quickly about relatively short-term and/or trans-national conditions which would pose significant risks to the security of American travelers.

Travel Information

How to Access Consular Information Sheets, Travel Warnings and Public Announcements

Consular Information Sheets, Travel Warnings and Public Announcements may be heard any time by dialing the Office of Overseas Citizens Services at (202) 647-5225 from a touchtone phone. The recording is updated as new information becomes available. They are also available at the 13 regional U.S. passport agencies, field offices of the Department of Commerce, and U.S. embassies and consulates abroad, or, by sending a self-addressed, stamped envelope and indicating the desired country to the Office of Overseas Citizens Services, Bureau of Consular Affairs, Room 4811, U.S. Department of State, Washington, D.C. 20520-4818.

By Internet

Information about travel and consular services is also available on the Internet's World Wide Web. The address is <http://travel.state.gov>. Visitors to the web site will find Travel Warnings, Public Announcements and Consular Information Sheets, passport and visa information, travel publications, background on international adoption and international child abduction services and international legal assistance. There is also a link to the State Department's main site on the Internet's World Wide Web with current foreign affairs information. The address is: <http://www.state.gov>.

By Fax

From your fax machine, dial (202) 647-3000, using the handset as you would a regular telephone. The system prompts you on how to proceed.

Consular Affairs Bulletin Board - CABB

If you have a personal computer, modem and communication software, you can access the Consular Affairs Bulletin Board (CABB). This service is free of charge. To view or download the documents using a computer and modem, dial the CABB on (301) 946-4400. The login is **travel**; the password is **info**.

Visas and travel documents

General

Visas are not required for U.S. tourists entering Canada from the U.S. for stays up to 180 days. You will, however, need (1) proof of your U.S. citizenship such as (a) your U.S. passport or (b) original or certified copy of your birth certificate and photo identification. (For information on obtaining a U.S. passport, check with the nearest passport agency located at 13 locations throughout the U.S.) If you are a naturalized citizen and do not have a passport, you should travel with your naturalization certificate. A driver's license or Social Security card is not valid proof of citizenship. All U.S. citizens entering Canada from a third country must have a valid passport. Alien permanent residents of the U.S. must present their Alien Registration Card, commonly called the "Green Card." If you are a dual U.S./Canadian citizen you should always present yourself as a Canadian citizen when entering Canada. However, U.S. citizens should use their U.S. passports when entering or leaving the United States.

Due to international concern over child abduction, single parents, grandparents, or guardians traveling with children often need proof of custody or notarized letters from the other parent authorizing travel. (This is in addition to proof of citizenship as explained above.) Any person under the age of 18 and traveling alone should carry a letter from his/her parent or guardian authorizing the trip. Travelers without such documentation may experience delays at the port of entry.

For further information, including information on student or business travel, visitors can contact the Embassy of Canada at 501 Pennsylvania Ave, NW, Washington, DC 20001, (202) 682-1740 or the nearest Canadian consulate.

Medical Advice

Insurance

Double check that your insurance policy covers you during your time in Canada. Consider purchasing supplemental or other insurance if your own policy is not enough. You may wish to check with your health insurance company to ensure that your policy includes coverage for medical evacuations to the United States as well as escort to the United States, hospitalization abroad, premature birth abroad, and other coverage for a beneficiary who is involved in an accident or illness outside the United States. Carry details of your insurance plan with you (and leave a copy with a relative or friend at home).

Please note: The Social Security Medicare Program does not provide for payment of hospital or medical services outside the United States.

AIDS

U.S. citizen visitors are not required to have an AIDS test prior to entering Canada.

Medication

If you are entering Canada with prescription drugs and syringes used for medical reasons, be sure to keep the medication in its original and labeled container to avoid problems. Syringes should be accompanied by a medical certificate that shows they are for medical use and should be declared to Canadian Customs officials. It may also be wise to carry with you an extra prescription from your doctor in the event your medication is lost or stolen and to attest to your need to take such prescriptions.

Traveling by Car

U.S. citizens do not need to obtain an international driver's license to drive in Canada. Your valid U.S. license is good for trips in Canada as long as you are a visitor and are actually resident in the U.S. Should you wish information on provincial traffic laws, please contact the Department of Transport, Motor Vehicle Division of the particular province you wish to visit. You may also contact the American Automobile Association (AAA) or Canadian Automobile Association (CAA) if you are a member. AAA members are covered by the CAA while traveling in Canada. Be sure to carry proof of your car insurance.

PART TWO: ASSISTANCE IS AVAILABLE

Register at the U.S. Embassy or Consulate General

If you will be in Canada for three months or more, you may wish to formally register at the U.S. Embassy or nearest U.S. Consulate General.

Consular Assistance

Please dial 1-800 529-4410 for information on how to reach each U.S. consular section in Canada to report the death, injury, or arrest of an American citizen. Recordings specific to each Consulate General provide guidance on how to reach a duty officer after hours as well. The 800 line service also provides valuable information regarding U.S. passport issuance in Canada, registration of births for U.S. citizens born in Canada, claims to U.S. citizenship, notarial services, tax information, voting procedures, Social Security, U.S. Customs, and travel safety information. This service requires a touchtone phone.

Wiring Money

In the event you encounter a financial emergency, your relatives or friends can wire you money in Canada. Western Union Wire services allow money to be picked up through local money mart centers, mail boxes, Miracle Mart and some grocery stores. Funds are paid in Canadian dollars. In addition, many U.S. automated teller machine (ATM) cards, such as those on the PLUS or CIRRUS system, can be used throughout Canada to obtain Canadian funds on your U.S. bank account.

PART THREE: WHILE TRAVELING

Laws

It is important to respect the laws of Canada while you are a guest in their country.

Weapons

Firearms are strictly controlled and generally are not permitted in Canada. While handguns are prohibited, hunting rifles are allowed into Canada with advance permission. Anyone wishing to take a hunting rifle into Canada can contact the nearest Canadian consulate in advance for detailed information. In all cases, travelers must declare any firearms in their possession to Canadian authorities when entering Canada. If a traveler is denied permission to take the firearm into Canada, in some cases there are facilities near the border where firearms may be stored pending the traveler's return to the United States. For example, in Alberta, the Wy Moberlie Company operates such a facility at

duty free shops on the U.S. side of the border. They accept items for storage (including weapons) and either forward these items to the traveler's home address in the United States or store them until the traveler picks the items up upon returning to the United States. Canadian law requires that officials confiscate weapons from individuals crossing the border who deny having such weapons in their possession. Confiscated firearms are virtually never returned and are destroyed. A new firearms act slated to take effect in 1998/1999 will include a license and registration requirement through Canada Customs for all guns, including hunting guns, before entering the country. Please check with your nearest Canada Customs office for further information.

Pepper spray, mace and similar defensive weapons are prohibited under the Criminal Code of Canada. Travelers who declare prohibited weapons are allowed to abandon them or export them without penalty.

Drugs

Penalties for possession, use, and dealing in illegal drugs are strict in Canada. Convicted offenders can expect jail sentences and fines.

Drunk Driving

Driving under the influence of alcohol is a serious offense. Penalties are heavy, and any prior conviction (no matter how long ago or how minor the infraction) is cause for exclusion from Canada. A waiver of exclusion may be obtained from a Canadian consulate in the United States, but several weeks are required. There is a processing fee for the waiver.

Automobile Radar Detectors

It is illegal to take automobile radar detectors into the provinces of Qubec, Ontario, and Manitoba or into the Yukon and Northwest territories. The police will confiscate radar detectors, whether in use or not, and may impose fines up to \$1000.

Previous Convictions

Section 19 of Canada's Immigration Act prohibits the admission of people who pose a threat to public health, safety, order, and national security. Prior to attempting a border crossing, American citizens who have had a criminal conviction in the past must contact the nearest Canadian embassy or consulate well in advance to determine their admissibility as visitors into Canada. If found inadmissible, an immigration officer will advise whether a waiver (Minister's Permit) is possible.

Arrest

There are currently over 100 American citizens incarcerated in Canadian prisons. An American citizen who is arrested in Canada will be informed by the police of his/her right

to contact the American Embassy or one of the Consulates General. When notified, a consular officer will contact the citizen by phone, and subsequently make a personal visit. Collect calls will be accepted by the U.S. Embassy or Consulates General if coming from a U.S. citizen for the initial notification of arrest.

U.S. consular officers can provide lists of lawyers from each local area, but cannot recommend a particular lawyer and can not act as a legal representative on behalf of the arrestee. Arrestees are responsible for their own legal fees. Legal Aid programs are administered by the provinces, and may not cover individuals who are visitors to Canada. There are no public defenders as we know them in the United States. As a foreigner, under Bill C44, work release programs, day parole or bail may be difficult to obtain or refused in view of the flight risk involved. Under the Treaty on the Execution of Penal Sentences signed by the U.S. and Canada 1977, prisoners may request to be transferred to an American prison.

Customs Restrictions for U.S. Visitors to Canada

Alcoholic Beverages and Tobacco Products

For short-term visitors to Canada, the following restrictions apply per person:

-- 1.14 liters (40 oz.) of liquor or wine or 24 x 355ml (12 oz.) bottles or cans of beer or ale (8.5 liters)

You must be 18 years of age or older to import alcoholic beverages into the provinces of Alberta, Manitoba, and Quebec. To import alcoholic beverages into all other provinces and territories, you must be 19 years of age or older .

-- 200 cigarettes, 50 cigars or cigarillos, 400 grams of manufactured tobacco, and 400 tobacco sticks

You must be 18 years of age or older to import tobacco products into the provinces of Quebec, Manitoba, Saskatchewan, Alberta, the Yukon Territory, and the Northwest Territories. To import tobacco products into all other provinces, you must be 19 years or older.

Other Goods

Certain goods are restricted from entering Canada. If you are considering importing meat or dairy products, weapons, plants, vehicles, or exotic animals or products made from their skins or feathers, please contact Canada Customs beforehand for guidance. (See phone number listed below.)

Obscene materials, hate propaganda, most weapons and firearms, and goods harmful to the environment are prohibited from entering Canada.

If you have any questions about what you can and cannot bring into Canada, call Canada Customs. Customs officers are available from 8:00 a.m. to 4:30 p.m. Monday through Friday to answer your questions. If you're calling in Canada, dial 1-800-461-9999 for the Automated Customs Information System. Outside Canada, call (613) 993-0534.

Pets

To bring your dog or cat into Canada, you will have to present Canada Customs with a valid Rabies Certificate, showing that your dog or cat has been vaccinated between 30 days and three years ago. For information on importation of other pets, contact Canada Customs at (613) 993-0534.

Where to find consular assistance while in Canada

The State Department maintains a number of diplomatic offices in Canada. The U.S. Embassy is located in Ottawa, and there are U.S. Consulates General in Calgary, Halifax, Montreal, Quebec, Vancouver, and Toronto. At each of these offices, there are U.S. consular officers available to help you with problems.

These offices, in cooperation with the Office of Overseas Citizens Services at the State Department in Washington, D.C., provide a range of services to resolve problems during your visit to Canada. The services include:

Support and assistance in the event you are a victim of crime, become ill, are arrested, die abroad, or are involved in a disaster

-- Communications with friends and relatives in the event of an emergency, and help with arrangements for emergency fund transfers.

-- Notarizing documents. (There is a fee for this service.)

-- Issuance of U.S. passports and Reports of Birth of U.S. citizens born abroad. (There are fees for these services.)

OTTAWA

Embassy of the United States
Consular Section
85 Albert Street
Ottawa, Ontario

The mailing address is:

Embassy of the United States
Consular Section
100 Wellington Street

Ottawa, Ontario K1P 5T1
Telephone: 613-238-4470

Consular district includes Baffin Island, the following counties in eastern Ontario: Lanark, Leeds, Prescott, Renfrew, Russell and Stormont, and the following counties in western Quebec: Gatineau, Hull, Labelle, Papineau, Pontiac and Tamiscomingue.

CALGARY

U.S. Consulate General
615 Macleod Trail, SE
Calgary, Alberta, T2G 4T8
Telephone: (403) 266-8 962

Consular district includes Alberta, Manitoba, Saskatchewan and the Districts of MacKenzie and Keewatin in the Northwestern Territories.

HALIFAX

U.S. Consulate General
Suite 910
Cogswell Tower
Scotia Square
Halifax, N.S., B3J 3K1
Telephone: (902) 429-2480

Consular district includes New Brunswick, Newfoundland, Nova Scotia, and Prince Edward Island.

MONTREAL

U.S. Consulate General
1155 St. Alexander Street
Montreal, Quebec, H2Z 1Z2
Telephone: (514) 398-9695

Consular district includes southwestern Quebec with the exception of the six counties served by the U.S. Embassy at Ottawa.

QUEBEC CITY

U.S. Consulate
2 Place Terrasse Dufferin,
Quebec, Que., G1R 4T9
Telephone: (418) 692-2095

Consular district includes the counties of Abitibi-West, Abitibi-East, St. Maurice, Trois-Rivieres, Nicolet, Wolfe, Frontenac and all other counties to the north or east within the province.

TORONTO

U.S. Consulate General
360 University Avenue
Toronto, Ont., M5G 1S4
Telephone: (416)-595-1700

Consular district includes the entire Province of Ontario except those areas east of Kingston, which are included in the Ottawa consular district.

VANCOUVER

U.S. Consulate General
1095 West Pender Street,
Vancouver, BC., V6E 4E9
Telephone: (604) 685-4311
Consular district includes British Columbia and the Yukon.

PART FOUR: RETURNING TO THE U.S.**Immigration**

To re-enter the United States, returning U.S. citizens need to show the Immigration and Naturalization Service officer proof of identity and citizenship, such as a passport, birth certificate, or certificate of naturalization (for citizenship) and photo identification (such as a driver's license) for identity. A U.S. passport is proof of both citizenship and identity. Persons who are dual nationals should enter using U.S. documents only, as they could be fined under U.S. law for entering the U.S. on a foreign passport.

U.S. Customs

Articles acquired abroad and brought back with you into the United States are subject to duty and internal revenue tax. As a returning U.S. resident, you are allowed to bring back \$400 worth of merchandise duty free. However, you must have been outside the U.S. for at least 48 hours, and you must not have used this exemption within the preceding 30-day period. The next \$1,000 worth of items you bring back with you for personal use or gifts are dutiable at a flat 10 percent rate. Any dollar amount of an article or articles over \$1000 is subject to variable duties.

There is no limit on the total amount of money that may be brought into or taken out of the United States, nor is it illegal to do so. However, if you transport or cause to be transported (including by mail or other means) more than \$10,000 in monetary instruments on any occasion into or out of the United States, or if you receive more than that amount, you must file a report (Customs form 4790) with U.S. Customs. Failure to comply can result in civil and criminal penalties, including seizure of the currency or monetary instruments. Monetary instruments include U.S. or foreign coin, currency, traveler's checks, money orders, and negotiable instruments or investment securities in bearer form.

Restrictions of Food, Plant, and Animal Products

Citrus products of any origin are prohibited. Most other products produced or grown in Canada are allowed. This includes vegetables, fruits other than black currants; and meat and dressed poultry, if accompanied by proof of origin or labeled as a product of Canada.

Customs Regulations:

U.S./ Canadian Border Crossing

U.S. residents crossing the U.S.-Canadian border either way normally is made without difficulty or delay. Passports are not required, native-born U.S. citizens, however, should carry birth certificate or other documentation proving citizenship. Other residents from the United States should have either a Naturalization Certificate or an Alien Resident Card. Be sure to carry your Vehicle Registration.

Auto insurance is mandatory in all Canadian provinces and in the Yukon Territory. Motorists entering Canada may be required to show a Canada Non-Resident Inter-Province Motor Vehicle Liability Insurance Card. This card, which can be obtained from your insurance agent, will certify that the motorist has liability and property damage insurance coverage.

You can bring in personal goods without paying duty or tax, as long as you do not leave them in Canada. You can also bring (minimum 19 years) 1.5 L of wine or 1.14 L of liquor or 24 (12 oz) bottles/cans of beer. 200 cigarettes, 50 cigars and 200 grams manufactured tobacco.

Dogs and cats must have a rabies vaccination certificate valid within the past 36 months.

Non-residents entering Canada are not permitted to carry revolvers, pistols or fully automatic weapons under any circumstance. Personal protective sprays such as mace or pepper sprays are not allowed.

If you are a visitor to Canada, you will have to declare your firearms in-writing. Visitors may only import non-restricted firearms for legitimate purposes such as: sporting or hunting use during hunting season; use in competitions; in-transit movement; personal protection against wildlife in remote areas of Canada, as long as the customs officer is satisfied that the circumstances warrant the firearm being imported.

You can bring in gifts without paying duty or tax, as long as they are not alcohol or tobacco or business goods, and they have a value of CAN \$60 or less per gift.

Canadian residents; must include the total value of all goods (including gifts) that you have purchased, received, or acquired abroad or at duty-free shops and that you are bringing into Canada. 24 hours exemption limit \$50; 48 hours \$200; 7 days \$750.

Driving in Canada:

ALCAN

FAQ's

What's the road like? Most of the highways are paved or chip sealed and a lot of the rough areas are marked - but not all, so stay alert. Do not be afraid to try and drive on the smoothest part of the road. Keep to the right on corners and when going up hill. Watch your mirrors as some people travel the highway much faster than others. If you let them get by it is safest for everyone. Most highways are all-weather roads that are maintained year-round and grades are moderate except for those in the highest mountain passes. Drive with your headlights on at all times.

When should I make my trip? Early May to late September is the best time for a pleasure trip. At other times, extreme winter cold or spring thaws can make traveling difficult. Even so, once the highway is snow-packed and temperatures stay cold, the road surface is like pavement. As a result, many veteran Alaska Highway travelers prefer travel during the coldest months. If you plan a winter trip, have plenty of warm, winter clothing, down-filled sleeping bags, an electric engine heater that you can plug in at overnight stops, and remember to run only on the top half of your gas tank. Many of the lodges and service stations close during the winter so when you stop, you need to find out which facilities down the line are still open. If the weather is extreme, it is best to call ahead to make sure your next planned stop is open.

What about my car or camper? Your vehicle should be in top mechanical condition. A bug and gravel screen will protect the front of your vehicle and if it's high enough, may even help protect your windshield. (It should not be so high as to impair your vision.) Plastic, bubble-type headlamp protectors are also a good idea and can be found easily in most northern communities. Automotive services are found about every 30 or 40 miles along the route (except in winter), and most sizes of tires are stocked by roadside services. You can get tires repaired at most lodges and highway services. Be sure to periodically check the wheel nuts on campers and motor homes (particularly the vehicles with dual rear wheels). Maintaining proper tire pressure will cut down on problems.

What if my vehicle breaks down? Towing services are available at frequent intervals. Since these services are reluctant to respond to second-hand reports, it's best if someone from your party goes in person to get help. Towing charges are about \$1.25/mile for a passenger type vehicle but more if it is a motor home. Unless it is an emergency or hazardous situation, the law prohibits highway maintenance crews from towing you.

How fast can I travel? It is easy to get fooled into traveling too fast as some of the highways are wide and smooth with very little traffic. You can be sure, though, that there will be rough sections ahead, so don't increase your speed to where it will be difficult to slow down. One thing to look for on the paved roads is the black tire marks that can be

found in front of dips in the road. These marks are caused when the frame of the tag axle on big trucks flexes as they hit the dip. If you get used to watching for these they are a great help in locating potential trouble spots. Blowout danger on gravel increases, as your tires get hotter. Do not exceed posted speed limits. (30 mph /50 kmph when passing maintenance equipment).

What about my pets? If you are traveling with an animal you should not take your pet out at highway lodges, as dogs that belong to lodge owners are very protective and could attack. Rest areas are the best places to walk your animals.

Are there many campgrounds/waysides along the highway? In the Yukon Territory, British Columbia and Alaska, government-operated camp- grounds and picnic sites have been established at frequent intervals along the route. There are many privately operated campgrounds, and most lodges have space for campers.

Will I have any problems crossing the border? Passports/visas aren't required (coming or going) for U.S. citizens or permanent residents crossing the U.S./Canada border. Even so, native-born US citizens should carry ID verifying their citizenship. A driver's license is not acceptable proof of residency.

Will my credit cards be honored in Canada? Yes, and you will be charged whatever the current rate of exchange is.

Exchange your US dollars for Canadian dollars at the bank, where you will get the current rate of exchange. This will save you time and aggravation as many small operators only bank once a week so will not pay a full rate of exchange. Remember that when they give exchange that it is only a courtesy, they are not required to pay any premium on foreign currency.

How can I tell where I am on the Alaska Highway, determine mileage, etc.? Since its construction during World War II, information about the location of goods and services, campgrounds, recreation and scenic areas, etc., along the highway has been given with reference to Dawson Creek, "Mile 0," where the highway begins. All of the boldface numbers in The Alaska Travel Guide refer to the markers that are in place along the highways. The ones in Canada are in kilometers and miles (km/miles). The ones in the USA are in miles/km. On the Canadian portion of the Alaska Highway you will find some numbers in (HM). These are the historical mileages from Dawson Creek when the highway was first built, and still are used as a mailing address. All other highways are marked according to the mileage markers in place. Simply determine your destination and subtract the mileage you are at to see how far you will have to travel.

How To Handle PCS Stress

The best way to cope with the stress of moving is to be flexible and take positive steps to deal with it. In order to help the entire family...

- ❖ Hold periodic evaluation sessions (a family council) on progress, results, and problems. Set long-term goals and a series of sub goals in order to feel progress and receive encouragement.
- ❖ Give warm acceptance to the family member who holds negative attitudes. This acceptance and acknowledgment of such feelings by others is often just what is needed for the beginning of growth and change to a more positive attitude.
- ❖ Accept the idea of philosophy of trying out new things, and encourage the rest of your family to do the same.
- ❖ Be prepared to take some risks: with language, making new friends, eating new foods, etc. Reflect in some manner on the process of moving (and encountering a new culture.) Keep a journal, write to a friend with whom you can share everything, etc,
- ❖ Find something to take the place of worrying. Keeping busy with other activities that either demand attention or allow mental and/or physical relaxation is one solution. Some people clean closets, others exercise, or read. Regardless of how you relax work off worry or anger, make more opportunities for it at moving time. Identify those friends from whom you can get help: build your support network.
- ❖ Access resources and get information on the new base, schools, community, country, etc... Call or write ahead to people in the new community. Do research.
- ❖ Talk with people who have recently moved.
- ❖ Do some homework on the mover. Find out which packers are good and then ask for them. Organize and sort through items in the house before packers arrive.
- ❖ Choose off base living at you new location if you like fewer restrictions, more privacy and more choice in the type of housing. Choose on base housing if security, convenience and financial savings are the most important.
- ❖ Settle quickly, organizing children's rooms first. Try to re-establish routines that your family enjoyed before. This will give you a sense of continuity and control.
- ❖ Consider each new assignment as "home". The more you get involved the more you will enjoy your new location.
- ❖ Don't give a pet away, make promises you can't keep, make children throw out valuable to which they're emotionally attached, or deny your own feelings of loss.
- ❖ Say goodbye before you leave.
- ❖ Allow children to do the same.

Experience Alaska with Army Lodging!



Our friendly, professional staff invites you to visit us!

- ✦ Now accepting reservations through 15 Jan for all guest priorities - no restrictions
- ✦ Rates starting at \$40 beginning 1 Sept
- ✦ Amenities include family rooms, suites, housekeeping, cable TV, coffee service, lending movies/games, lobby internet & pet rooms

Fort Wainwright

Location: Fairbanks:
shopping, dining,
sights, Chena Hot
Springs & the Santa
Claus House at
North Pole

353-6294

Fort Richardson

Location: Anchorage:
shopping, shows,
dining, nightlife,
zoo, sights & is
the mid-point to
Seward

384-0421

**ARMY
LODGING**
U.S. Army Alaska

Temporary Lodging Allowance Fact Sheet: Questions & Answers

What is Temporary Lodging Allowance?

Temporary Lodging Allowance, or TLA, is an allowance paid to service members who reside in temporary lodging such as a guesthouse or hotel room when arriving or departing Alaska.

How many days TLA is a member authorized when assigned to an OCONUS PDS?

Incoming personnel can be allowed up to 20 days of TLA by the Housing Office, based upon the availability of rental housing on the local economy. Up to 60 days can be allowed if it is determined that government quarters will be available within that time frame.

What is the procedure to receive TLA?

The housing office authorizes the payment of TLA. To claim TLA, the soldier must present a paid receipt along with the TLA claim form, dependent verification and lodging verification forms to housing. Housing will authorize TLA and the soldier will hand carry the authorization form and required documents to finance.

TLA is paid in increments of 10 days. You live in temporary quarters for 10 days and then file your statement with housing. You may elect to pay for your room at the time you file your statement or you may elect to wait until you receive the money in your bank account from finance. Notify finance of your election.

How is TLA paid?

When the soldier turns in TLA to the Finance Clerk, he/she will have three options.

Option 1:

The lodging portion of TLA is paid as a partial payment. **Option 2:** The lodging and per diem is paid as a partial payment. Both options will be paid 3-5 days after finance receives the authorization documents. Note: All partial payments will be collected in their paycheck. **Option 3:** Soldiers can elect to have all TLA included in their next paycheck.

How is TLA computed?

The following is the formula used to calculate the daily rate for TLA:

$$\begin{array}{ccccccccc} \mathbf{A} & \mathbf{x} & \mathbf{B} & \mathbf{+} & \mathbf{C} & \mathbf{-} & \mathbf{D} & \mathbf{=} & \mathbf{E} \\ \text{Dependents \%} & & \text{M\&IE Rate} & & \text{Lodging} & & \text{Daily deductions} & & \text{Daily Rate} \end{array}$$

A is determined by the following:

Soldier by themselves = 65%

Soldier and 1 dependent = 100%

Each additional dependent under 12 = 25% each

Each additional dependent over 12 = 35% each

B is the meal portion of the Per Diem rate established by the Per Diem Committee. If cooking facilities are available, you only receive 50% of the M&IE rate. Current rates can be found at: <http://www.dtic.mil/perdiem/>

C is the daily cost of lodging that you paid. If you had to move from one hotel to another you would change this dollar amount in the formula when your daily lodging changes. Reimbursement is limited to the maximum lodging rate found at: <http://www.dtic.mil/perdiem/> or the amount paid which ever is lower.

D is the sum of the **daily** rates for the entitlements you are receiving during the period of TLA. The entitlements that are deducted are BAH, COLA, and BAS. If you were not receiving these entitlements during the period of TLA they **will not** be deducted.

E is the daily dollar amount you will receive for TLA.

How will TLA be shown on my LES?

TLA will post to your End of Month LES. It will be shown in the entitlement column. There will be remarks at the bottom of the LES showing the time period(s) TLA was paid for. If you received any partial payments they will be shown in the deduction column.

How will TLA effect my pay?

The time of month the TLA is processed determines its effect on your monthly pay. The processing cut-off dates for Mid-Month and End of Month pays are on or about the 5th and 20th of each month respectfully.

Under normal circumstances the TLA entitlement and the partial payment will post to your LES at the same time and will not affect your monthly pay. However, sometimes the TLA entitlement can process prior to Mid-Month cut-off and the partial payment can process after the Mid-Month cut-off. This could result in a large Mid-Month paycheck and a small End of Month paycheck, depending on the dollar amounts of the TLA and partial payment(s). Sometimes more than one TLA period can post to the same End of Month LES, but the partial payment(s) could not. This could result in a large End of Month paycheck and cause the partial payment(s) to collect from the following month's pay, resulting in a "No Pay Due" or a small Mid-Month paycheck.

What if my BAH, COLA, BAS are backdated?

Remember TLA subtracts the daily entitlements you are receiving during the period of TLA. If you received TLA during a period when you were not receiving your other entitlements; then later those entitlements are backdated to include the time period you were on TLA, the system will automatically recalculate your TLA more than likely causing a debt. You will see this in the remark section of your LES; it will read, "TLA corrected for time period 010304-010313."

*(monthly expenses)

A. FLEXIBLE EXPENSES		
FOOD		
UTILITIES		
LONG DISTANCE		
CABLE		
GASOLINE		
HAIRCUTS		
ENTERTAINMENT		
ALLOWANCE		
CLOTHING		
DRY CLEANING		
PET EXPENSES		
OTHER		
OTHER		
OTHER		
A. TOTAL		
B. FIXED EXPENSES (If any expenses are allotments, write the word allotment)		
RENT OR MORTGAGE		
TELEPHONE		
CHILD CARE		
POV PAYMENT		
POV INSURANCE		
CHILD SUPPORT		
SAVINGS		
OTHER		
OTHER		
B. TOTAL		
C. CREDIT DEBT		
CREDITOR	PAYMENT	BALANCE OWED
DPP AND/OR UCDDP		
C. TOTAL		
NET INCOME		
TOTAL EXPENSES (A+B+C)		
SURPLUS OR DEFICIT		REVIEWER INITIALS: _____

For updates contact
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Army Community Service
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