



# ALASKA WILDERNESS CHARTERS & GUIDING

P.O. Box 9382 Ketchikan, Alaska 99901

(907) 247-HUNT (888) 4WE-GUIDE

[www.weguidealaska.com](http://www.weguidealaska.com)

**Brad Saalsaa**

Cell: (907) 617-3364

[bsaalsaa@kpunet.net](mailto:bsaalsaa@kpunet.net)

**Jim Wehinger**

Cell: (907) 254-FISH

[weguidealaska@yahoo.com](mailto:weguidealaska@yahoo.com)

## IMPORTANT HUNT RECOMMENDATIONS

Hunters:

Welcome aboard, your hunt with Alaska Wilderness Charters & Guiding has begun. We believe the following information can assist you in preparing for a great hunting trip. We encourage you to read and consider these helpful points of information. They are provided as instructions and recommendations to help in the planning and preparation of a great trip. Start preparing for your trip by reviewing your gear, and studying features of trophy caribou.

Hunts are considered "booked" upon receipt of each hunters deposit (50% of hunt cost), with the balance due 60 days prior to the hunt. We offer complete package trips, as such Air Charter fees are included in the hunt cost.

Guided hunters keep in mind that much of the information listed below will not pertain to you, as many of the duties will be the responsibility of your guide.

A trip into the Arctic Circle is a true adventure. Your travels will fly you over some of the most incredible wilderness areas in the world. Enroute to your destination you may be able to view the famous Cook Inlet, the rugged Alaskan Range - including "Denali," Yukon River, and countless other geographical features.

If you are a group leader, please make sure everyone in your group knows about these recommendations.

We Thank You for choosing Alaska Wilderness Charters & Guiding, and look forward to meeting you in the field for a great hunting adventure!

Sincerely,

Brad Saalsaa & Jim Wehinger

**ARRIVING/DEPARTING KOTZEBUE:** It is important when booking your commercial airline tickets to and from Kotzebue that you arrive on ALASKA AIRLINES FLIGHT #151. This will put you in Kotzebue at approximately 8am. Arriving later in the day may not allow enough time to fly you out to the field. This will allow us the most time to get you out to your hunting area. At times we must wait for the weather to clear or frost or snow to melt off the wings before we can start flying. If such conditions do exist, be patient. We recommend departing on flight #153 back to Anchorage the same day we pick you up from camp. This flight departs Kotzebue at 7:50pm.

We ask hunters to adhere to the above schedule as the availability of facilities and accommodations in Kotzebue are limited! Kotzebue is a REMOTE village and primarily of a native culture, and as such does not have many of the everyday conveniences commonly taken for granted. Kotzebue does have a hotel (Nullagvik Hotel (907) 442-3331), grocery store, and a few places to eat. Accommodations, souvenir shopping and sight-seeing are all readily available in Anchorage.

Once your group has purchased their commercial airline tickets, please forward your flight itinerary information to us, so we have confirmation for your arrival and departure flights. This will allow us to put your information on our schedule, and have our personnel on schedule for meeting you at the airport.

Upon arriving in Kotzebue you will be met by a representative of Alaska Wilderness Charters & Guiding and transported to our staging area. At this area you will receive a basic orientation on what to do and not to do in the field as well as in town. Additionally, our staging area is within the secure area and on the tarmac of the airport; there are safety and legal requirements and restrictions which must be followed. Failure to adhere to such restrictions could result in your being fined and/or arrested. Violations of such restrictions can cause us to lose our staging area within the secure area of the airport.

With our facility being on the tarmac of the airport, there are no on-site restrooms or eating facilities. They are available a short distance away, and our personnel will provide you with directions for these services.

Your required paper work will be completed, and your equipment and supplies will be staged for flight. At this time it **will be your responsibility** to look at all of your supplied and non supplied items including food, camping equipment, etc. to make sure you have everything you need, nothing was forgotten, and that the food fits your diet and needs. You will also be able to change into your hunting clothes and store any gear that you won't need in the field. When you prepare to load the plane make sure all of your gear is on the plane with you! This can be hectic at times and with multiple people trying to help they can grab the wrong stuff. *Be responsible for your own gear until you see all of it loaded onto the plane.* From there you will be flown 45-80 miles to your hunting area.

**WEATHER / FLYING:** Weather is a variable that no one can control. We would like you to be aware that weather conditions may prevent us from being able to fly on any given day. Such instances are rare, but can occur. All flying is weather dependant. We want you to be mentally prepared for bad

weather, and know we make every effort to stay on schedule and get everyone in and out of the field both timely and safely. If bad weather does not allow us to fly, it causes us to get backed up. Consequently, there may be fairly long periods of inactivity interrupted by moments of hectic pandemonium! In these instances, when the weather clears there is often much to be done in short order. Safety is always our first and main concern. We utilize pilots with extensive experience. Be mindful that the weather has to be acceptable at both ends of the flight -- just because the weather is "beautiful" at your location, does not mean the other end has the same weather.

We are not responsible for food and hotel accommodations, nor the loss of hunting days or rescheduling fees of commercial airline tickets incurred due to the inability to fly due to bad weather. As you fly to camp, you should have the opportunity to view the surrounding area. This will be very helpful in giving you the "lay of the land."

While in the field be mindful of the weather. You are in a remote area, and weather issues can be life-threatening. Keep your tent closed up while away from camp - winds can destroy unsecured flaps and leave you without shelter. The weather can change quickly and bring precipitation; keep raingear with you when you are away from your tent, and secure camp supplies from the elements prior to departing camp for the day.

We make every effort to put you in game rich areas; however your success is directly related to the effort you put into the hunt. While it does happen, the likelihood of shooting a trophy caribou from your tent is very rare. The game is out and about in all types of weather, so you may as well be also.

**PICK UP INSTRUCTIONS:** On the day you are to be flown out, have your gear packed and ready to go. Do not pile gear/meat/antlers on the runway area. Keep gear assembled off to the side; the pilot may not be able to see these items as he taxis to your location. Depending on the weather, you may need to keep a tent for shelter (please have it readied to be taken down timely). Stay near your camp, and be attentive to air traffic. Pick up times are weather dependant and not time specific. If the plane comes to get you, and you are not at camp, or ready to go; the pilot may not be able to wait for you. You will be responsible for any missed flights, or additional charter fees in such cases. We will make every attempt to get you back to town with ample time to prepare your gear before departing. In the rare event of inclement and unflyable weather, don't panic. Remain with your camp and know that you will be picked up as soon as the weather breaks. Such instances are very rare, but can occur.

**IN FIELD COMMUNICATIONS:** Your hunt is being conducted in a REMOTE wilderness area within the Arctic Circle. Communications are very limited in such remote areas. There is no cell phone service from the field, and most cell phones from the lower 48 will not work in Kotzebue. We strongly recommend that all unguided groups rent an Iridium Satellite phone. This will allow you to keep in contact with us in case of an emergency or if something important is needed. You can do this by going online and typing in Satellite phone rental. Contact numbers will be given to you in Kotzebue. Take extra precautions while doing even routine tasks -- for your own personal safety. Your camp location is accessible only by small aircraft, and this access is completely weather dependant. Unless you can attract someone's attention, your ability to make contact outside of camp is VERY REMOTE without a satellite phone.

**BEVERAGES/WATER:** We do not provide alcoholic beverages or soda for remote wilderness hunts. Most of the small villages in Alaska are dry (including Kotzebue). If you wish to have alcohol, either pack it from home, or purchase in Anchorage (state law allows only personal consumption amounts in original containers being transported in, and luggage must be labeled to indicate it contains alcohol and alcohol contents must be declared). Soda is available in the small villages, but *very* expensive (\$25-30 per case). We do not provide it as it is heavy to haul and provides little to no nutritional value in the field. Gatorade and similar drinks are provided as they quench thirst and assist in keeping you hydrated. Water in the Arctic is quite safe to drink from the rivers in the area. You will be given plastic water containers to fill up in the near by river, spring or lake. Water does not need to be boiled before drinking. This area does not have pollution or Giardia like many other areas. For your peace of mind, we recommend bringing a filtered water bottle. This will allow you to drink from any source of water that you come across. It is very important to stay hydrated when hunting - drink plenty of fluids constantly. Do not wait until you are thirsty, as you will quickly become dehydrated. Our policy for alcohol is simple; take a drink and your hunt ends for that day. Alcohol and guns do not mix. Hunts are conducted in remote areas, where accidents are perilous. We recommend hunters on unguided hunts follow the same policy.

**LUGGAGE INFORMATION:** Please remember that hunter's luggage and rifle cases typically all look similar. Have all your luggage clearly labeled to aid in keeping your gear properly identified. Weight is limited to 70#s gear per person, not including their weapon. We do not transport hard sided weapon cases into the field. These are kept in our locked storage at the airport. Also do not use extra large bags or the large hard sided suitcases....they do not fit well into the small aircraft. Charter fees on a per case basis will apply to overweight and/or oversized items being transported into/out of the field. Also review your commercial airlines restrictions on weight/size of baggage items.

**AEROSOLS:** Airlines regulations prevent transporting aerosols which are deemed flammable in quantities over certain sizes. Many are far more restrictive than the government regulation, and most TSA inspectors are not that familiar with hunting gear/equipment regulations. We suggest bringing no aerosol containers, just to remove the chance you will loose your bug spray, gun oil, cleaners, etc at baggage inspection. Cigarette lighters are also prohibited. We do provide Lighters and matches in your camp supplies. Also do not bring "Bear Repellent."

## **EQUIPMENT & CLOTHING**

Review the equipment list. We have included those items as essential. We are hunters ourselves, and have repeatedly been in this hunting area/environment, and make our recommendations to aid in the better comfort and success of your hunt.

We know that clothing/equipment items that work perfectly well in different parts of the country often do not work in the Alaskan Arctic. Based on our experiences as well as experiences of other clients, we give the following suggestions:

**CLOTHING:** Lightweight, warm, and waterproof. Synthetic materials work best due to their drying and wicking capabilities. We suggest you do not bring any clothing made of cotton. Cotton is slow to dry, does not wick moisture, and is heavy when wet – field translation: you will be cold, wet, and miserable in cotton. A few pieces of proper clothing are better than multiples of the wrong stuff... **Blaze orange is NOT required in Alaska.**

**FOOTWEAR:** Make sure you have spent time walking in ALL footwear that you bring – INCLUDING waders and wading boots. We highly recommend you bring waist high Gore-Tex or Dry Plus stocking foot breathable waders in lieu of rubber hip boots. Rubber boots will trap in moisture, will never dry in the field, and are uncomfortable to walk in for most people. Breathable waders can be turned inside out each night and hung in the tent to dry; you only need to dry the inside of the waders. If not dried each night the neoprene booty may freeze late in the season. By warming for a very short time they will thaw out and be ready to put on (Do not burn!). With the stocking foot waders you can buy a shoe or boot to go over the wader that is comfortable for you, (do not buy shoe/boot with felt soles). Also bring a pair of good waterproof leather boots.

**CAMPSITE:** Hunters are responsible for set-up and teardown of their own tents and camping equipment. Prior to setting up your camp look around the immediate area; try to locate your tent(s) next to trees/bushes that will serve as protection from the wind. Look for a level spot to set up, and take time to remove small/sharp twigs, and level the ground surface prior to placing your tent. A few minutes preparing the ground will be well worth the time. Keep food items out of and a short distance away from your tent. Keep food in the totes with the lids on to reduce scent and protect your cache from rodents.

Make sure you set a waypoint in your GPS with your camp location. Look at your surroundings; study the hills and valleys around you to help familiarize yourself with the area.

Select an area away from your camp for your “privy,” and cover your waste prior to leaving.

Consider burning food items, which are odorous or greasy. Bag up metal and other garbage items to be hauled out. This is essential to prevent problems with bears, predators, and rodents. We practice “leave no trace” camping, therefore, do not bury or leave trash behind – it must be picked up and hauled out. Camp clean-up is each hunter’s responsibility -- leave the camp in a condition you would like to find it. If the pilots have to clean-up your campsite, your group will be charged a \$250 fee.

You may make small campfires. Use of downed or dead wood products is permissible. Keep fires small and be certain they are dead out when not attended.

**WEAPONS and AMMO:** Alaska law does not separate licenses or seasons by weapon. As such both firearms and archery gear are acceptable. Black powder hunting is also permitted, however airline transport regulations (both commercial and air freight) will not permit transport of black powder or percussion caps. Access to this area is limited to air travel, which eliminates black powder as an option. Further black powder and caps are not available for purchase in Kotzebue.

**FIREARMS:** Appropriate caliber selection is important. We recommend .30 cal. or better. While smaller calibers will work for caribou, you are in bear country and the bigger caliber makes better back up in the rare event you should have a close encounter.

More important than actual caliber is the Ammo. Select and sight in your rifle with **PREMIUM AMMO** (note this is in **bold** print on the equipment list also). Select premium bonded type ammo that shoots well in your gun. These rounds shoot more consistent and the bullets simply perform better. We want you to be successful when opportunity presents itself, and we do not want to see animals wounded or injured which cannot be taken cleanly and recovered promptly. Bullets are the cheapest part of your hunt, and are called upon for the biggest task. When packing your Ammo for your commercial flight it needs to be in the original box or a container specifically made to hold appropriate ammo.

We recommend all persons in the field carry their weapons loaded, with an empty chamber. You will have ample time to chamber a round prior to taking your game. Carrying weapons on an empty chamber assures there will be no accidental discharges with your weapon – it can't fire if there is no bullet in the chamber.

**ARCHERY:** Alaska bow requirements are 40# min draw weight for caribou, black bear, dall sheep, wolf, wolverine; 50# min mountain goat, moose, brown bear/grizzly. Alaskan law also requires minimum 7/8" blade, 300 grain minimum shaft/tip weight, and no mechanical broadheads for species requiring the 50# min. bow weight. You should be able to consistently shoot out to 40 yards or more with your bow, both standing and kneeling. The hunting area is primarily open tundra with rolling hills. There are scattered bushes and stunted trees along stream banks and valleys which can be used as cover. Caribou are primarily seen in the open areas, so archery hunters should be prepared for stalks which require patience and crawling to get within shooting distance.

**FIELD CARE OF TROPHIES:** Do not get in a big hurry with your knife. Make sure your weapon(s) are again safe, and secure your tag on the trophy/complete your harvest ticket. Take time to pose, clean up and take some good photos of your trophy. Consider lighting and fill the frame with the hunter & trophy. Take multiple shots and several different poses. Don't straddle or sit on your trophy – these do not yield quality photos. Prop the animal up and sit or kneel behind it.

We recommend you consult with your taxidermist for instructions on caping and fleshing if you do not know how to do these important tasks. On all guided hunts this will be done for you by your guide. Non-guided hunters this will be your responsibility. Heads must be caped in the field, as well as fleshed and the ears and lips turned and salted. We also recommend splitting the skull caps on all Caribou. They can be easily be put back together by yourself or your taxidermist, and you will save hundreds of dollars on shipping Fees.

While in the field, keep your capes opened up, out of direct sun, and preferably hung in a small tree or bush so it can have air circulate and stay cool. The cool nights will help dramatically.

We recommend that you ship capes and antlers to Anchorage to be fleshed, (if not done in the field) and tanned. They will expedite your antlers and capes to you or your taxidermist. The fur processor

we use now makes every effort to tan and ship the trophies within 6-10 weeks. Current cost estimates for tanning and fleshing of a caribou cape is \$160 and for moose \$400. Shipping costs include a \$20 handling fee (airport pickup, storage, handling) per order; \$15 steam cleaning/pressure washing of skull cap (required for shipping by USPS, FedEx, UPS); \$25-\$50 box cost (varies by size), and shipping costs of \$100-\$175 per box. Moose antlers not split shipping costs approximately \$400-\$550. One way to save money is to have multiple capes and antlers shipped in the same box – the shipping and boxing costs can be shared between group members. For additional information you can call **Alpha Fur dressers in Anchorage 907-868-3227**. Remember you will not be able to ship an uncaped head. A trophy in such a condition will assuredly no longer be a trophy, as the cape will rot quickly and not be salvageable. We will provide you with necessary forms as well as labeling tags and ties to complete for shipping/processing instructions. Please take the time to ensure all writing and instructions are legible – orders which are illegible or not labeled can easily get mixed up. Each hunter is responsible for proper labeling of their capes(s) and antlers. Our personnel in Kotzebue will assist in expediting your trophies via this method.

We discourage transporting raw trophies to your home via air freight. These methods are labor intensive, outrageously expensive, and risky. Alaska Airlines will not accept improperly packaged or raw trophies (skull plates & capes) for transport as baggage.

**HUNTING REGULATIONS:** Review the Alaska Hunting Regulations for the area you are hunting. Penalties for game violations are severe. You will be hunting in GMU 23 or 26. We encourage you to obtain and study the game regulations so you do not inadvertently violate game laws. The web address is [www.adfg.state.ak.us/regs/dept\\_regs.php](http://www.adfg.state.ak.us/regs/dept_regs.php) REMEMBER THAT ALASKA STATE LAW PROHIBITS HUNTING THE SAME DAY THAT YOU FLY.

**TAGS AND LICENSE:** Purchase your needed tags and licenses online prior to arrival: the web address is [www.admin.adfg.state.ak.us/license](http://www.admin.adfg.state.ak.us/license)

**Non resident Hunting license \$85**

**Caribou Tag \$325**

**Black Bear Tag \$225**

**Fishing license 1 Day \$20**

**Moose Tag \$400**

**Wolf Tag \$35**

**3 Day \$35**

**Wolverine \$175**

**Bro/Griz Tag \$500**

**7 Day \$55**

If your tag is part of a Drawing; MAKE CERTAIN YOU FOLLOW ALL INSTRUCTIONS AND OBTAIN ALL NECESSARY HARVEST TAGS, PERMITS, FORMS, ETC. If you arrive in camp without the required permits, you cannot hunt that species. Also, you will not be able to obtain duplicates or replacements for items forgotten or lost -- the State of Alaska simply does not issue them.

We will stay in contact and assist you during the drawing process, but it is imperative you follow the instructions after being selected for a permit, and bring all items with you on the hunt!

**MEAT CARE:** All edible meat must be salvaged. On the guided hunts your guide or packer will do this for you, “you are welcome to help!” Non guided hunters are responsible to pack all edible meat

back to the runway at their camp (including rib and neck meat). Meat of the front and hind quarters,

and ribs must remain on the bone until removed from the field (or eaten). It is solely each hunter's responsibility to assure the quality and condition of his or her game meat and trophies. Alaska Charters & Guiding will not accept any responsibility for damage, loss, or spoilage, under any circumstances! At camp keep your meat out of direct sun and a short distance away from your camp. Set the meat so it can cool, and allow air to circulate around it. Do not put meat in a pile – it will quickly spoil. Antlers May NOT be removed from the kill site until ALL salvageable meat is removed (state law).

For people wishing to take meat home with them, wet lock boxes can be purchased from Alaska Airlines in Kotzebue. Boxes can be checked on as luggage. Boxes must not be over 50 pounds. Excess luggage fees will be charged by the airlines for additional pieces of checked baggage on Alaska Airlines.

For those of you wishing to donate meat: you must complete a transfer of possession form (we have them). Meat can be donated to local citizens or to the food bank via Northern Air Cargo. Partially butchered quarters of meat are not accepted for donation. Remember it is the hunter's responsibility to see the meat is properly donated or boxed for your flight home. Deboning meat is not permitted by airport regulation at the airport facility. AC&G fee for boxing game meat is \$50 per box, plus the box fee, and is only done on a time available basis.

Unguided hunters should bring good quality game bags with them. We provide burlap sacks to haul/load meat.

Meat will stay in the field with you for the entire time unless arrangements are made between you and the pilot. We are not permitted to store meat at our facility in Kotzebue.

Kotzebue does not have freezers or processing facilities to accommodate hunters.

### **SUPPLIED CAMPING ITEMS FOR EVERY TWO HUNTERS:**

1 Cabelas 6 man Guide model tent	1 Stove/ 4 one pound propane bottles
2 Cots	2 Rolls Toilet Paper
1 Tarp	1 Box Matches/ lighter
1 Cook set	4 Garbage Bags
1 Lantern/ Mantels	2 Sets of Silverware, Plates, bowls and glasses
1-2 Collapsible Water Container	1 Roll paper towels
Dish soap	10 qt size. Ziploc bags
20' Twine	1 Coffee Pot
2 Gunny Sacks for the meat	1 Basic First Aid Kit

Over time we have found these supplies to be very sufficient for the duration of your hunt. Please bear in mind your REMOTE setting. If you are careless or wasteful with your supplies, you will not have those items for the remainder of your hunt. Flying people, equipment, and supplies into the Alaskan bush is expensive, and making the most of each flight is very important. If you request additional

items to be delivered to your camp, you will be billed for the plane charter time. Cost varies

Equipment sent into the field with you will be in good condition. Please treat the gear as you would your own -- others will need to rely on it as well. You will be required to pay for damaged/lost equipment.

We recommend not cooking inside your tent. This practice can deplete oxygen, and can damage the tent - leaving you without shelter. Use of your camp stove to heat your tent will cause you to run out of propane. Bringing the proper gear will have you outfitted to be comfortable without wasting fuel in this manner.

## SUPPLIED FOOD FOR EVERY TWO HUNTERS:

### Breakfast

1 large container of Egg Beaters  
2 lbs. Bacon/sausage  
1 Jar instant coffee  
2 qts. Real Fresh Milk  
1 Box Pancake mix  
1 Bottle syrup  
1 box instant oatmeal  
1 box hot chocolate

### Lunch

2 loaves bread  
1 jar jelly  
1 jar peanut butter  
12 assorted candy bars/ granola bars  
2 lbs. sandwich meat  
1 lb. sliced cheese  
6 cans mixed fruit cups  
4 packages ramen noodles  
1 container Gatorade/tang drink mix

### Supper

2 boxes macaroni and cheese  
2 instant packages of rice  
2 instant packages of pasta  
2 cans chili  
2 cans soup/stew  
4 cans vegetables

2-3 pounds potatoes  
1 large onion  
1 package wieners  
6 hamburger patties  
6 breaded chicken patties  
2 pork steaks

### Condiments

ketchup / mustard  
salt / pepper  
seasoned salt  
1 bottle vegetable oil  
coffee mate/sugar  
1 bottle squeeze butter

Some items may become unavailable. They will be substituted with something of equal value at the outfitters discretion (i.e.: fresh products in late season - frozen fresh potatoes don't work well!!). If there is something you must have that is not on the list, please bring it with you.

**FISHING:** Approximately 50% of our hunters are placed adjacent to streams suitable for fishing. The other 50% are on hilltops, which may be a considerable distance to any stream containing fish. The larger streams and rivers in this area contain Arctic Char and Grayling. If you are interested in fishing, you should bring packable light spinning gear (8-10# line) and a few small spoons and spinners (i.e.: Pixie's, Mepp's spinners or similar). If you want to fish, you will need an Alaska fishing license. Please remember hunters are placed in the field based upon the pilot's assessment of the best access for the caribou in the area; if you are fortunate to be in or near an area where you can also fish,

it should be considered a bonus.

**WOLVES:** This area does have a good population of wolves, which can also be hunted. If you are interested in trying to harvest a wolf, you should purchase a wolf tag. Each fall our clients harvest several wolves, which make a great bonus trophy! Harvested wolves must be skinned (both hide and skull) for transport out of the field. There is no trophy fee or additional charge to transport wolf hides from the field.

**BEARS:** You are in grizzly country. Respect Them. Be mindful of them and watch for them. If you spot them from a distance, avoid them if possible. Generally they do not want to be anywhere near you, but if you startle them, or come upon their food – they can be aggressive. If you encounter a grizzly, begin making noise – YELL continuously. Stand up and make yourself look as large as possible. Do not cower or run. Defend yourself, only if absolutely necessary – most encounters result in bears walking away. Also, check your hunting regulations – you cannot shoot a bear to reclaim your trophy. You can move to a position, which allows your scent to carry to the bear, which often will cause them to leave, or you can yell to scare them off. Be mindful of the bear and swift in your recovery of meat/trophy if a bear has been on your kill site – they will return. If a bear has claimed your kill and ruined the meat, you are not required to salvage it; however you need to document the location and happenings (i.e.: GPS coordinates, photos). There are a few black bear in the area also, but numbers are very limited due to the higher density of grizzly bears.

**KEEPING WARM:** Moisture is your enemy! Your sleeping bag will hold moisture and a few days build up of moisture may make your bag lose a significant amount of ability to insulate you. Open bags up, hang, etc to let them dry as needed. Wet or damp clothing can be dried in the sun or next to a small fire.... be careful by fire, the done vs. ruined amount of heat is a real small window!! Damp clothing can be worn in your sleeping bag and your body heat will dry it overnight. Utilize layering of clothing during the day, and do not overdress while hiking. You will generate heat to stay warm, but sweating will make you cold for hours. Take off what you don't need, and carry extra clothing in your pack for use while sitting.