

**Joint Task Force North
&
MFS - North of 60**

**Posting Handbook
Location: Iqaluit**



Updated: September 2026

JTFN Contact Information

Joint Task Force North
Box 6666, Station Main
Yellowknife, NT
X1A 2R3
Commissionaire 867-873-0700 Ext 0
JTF(N) Duty Officer 768-765-8607

Facebook Page: www.facebook.com/FOIN.JTFN
Twitter: @JointTaskForceN

MFS - North of 60 Information

Military Family Services (MFS) North of 60
5124 54th Street
Box 6666, Station Main
Yellowknife NT X1A 2R3
Telephone # 873-0700 ext. 766-6859
Email: info.nof60@cfmws.com

Facebook Page: [North of 60 MFRC](https://www.facebook.com/Northof60MFS)
Website: www.cfmws.ca/yellowknife

Hours of Operation: Monday to Friday 9:00am to 5:00pm (NWT)

Your MFS - North of 60 serves military personnel and their families in:

**Iqaluit, NU
Yellowknife, NT
Whitehorse, YT**

MFS Staff

Senior Manager
Ext. 766-6998 or 867-446-1761
director.nof60@cfmws.com

Program Specialist
Ext. 766-6845

Information & Referral Coordinator
Ext. 766-6844
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General
Ext. 766-6859
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Joint Task Force North Command Team Welcome

Congratulations on your upcoming posting to Canada's North! Joint Task Force (North) (JTFN) is a family of Canadian Armed Forces (CAF) members and Department of National Defence (DND) Public and Non-Public civilian personnel and their families across the three Territories. We exist to plan, conduct, and support the execution of operations across the largest CAF Region in Canada. You will soon realize that there are a wide variety of opportunities that come with service north of the 60th parallel. JTFN Headquarters (JTFN HQ) is the main command element located in Yellowknife, Northwest Territories (NWT). To stay connected with other government departments and agencies at the federal, territorial, municipal level, with Indigenous governments and designated organizations, as well as other defense and security partners, small JTFN HQ detachments operate in Whitehorse Yukon Territory (YT) and in Iqaluit Nunavut (NU). We refer to all CAF and DND elements in the North as "Team North" and we are extremely proud of our motto: *Custos Borealis*, or Guardians of the North.

Beyond JTFN HQ, "Team North" is also comprised of the following Yellowknife-based units; the Royal Canadian Air Force's 440 Transport Squadron (home of the Vampires); the headquarters of the Canadian Army's 1st Canadian Ranger Patrol Group (1 CRPG), which exercises command and control of 1800 Rangers divided into patrols across 60 northern communities. 1 CRPG also supports over 1600 Junior Canadian Rangers. Finally, we are home to several support Detachments from Canadian Army's 3rd Canadian Division Support Group (CDSG), 1 Field Ambulance, the Army Reserve's Loyal Edmonton Regiment (LER) as well as Cadet Corps in several locales.

A posting to Canada's North can be both rewarding and challenging. It is important to do your research, avoid making assumptions, and ask the right questions based on your specific role, and your personal or family situation. Expect the cost of living to be a bit higher than what you have previously experienced, and the quality of housing to be slightly lower than you may have had in the past; however, these realities are far outweighed by several region-specific allowances, compensation and benefits, as well as the opportunity to work and live in some of the most beautiful areas of our great country. Ensure you clearly understand these benefits as well as the cost of living in the North as part of your screening. There are also many spousal employment opportunities in the public and private sectors. However, those job offers may not necessarily align with prior career fields and qualifications. Flexibility is key.

For those that are moving to either Detachment Whitehorse or Detachment Iqaluit, your experience will be unique, and you will find yourselves part of a wider federal employee community in your respective territorial capitals. Iqaluit is certainly more remote than the two other JTFN locations, and you should plan and prepare accordingly.

As a member of "Team North" stationed in Yellowknife, you will have an opportunity and experience few members of the CAF are afforded. Not unlike other postings, a tour "North of 60" will be what you make of it. That said, there will be many things you may not have expected; Operations take place year-round in either planning or execution phases. We are not a typical Base or Wing, and many of the associated support services are not offered. As such, we partner with community organizations for some family services. While our Military Family Services (MFS) and Personnel Support Program (PSP) staff are small teams, they are very engaged and will help make your stay an enriching experience. You will also find an active Mess calendar and there will be many social opportunities for all ages. For those who enjoy the outdoors your tour with "Team North" will prove one of your most memorable.

Again, a tour in the North can be both very rewarding and challenging. You and your family will play a key role in setting the conditions for a successful posting. Have a safe and adventurous move to the North, and we look forward to meeting you and your family members once you are settled.

Custos Borealis

MFS - North of 60 Senior Manager's Welcome

The Advisory Committee and Staff at MFS - North of 60 extend, to you and your family, a warm welcome to the North. One of our goals is to assist military families with their transition to their new home and their Northern adventure. This handbook is just one tool to assist with this transition. Our friendly staff members are here to assist you and your family with accessing information within and about your new community.

Note: Childcare is extremely problematic in Iqaluit with extremely long waitlists; as long as three years or more.

The MFS - North of 60 staff members are available to assist you with your individual family needs.

We are available to answer any questions you may have about living in the North. I encourage you and your family to contact me, with any questions you may have, at director.nof60@cfmws.com or 873-0700 ext. 766-6998 or 867-446-1761. Don't be shy!

We look forward to serving you and your family!

Rose Jasmin
Senior Manager

About Your MFS



Due to factors associated with isolation as well as the smaller military community size, the MFS - North of 60 operates under the Non-Public Funds (NPF) model. This MFS reports to Military Family Services (MFS), instead of a Board of Directors. The Advisory Committee is a group of volunteers (military personnel, military family members and community agencies). The Advisory Committee plays a critical role in the operation of the organization, ensuring that the community's needs and preferences are adequately represented when programs and services are implemented.

Our MFS staff team consists of a Senior Manager, an Information and Referral Coordinator and a Program Specialist.

We provide support to our military families by assisting them through transitional periods (before and after posting or prior to releasing), providing information and referral services (local and national information), mental health services as well as access to and funding for emergency childcare. Through an outcome-based model we aim to meet our military family needs using a one-on-one family-centric approach.

Need assistance or have a question? We are here to assist you!

Information and Staying Connected

Our web-site, www.cfmws.ca/yellowknife, contains program information and useful links.

About Iqaluit and Nunavut

For thousands of years, the Inuit have adapted to extreme conditions-hunting and trapping to ensure their survival. Relying on animals such as seal, whale, caribou and fish, they follow their movements-and their shelter, clothing and traditions reflected in this nomadic lifestyle. Hunting, and the connection to the land, is at the very heart of Inuit culture and cultural history. You'll see it in the animals, legends and lifestyle depicted in world renowned Inuit carvings. You'll hear it in the ancient beat of a drum, and the haunting sound of throat singing. You'll Marvel at it as you watch participants in traditional games, which tested strength and endurance You'll even taste it as you sample "country" foods that have sustained the Inuit through the millennium. It was only around 7 decades ago that the Inuit way of life started to undergo extensive change - they were leaving their camps and moving into settlements with permanent buildings. While their lives may have changed, the Inuit have not left their complex and ancient culture behind. In fact, the government of Nunavut sees one of its most important tasks to be the preservation and care of Inuit tradition and culture. Today, Iqaluit has a fascinating, vibrant Inuit culture where residents balance traditional and modern life.

Iqaluit history

Inuit have made their home in the area surrounding Iqaluit for centuries. They were nomadic people dependent on caribou, fish, seal and whales as staple sources of food and clothing. Inuit often traveled long distances, following the wildlife as it moved in response to shifts in local climate. Sites all over Baffin Island, including archeological remains of early Thule settlements, bare evidence of this ancient culture. The first European to document the region was Sir Martin Frobisher, who sailed into the bay in 1576 believing he had found a direct route to China. He named this body of water "Frobisher's Straits" after himself. The American Explorer Charles Francis Hall arrived in 1861 while searching for the lost Franklin Expedition. Thanks to a local hunter named Koojesse, whom he named an inlet after, Hall learned that Frobisher's Straits was really a big, long bay, and not the fabled Northwest passage.

In the 1800s commercial whaling brought men, ships and trade to the Frobisher Bay area. The whaling industry collapsed in the early 1900s while the fur trade began to boom. In 1914, a Hudson's Bay trading post was established at Ward Inlet, about 64 km from Iqaluit's current location. In the 1930s fur prices crashed, leading to hard times for Inuit.

In 1942 the US Air Force selected a site on Koojesse Inlet to build a major air base. Inuit began to move off the land to the site of what is now Iqaluit. In 1943, the Hudson's Bay Company moved the Ward inlet trading post to Apex's current location to take advantage of the airbase and better serve the Inuit who had relocated.

By the late 1950s, the government of Canada had begun to send teachers, administrators and doctors to the community, then known as Frobisher Bay. By the early 1960s, the US military had left, and control of the settlement became the responsibility of Canada, becoming the administrative, communications and transportation center for the eastern Arctic. In 1987, Frobisher Bay was officially renamed Iqaluit, the original Inuktitut name for the area. The community was given city status in 2001, two years after the historic formation of the territory of Nunavut.

Iqaluit

Nestled at the northern end of Frobisher Bay on Baffin Island, you'll find a dynamic city steeped in deep-rooted Inuit culture.

Welcome to Iqaluit, Canada's youngest and smallest capital city, with a population of approximately 8,200. It was formerly known as Frobisher Bay, named for British explorer Sir Martin Frobisher.

A traditional fishing location used by the Inuit for thousands of years, today Iqaluit offers visitors the opportunity to witness traditional Arctic life alongside the convenience of a southern centre. You'll find shopping, modern hotels, high-end cuisine, banking, and phone and Internet services. But you'll also be immersed in a culture like no other - Elders and locals wearing traditional sealskin clothing, art galleries displaying one-of-a-kind soapstone carvings, artwork, jewelry and handicrafts. You can listen to the haunting sounds of Inuit throat singing or witness ancient traditions come to life through drum dancing. Or sample foods that have sustained the Inuit for thousands of years at a community feast.

The friendly people of Iqaluit - the 'Iqalungmiut' - embrace the land, sea and ice at all times of the year. The landscape will become etched in your memory - vast open spaces carpeted by endless tundra, which bursts into colour in summer as wildflowers embrace the warmth of continuous daylight. Gentle rolling hills cradle Frobisher Bay and it's clear, pristine waters. This is the land of massive herds of caribou, and the home of the majestic polar bear. In Winter, the northern sky seems to stretch on for an eternity, hosting the Aurora borealis - dazzling ribbons of colour dancing through the night.

Welcome to Iqaluit - a city straddling two worlds, embracing the future while keeping its rich history alive.

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Emergency Contact Information

Nunavut does not have 911 services

Fire/Ambulance	867-979-4422
RCMP	867-979-1111

JTFN HQ Det Nunavut

Small Unit of Three Personnel in which consist of the following:

Detachment Commander	- Major / LCdr
Liaison Officer	- Captain / Lt(N)
Supply Warrant	- Warrant Officer / Petty Officer First Class

Accommodations

Canadian Forces Housing Agency (CFHA) Yellowknife administers your accommodation requirements in Iqaluit from the local Northern Housing Pool managed by Public Service & Procurement Canada (PSPC) in Iqaluit.

CFHA requests your housing assignment from PSPC based upon the best available quarters that meets your eligibility in accordance with CFAO 208-1. This selection will be made upon receipt of your Residential Housing Unit (RHU) request message, which will be generated by CFHA through communication upon receipt of your posting message, which should be sent to the CFHA Yellowknife Office and must be completed and emailed to the Housing Rep prior to coming on your House Hunting Trip (HHT).

With a Posting Message and Application for Department of National Defence (DND) Residential Housing Unit sent to CFHA Yellowknife you receive a 45 day window to secure a unit. The Change of Strength (COS) date will dictate the time required to hold a unit address. If you come on your HHT/DIT trip earlier than the 45 day window, the unit will go to the first person who requested the unit within the 45 day window. It is to the benefit of the member to come on their HHT/DIT within the 45 day time frame. CFHA Yellowknife will contact the member with the offer of acceptance called Allocation of Married Quarter, the member then has 72 hrs to accept or decline the offer. See Annex C.

Housing comes partially furnished with basic living room, dining room and bedroom furniture. They also have washers, dryers, fridges, stoves, dishwashers and lamps. Newer units may also have built in microwaves.

There is a list available of what furniture is available for each size apartment. Standard furniture items can be taken out of apartments, but extra items cannot be added to the apartment. You might consider bringing an entertainment unit, extra shelving and a small freezer. Contact the Det Nunavut Clerk for more info 867-979-7432.

In Iqaluit, there is no option of renting or purchasing on the economy. All individuals will receive Government supplied housing.

Once your housing is approved, make sure to call the Housing Representative at least five days in advance of your travel to arrange a march-in appointment.

Housing Representative
Tel (867) 873-0700 ext 6719
Fax (867) 766-2510

Finances and Benefits

Personnel posted to JTFN HQ Det Nunavut will receive Isolation Allowance (Isol A) as well as 2 x Northern Leave Travel Assistance (NLTA). The rates of entitlement are set by Treasury Board of Canada.

Isolation Allowance

Isolation Allowance (Isol A) is found in the Compensation and Benefits Instruction (CBI) Chapter 11 Isolated Post Instruction ([CBI 11 Isolated Post Instruction](#)).

- Isol A is intended to offset the abnormal cost differentials between isolated and non-isolated locations and to compensate members for harsh environmental conditions experienced in northern locations.
- Isol A is monitored and adjusted by Treasury Board and is a taxable benefit.
- Isol A has four components:
 - Environment Allowance (EA)
 - Living Cost Differential (LCD)
 - Fuel and Utilities Differential (FUD)
 - Shelter Cost Differential (SCD).
 - The factors used to select and classify posts for Isol A are described in the instruction.

Marital Status	Housing Situation	EA	LCD	FUD	SCD	Total
Unaccompanied	Government	\$497.00	1310.00	N/A	\$327.00	\$2134.00

Marital Status	Housing Situation	EA	LCD	FUD	SCD	Total
Accompanied - Married/Common-Law/Single w/ Dependents	Government	\$829.00	\$2183.00	N/A	\$545.00	\$3557.00

Marital Status	Housing Situation	EA	LCD	FUD	SCD	Total
MSC/FSC (w/ dependents) (accompanied)	Government	\$829.00	1091.50	N/A	\$272.50	\$2193.00
MSC/FSC (w/ dependents) (unaccompanied)	Government	\$497.00	1091.50	N/A	\$272.50	\$1861.00

Marital Status	Housing Situation	EA	LCD	FUD	SCD	Total
Member on IR	Private	\$497.00	1310.00	N/A	N/A	\$1807.00

The calculation for married service couples or members married to a Federal employee is slightly different, please contact JTFN HQ OR personnel for more information (867) 873-0700 ext 6939.

Fixed Rate - Northern Leave Travel Allowance (NLTA) (CBI 11.4.03)

The purpose of fixed rate NLTA is to permit a member serving at an isolated post and, where applicable, their dependants, the option to travel from the post without being subjected to excessive costs. This instruction applies to a member who has been posted for duty to an isolated post for a minimum continuous period of service of not less than ninety consecutive paid days. A member is entitled to the fixed rate NLTA up to the maximum amounts for each of the following persons:

- a. the member;
- b. a dependant who resides at the post and travels from it with the member; and
- c. a dependant who resides at the post but travels from the post alone.

Tax Benefits

There is no provincial sales tax in NU; however, there is an NU payroll tax which equates to 2% of your gross income. This tax is offset by your annual income tax return as a NU tax credit and claimable by all personnel whose primary residence in Nunavut on 31 Dec of each calendar year.

Screening and Your Posting to an Isolated Location

You and your family are coming to an Isolated Location. For you to be an effective member of the JTFN team there are a number of factors that must be assessed to ensure that you and your family can be safely posted here. Canforgen 177/05 251819Z NOV 05 details the requirements for a screening to an Isolated Post, the screening requirements for Dependants' health and the requirements for Dependants' dental.

In order for your posting to commence, all requirements detailed in the CANFORGEN listed above, must be considered by the appropriate authorities at your losing unit. The main reason for this is that there is limited access to medical and dental facilities in Iqaluit and there are a number of health conditions that cannot be properly addressed in this location. Please ensure that a proper screening is performed on both you and your family – it will help avoid unnecessary complications during your posting.

Detachment Nunavut Sponsor

Your sponsor (the person you are replacing) in Iqaluit can offer information regarding your posting to Iqaluit. Your sponsor can also assist with:

- a. Greeting you at the airport, assist during your DIT while viewing accommodations and becoming familiar with the town; and
- b. Provide you with a 'suggested' shopping list of food and admissible items to purchase prior to your move plus offer helpful tips for preparing for your move.

Be sure to ask your sponsor about operations in the North as well as Op tempos for the Det and your position.

All questions relating to your actual move are to be directed to your representative with Brookfield Global Relocation Services (BGRS) office at the losing base.

During your DIT to Iqaluit

Research what Iqaluit has and doesn't have. Shopping is limited and prices are very high in Iqaluit. You may not be able to find your "favourite things". Consider purchasing those admissible items in bulk before your move and have them shipped with your HG&E.

Use all of your weight entitlement for luggage when travelling to Iqaluit for your DIT. If you have space you can bring some of the essential items needed while you are waiting for your HG&E to arrive (often weeks after your arrival). These extra items can be stored at the PAB until your arrival.

There is no Long Term Storage available for large items. Storage may be arranged through the Unit for example – Spare Tires for vehicle, boxes, etc.

JTFN Traffic Section

On arrival in Iqaluit, you are required to contact the ASU(N) Traffic at (867) 873-0700 extension 6888, regardless of your leave status. Traffic section performs the administration of the movement of Household Goods and Effects (HG&E).

Once You Arrive in Iqaluit

Once you arrive in Iqaluit the JTFN Traffic Section in Yellowknife tracks your move of F&E. Your move will be handled by J&N Moving (Iqaluit)

- JTFN Traffic Section: 867-873-0700 ext: 6888
- J&N Moving: 867-979-2460

Reporting-in Procedures

All personnel posted to Iqaluit will complete their in-clearance with a JTFN HQ Clerk in Yellowknife. This will be completed by phone from Iqaluit. Anticipate visiting JTF(N) HQ Yellowknife early in your posting. This will be an opportunity to meet the staff of peers and superiors and an opportunity to complete any remaining clearances.

Mess

Det NU personnel will be enrolled into the applicable JTF(N) Mess in Yellowknife at a reduced Mess Dues rate.

Family Care Planning

Administered by local units, the Family Care Plan (FCP) is designed to ensure that all CF members have a plan in place should a family emergency occur while the CF member is away. Members are encouraged to review their care plan with their family members. It is important to keep your information updated and review your plan prior to going away. If you are interested, MFS has a comprehensive family care plan template and staff are available to assist you in completing this form. A copy of the template can be emailed to you directly.

Childcare businesses in Iqaluit

- First Steps Daycare Centre
 - 1040 Iglulik
 - 867-979-0505
- Community Daycare Centre
 - 2100 Niaqunngusiariaq
 - 867-979-3007
- Aakuluk Daycare

- 624 Queen Elizabeth St
- 867-979-7766
- Pairivik Childcare Centre
 - 607 Mattaaq
 - 867-979-6460
- Kids on the Beach Daycare
 - Saputi
 - 867-979-0303
- Tumikuluit Saipaaqivik Daycare
 - 1033 Iglulik
 - 867-975-2483
- Garderie Les Petits Nanooks
 - 2820 Apex Rd
 - 867-975-2400

After School Care

After School Care is provided at the following Schools.

Joamie Ilinniarvik School 867-979-4243

École des Trois-Soleils 867-979-5849

Lunch (11:25 – 12:30) and after classes (15:25 – 17:30)

It is a service for which parents must pay; they must also provide lunches

Note: There is an extensive waiting list for all childcare services

Schools

Aqsarniit Middle School 867-979-3900

Grades: 6 – 8

École des Trois-Soleils - French Language School 867-979-5849

Grades: K - 9

Grades: 10 - 12 take classes at Inuksuk High School (In French)

Inuksuk High School 867-979-5281

Grades: 9 - 12

Focuses on teaching Inuit Language & Culture

After School Programs: Soccer, Basketball, Floor Hockey, etc

Joamie Ilinniarvik School 867-979-6206

Grades: K – 5

Nakasuk School 867-979-5335

Grades: K - 5

After School Programs: Soccer, Basketball, Floor Hockey, etc.

Post Secondary Education

Nunavut Arctic College - Community Learning Centre 867-979-7222

<http://www.arcticcollege.ca/>

In addition to providing university-level transfer, certificate and diploma programs, the college provides adult education and literacy programs as well as skills development programs, trades training, educational assessment and counselling.

Courses Offered: Apprenticeship Carpentry, Bachelor of Science in Nursing, College Foundation, Computer Systems Technician, Environmental Technology, Fur Production & Design, Hairstylist, Interpreter/Translator, Inuit Studies, Jewellery & Metalwork, Nunavut Teacher Education, Office Administration and Teacher Education.

Health Care

Qikiqtani General Hospital Emergency service and daily clinic	867-975-8600
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Iqaluit Public Health Centre	867-975-4800
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Health Care Coverage

To obtain a Nunavut health care card for CF family members, mail or email the application form to the address provided on the form. Application forms can also be picked up at the Qikiqtani General Hospital in Iqaluit or printed off of the following website: www.gov.nu.ca (click on forms & licenses).

Note: Nunavut is the only province or territory that has not officially waived the 90 day wait period to apply for Health Care coverage for civilian family members. Please ensure your current province/territory health care coverage will not expire before you receive your Nunavut Health Care coverage.

Chiropractors

Iqaluit Chiropractic Clinic 626 Queen Elizabeth St Limited hours of operation	867-975-2522
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Dental

Arctic Circle Dental Services 2621 Nanuq Cres	867-979-6740
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Iqaluit Dental Clinic 622 Queen Elizabeth St	867-979-4437
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Optometrists & Eye Glasses

Baffin Optical	867-979-4300
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Services Pour les Francophones à Iqaluit

Association des Francophone du Nunavut Maison 981	867-979-4606
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CFRT Radio 107.3 FM et le Nunavoix journal	867-979-4606 ext. 24
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Le Commission Scolaire Francophone du Nunavut	867-975-2660
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Local Information for Newcomers

Air Transportation

Canadian North is the only major airline providing daily service to Iqaluit from Ottawa, Montreal and the North.

Animal Care

If you are bringing animals with you be sure to immunize them prior to relocating. Presently Iqaluit has no veterinarian services as the only recent provider has been closed. There are no kennels to house pets while you go on vacation so you will have to rely on friends, neighbours or co-workers to care for your pet(s). The Iqaluit Humane Society has closed due to lack of funding and a requirement to relocate. It is however expected that veterinary and kennel services will be re-established by fall 2023.

Note: Pet supplies, food, treats and items are very expensive. An alternative is to order through AMAZON.

Banks

First Nations Bank of Canada 630 Queen Elizabeth Way	1-877-975-3770
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CIBC 611 Queen Elizabeth Way	867-979-8663
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Royal Bank of Canada	867-979-8700
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Barbers and Hairdressers

Freedom Hair Studio	867-979-6585
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King Cuts	867-222-4809
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Nunavut Hair Studio	867-979-3979
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Blue Ice Barbershop	867-222-6640
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City Transportation – Iqaluit has no public transportation. Taxis are available at a flat rate cost of \$8.50 per person per destination.

Internet, Phone, Cable

Internet plans are very expensive. Be aware of overage charges. When purchasing internet service in Iqaluit go with the High-Speed connection. *Please note that all internet services in Iqaluit are through satellite and will not achieve speeds normally accustomed to in southern Canada. The internet is painfully slow and can be unreliable*

Telephone – Northwestel	1-888-423-2333
Internet - Northwestel	1-888-423-2333
Cable - Iqaluit Cable TV (Eatv)	867-979-6707
Xplornet (Internet)	877-969-3152
Bell Express Vu	1-888-759-3474
Ice Wireless (Internet)	1-855-474-7423
Qiniq (Internet)	1-877-686-2888

Starlink has recently become available in Iqaluit

Job Search

Nunavut Government

<https://www.gov.nu.ca/en/employment-training-and-career-development/job-listings>

City of Iqaluit

<https://www.iqaluit.ca/careers>

Nunavut Teacher's Association

867-979-0750

www.ntanu.ca

Library

Iqaluit Centennial Library

867-975-5595

Local Newspapers

Nunatsiaq News - www.nunatsiaqonline.ca

Nunavut Online - www.nnsi.com/nunavutnews/nunavut.html

Iqaluit Breaktime News www.breaktimenews.ca

Passports

Service Canada - 933 Miwik St

1-800-567-6868

<http://www.servicecanada.gc.ca/eng/goc/passport.shtml>

Personal Resupply Shipments

(To ship extra items if you are over your weight restriction)

This does not pertain to your HG&E

You may ship with Canada Post; however they have size and weight restrictions for parcels. You may also ship directly with the airlines as well.

An Amazon Hub is available in Iqaluit. Make sure that you have an Amazon Prime account for free shipping. Shopping on Amazon provides items at southern prices. Excellent alternative for pantry items.

Canadian North Cargo

867-979-5317

Places to See

Apex

Apex got its start as an Inuit community near the Frobisher Bay military base after it was founded in the 1940s. Only a short drive from the city center, the view is well worth the trip. Apex is known to be a little more traditional than Iqaluit, and is a great spot to get a glimpse of traditional Inuit life. Old Hudson's Bay Company buildings can be found along the beach, which has an incredible view and is a great place to witness the tides shifting. Frobisher Bay has some of the largest tides in the world and exploring the beach is a wonderful way to spend an afternoon.

Nunatta Sunakkutaangit Museum

A definite must see! Formerly a Hudson's Bay Company building, the museum displays traditional Inuit clothing and tools alongside modern works of art. Many Nunavut jewelry makers and artists showcase their work here. Entrance to the museum is free and self-guided tours are available.

Legislative Assembly

Tradition meets modern design at the legislative assembly of Nunavut. The centre of Nunavut's government, that legislative assembly has many unique features, including an igloo inspired construction, door frames that look like qamutik rails, and sealskin chairs. Free tours of the legislative assembly are available throughout the year by appointment. Call 867-975-5000 for more information. The mace of Nunavut is made from a narwhal tusk and includes gemstones such as quartz, garnet, amethyst, white marble, green citrine, and blue lapis lazuli. A 2¼ carat diamond from Jericho Diamond deposit in Western Nunavut adorns the tip. The lapis is from Kimmirut and one of only 3 lapis lazuli deposits in the world. All of the materials and the mace's artists are from Nunavut.

Unikkaarvik Visitor Centre

Located next to the Nunatta Sunakkutaangit Museum, this center is the perfect place to kick off your Iqaluit visit. Maps and brochures are available to get you started, and staff can help arrange anything from trips with local outfitters to your own personalized adventure. Take your time at the center and explore the Inuit artifacts, interactive displays and art.

Road to Nowhere

While not an official tourist destination, the Road to Nowhere is well known amongst locals. Winding its way through lakes across the tundra, this road ends a few kilometers outside of the city. You can hike or walk it year-round, ski it in the winter or drive in the summer. It's a popular camping spot and you can often see tents pitched beside the shallow lakes. While the sign that marks the Road to Nowhere makes for a great photo opportunity, people have been known to steal it as a souvenir from time to time. You can always buy your own Road to Nowhere sign from one of the city's many gift shops.

Sylvia Grinnell Territorial Park

This park was formed by ice age glaciation approximately 7,100 years ago, creating a rugged artistic landscape. It is one of the most popular and easily accessible parks in the territory. It's only a 30-minute walk from downtown Iqaluit and makes a perfect half day trip or scenic picnic spot. If you're driving, be sure to stay on the road, as vehicles can easily damage the fragile tundra. The Sylvia Grinnell River meanders through the park and features a waterfall and Arctic char fishing spots. Pick up a sport fishing license at one of Iqaluit's retail stores, or contact the wildlife office. The park has a pavilion and many places to barbecue or camp, and easy access to gentle hiking trails and a spot to relax and watch the river. Information panels along the trails guide visitors through the park's history, and even include a guide to plants used by the Inuit for traditional medicine. Geocaching enthusiasts can take advantage of the puzzle set up at the park, and guided tours can be arranged throughout the summer. Learn about the area's history through Dorset and Thule archeological sites and watch for wildlife, such as caribou, Arctic hare, Arctic foxes, and a variety of bird species.

Qaummaarviit Territorial Park

Located 12 km West of Iqaluit, the small, rocky island of Qaummaarviit can be found near Peterhead Inlet. This park is home to some of the most fascinating and plentiful archeological sites in Nunavut, dating back to the ancient Thule culture. Numerous recovered artifacts include sled runners, dog harness equipment, hide scrapers and soapstone lamps. The rocky landscape is broken up by patches of lush vegetation that contains the remains of sod houses, giving visitors an idea of the living conditions at the time of the Thule people. Signs are scattered throughout the park and provide visitors with detailed information about the history and culture of the island. You can pick up a guidebook at the Unikkaarvik visitor center. You can get Qaummaarviit by ski dogsled or snowmobile in winter, or by boat in the summer. It is recommended that visitors take advantage of the local outfitting services to plan their excursions. Guided tours can be arranged in the summer with Nunavut Parks & Special Places.

Katannilik Territorial Park

Katannilik is the Crown jewel of Nunavut parks and home of some of the most amazing waterfalls on Baffin Island. The largest is Soper Falls, where the water descends into a white marble chasm. The park extends northwards from Pleasant Inlet near Kimmirut toward the southern shore of Frobisher Bay near Iqaluit. You can book a charter flight or boat ride from Iqaluit to explore the park's many cliffs, valleys and waterfalls that cascade down into the 100 km Soper Heritage River, designated a Canadian heritage river for its cultural significance and natural beauty. The Itijjagial Trail is a traditional path that runs from Iqaluit to Kimmirut, and is a popular trek with skiers, snowmobilers, dog teams and hikers. The trip takes about a week to complete in the summer and leads travelers over 120 km of rough terrain. The Soper River Valley, which runs through the park, is a sheltered Arctic oasis that typically boasts temperatures 4 to 5° warmer than the surrounding area. This unique climate allows for the growth of unusually tall willows and large variety of wildflowers and berries. If you're paddling the river, keep an eye out for archeological sites, as well as wildlife such as Arctic and red foxes, Arctic wolves, caribou, and ptarmigan, gyrfalcons, loons, and peregrine falcons. You can plan your trip by visiting the Unikkaarvik visitor center in Iqaluit or the Katannilik visitor center in Kimmirut. Katannilik Territorial Park has a mandatory registration system in place. Visitors are required to register prior to entering the park at the local visitor center. Some safety communication equipment is mandatory for a trip through Katannilik.

Places of Worship

The JTFN chaplain can assist in the provision of religious services for any denomination or faith group, provide counselling in a safe and non-judgemental environment and advocate for military members and their

families in order to ensure that necessary support is made available. The JTFN chaplain works in conjunction with MFS and the Medical staff, in a confidential manner, to ensure continuity of care. The Chaplain's daytime contact number located in Yellowknife 867-873-0700 ext 6011

Iqaluit, unlike all other Nunavut communities, is an extremely diverse community. The community has residents and citizens representing most areas of the world.

Islamic society of Nunavut	867-979-1362
Catholic Mission Bldg 911	867-979-5805
Anglican Mission Bldg 659	867-979-5595
Pentecostal Church Bldg 763	867-979-5779
Saint June's & St. Simon Anglican Cathedral Bldg 659 #34	867-979-5595

Post Office

Canada Post - 615 Queen Elizabeth St	867-979-5864
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Restaurants

Fine Dining

Granite Room (Discovery Hotel)	867-979-4433
The Frob Kitchen & Eatery (Frobisher Inn)	867-979-2222

Pubs and Take-out

NU Brew (no kitchen. Food can be ordered in or brought)	867-979-2337
Grind & Brew (Pizza, etc) (Has Delivery)	867-979-0606
Quick Stop Convenience (KFC & Pizza Hut) pick up only, no sit down or delivery	867-979-0657
Royal Canadian Legion Branch 168	867-979-6215
Storehouse (Pub)	867-979-2222
The Snack (Has Delivery)	867-979-6767
Yummy Shawarma & Pizza (Has Delivery)	867-979-1515
Hunter's Market	867-979-9999

Shopping

An Amazon Hub is available in Iqaluit. Make sure that you have an Amazon Prime account for free shipping. Shopping on Amazon provides items at southern prices. Excellent alternative for pantry items.

Groceries

Arctic Ventures	867-979-5992
Baffin Canners	867-979-6677
Northmart	867-975-3500
Northern Shopper	613-224-1549
Arctic Fresh	www.arcticfresh.ca

Convenience Stores

Baffin Gas	867-979-0636
CO-OP Gas	867-979-4848
DJ Specialties	867-979-4351
Quick Stop Convenience	867-979-0657
Quickstop Apex Road Gas & Convenience	867-979-1709
Inuulisautinut Niuvirvik	867-975-2532

Department & Furniture Stores

Arctic Ventures	867-979-5992
Northmart	867-975-3500

Electronics Stores

The Source	867-979-4233
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Fishing & Hunting

Arctic Survival Store	867-979-1984
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Pharmacies

Northmart	867-975-3500
Valupharm	867-979-0655
Inuulisautinut Niuvirvik	867-975-2532

Sealift

Large, heavy or bulky items may be ordered or purchased down south and shipped by air or sealift. Northern Shopper, located in Ottawa, is a year-round, full-service provider that will support any degree of shopping and shipping to Iqaluit by air or sea.

Northern Shopper
info@thenorthernshopper.com

613-224-1549

NEAS
<http://www.neas.ca/>

867-979-7974

NSSI
www.arcticsealift.com (Region C)

1-866-732-5438

**TIP: If you haven't made the weight requirement for the sealift,
Partner up with someone in the community to help you make up the balance of the weight.**

Thrift Store and used items

Piviniit Thrift Store

867-979-2120

Iqaluit "Kijiji" follow "Iqaluit Sell/Swap on Facebook"

Sports and Recreation

Many of Iqaluit's recreation facilities are multi-purpose and offer a range of programming. The facilities include:

- Arctic Winter Games Complex (Ice Arena from October-April)
- Arctic Winter Games Complex (Indoor Sports Field from May-September)
- Arnaitok Arena (Ice Arena from August-May)(Indoor Sports from April-July)
- Curling Rink (October-April)
- One Baseball Diamond
- Nine Playgrounds
- Elder's Qammaq
- Abe Okpik Hall
- Makkuttukuvik Youth Centre

Arctic Winter Games Complex

<http://www.city.iqaluit.nu.ca/residents/recreation/facilities/arenas>

Arnaitok Arena

867-975-8544

For skating information please visit:

http://www.city.iqaluit.nu.ca/sites/default/files/2016_iqaluit_visitors_guide.pdf

Atii Fitness Centre - www.atiifitnesscentre.com

867-979-0348

Fishing

Nunavut and other Canadian residents under the age of 16 do not require a territorial fishing licence. A Canadian resident may purchase a 3-day or a full season licence. A Nunavut resident of 90 or more days may purchase a licence for a full season at a reduced cost. Visit <http://nunavuttourism.com/things-to-see-do/fishing/nunavut-fishing-licence> to see the complete Sport Fishing Guide.

Frobisher Racquet Club

867-979-6766

Taxi Service

You can get around on foot to most places. If you are going a distance, you may want to use a taxi. Taxis charge a flat rate, one-way fare of \$9 per person and only accept cash. Taxis may also pick up and drop off other passengers along the way so shared rides with others are common.

Caribou Cabs 979-444

Theatre

Astro Movie Theatre 867-979-3500

Traffic

- Speed limits 30-50 km
- School zone limits 30 km
- Paved and Dirt Roads: Total 50.6 km of road. 27.5 km Paved & 23.1 km Dirt
- Registered ATV's are allowed on all road ways and are a common mode of transportation
- Skidoos have various paths throughout the town

Vehicle Related Items

Driver's Licence & Vehicle Registration

Motor Vehicles Division
1104C Inuksugait Plaza 867-975-7840 or 867-975-7841

Gas Stations

Iqaluit Gas Bar (Co-op)	867-979-4848
Baffin Gas & Convenience	867-979-0636
Quickstop Apex Road Gas & Convenience	867-979-1709

Leasing, Rentals & Sales

Driving Force Vehicle Rental, Sales & Leasing	867-979-2088
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Repairs and Services

Nunavut Auto Parts Service & Repair (NAPA)	867-979-0922 & 867-979-4326
Upper Base Garage	867-979-8822

TIP: If you are bringing your vehicle to Iqaluit make sure it is up to date with its servicing and tires are in good condition, winter tires are a must, used all year. Don't wait to do this in Iqaluit, it is very expensive. It

is also recommended to have some form of transportation however it's not advisable to purchase brand new as most roads are not paved.

Inuktitut Phrases

There are many dialects of Inuktitut throughout Nunavut and within Canada. While English is prevalent throughout Nunavut, learning some Inuktitut phrases is encouraged.

Phrase	Inuktitut (syllabics)	Inuktitut (Roman orthography)	Phonetically
My name is ...	ᐅᐅᐅᐅ	Uvanga ...	Oo-van-ga ...
Good morning	ᐅᐅᐅᐅᐅᐅ	Ullaakkut	Ood-laa-koot
Good afternoon	ᐅᐅᐅᐅᐅᐅᐅ	Unnusaakkut	Oo-noo-sa-koot
Good evening	ᐅᐅᐅᐅᐅᐅᐅ	Unnuukkut	Oo-noo-koot
How are you?	ᐅᐅᐅᐅᐅᐅᐅᐅ?	Qanuippit?	Ka-noo-eep-peat?
I am fine	ᐅᐅᐅᐅᐅᐅᐅ	Qanuingi	Ka-noo-ing-ee
Thank you	ᐅᐅᐅᐅᐅᐅᐅ	Nakurmiik	Na-koo-meek
You are welcome	ᐅᐅᐅᐅᐅᐅᐅ	Illali	Ee-la-lee
What time is it?	ᐅᐅᐅᐅᐅᐅᐅᐅ?	Qatsimuuqqa?	Ka-si-moo-ka?
Yes	ᐅᐅᐅᐅᐅᐅᐅ	Ii	Eeee
No	ᐅᐅᐅᐅᐅᐅᐅᐅ	Agga	Ahg-ga

Suggested online resource: <http://www.tusaalanga.ca/>

Joint Task Force North (JTFN)



Situated in Yellowknife, the capital of the Northwest Territories, Canadian Armed Forces Northern Area (CFNA) was formed on 15 May 1970 to assist in maintaining Canadian sovereignty and to support Canadian Armed Forces activities in the North. In February 2006 CFNA became JTFN. In January 2009 JTFN formalized the separation of the Commander's Joint Staff and support elements in the North resulting in the creation of Area Support Unit (North).

JTFN will contribute to the defence of Canada by providing a Canadian Armed Forces presence in the Yukon, the Northwest Territories and Nunavut. It is an immense area, covering almost four million square kilometres of land (roughly 40% of Canada's land mass). We stand as the image of the CAF in the North. As a group of highly professional and dedicated service personnel, we take great pride in our ability to accomplish our mission under the most severe weather conditions Canada has to offer. JTFN HQ is a joint headquarters capable of coordinating, supporting and conducting operations in the most unique theatre in Canada.

The Team North complement includes approximately 300 military and civilian personnel. The units within the JTFN area are: JTFN HQ Yellowknife; HQ Detachment in Whitehorse; and HQ Detachment in Iqaluit; (all, with the exception of Det Whitehorse and Det Iqaluit, are located in Yellowknife). Other units and detachments include; 440 Transport Squadron, 1 Canadian Ranger Patrol Group, C Company of the Loyal Edmonton Regiment, Military Police Det YK, 1 Field Ambulance Det YK, ACCE(N) Det YK, 3 CDSG Det YK, 77 Line Regiment Det YK, Real Property Ops Det YK, Military Family Resource Centre, Chaplain Services, Canadian Forces Housing Agency and Personnel Support Program situated in Yellowknife. Due to the relatively small size of the organization, each individual is necessarily a specialist in his or her own field. In addition to their significant contribution to Canada's Northern Defence Policy, JTFN personnel are afforded the unique opportunity to explore and experience living in this exciting and rapidly developing part of our nation.

The unit sections are dispersed throughout Yellowknife and occupy areas within the Evans bldg, Greenstone bldg, Trinity Hangar, Kam Lake and Forward Operation Location in the vicinity of the Yellowknife airport.

Lot 50 -- the site of JTFN HQ -- is named "The Evans Block" and the HQ building is called "the Evans Building" in memory of Lieutenant-Colonel T.D.B. Evans, C.B., Commander of the Yukon Field Force, of 1898-1899, which was the first Canadian military unit in operation 'North of 60'. The JTFN HQ motto *Custos Borealis* means Guardians of the North.



1 Canadian Ranger Patrol Group



Formally established on April 2, 1998 in Yellowknife, NT, the 1st Canadian Ranger Patrol Group (1 CRPG) encompasses the three territories (Nunavut, Yukon Territory and Northwest Territories) and the community of Atlin, BC. 1 CRPG is a unique Army unit due to its large area of responsibility, diversity, culture, size (largest military unit in Canada), mandate, and command relationships. It is under direct command of 3rd Canadian Division (located in Edmonton) Alberta and is often attached to Joint Task Force North for Force Employment. It also receives policy direction from the Directorate of Canadian Rangers and the National Cadet and Junior Canadian Rangers Support Group.

Canadian Ranger patrols operate along 75% of Canada's coastal regions and 8,000 kilometers of coastline from east to west. 1 CRPG's area of responsibility covers approximately 4 million square miles, representing 40% of Canada's landmass. 1 CRPG is a very active unit that conducts approximately 200 patrols, exercises, operations and other activities annually. The headquarters is located in Yellowknife, NT is responsible for the administration, training and operations of 61 Canadian Ranger (CR) patrols in 65 communities (comprising 1800 Rangers) and 44 Junior Canadian Ranger (JCR) patrols (comprising 1400 youth).

On average, Ranger Instructors (RI) deploy on a monthly basis for up to 10 days at a time. Other HQ staff also deploy but less frequently, but have very demanding workloads throughout the year supporting the activities associated with CRs, JCRs and RIs.

Nationally there are approximately 5,000 CRs who live in more than 200 communities across the country. CRs are divided into five Canadian Ranger Patrol Groups (CRPGs) each based in different

locations across Canada. Each CRPG covers a distinct geographical area and has a headquarters and a staff who are responsible for overseeing the CRs and JCRs in their area.

The role played by the CRs and staff of 1 CRPG is vital to providing a Canadian Armed Forces (CAF) presence in the North. Our motto “Vigilans” when translated means “The Watchers”



Canadian Rangers in Yellowknife, NT during Leadership Training in October 2019

Canadian Rangers

The CRs have a rich history that began on 23 May 1947, to provide a military presence in remote and isolated areas in the North. Today the CRs are a sub-component of the CAF Reserves working in remote and isolated regions of Canada.

The CR mission is to provide lightly-equipped and self-sufficient mobile forces in support of CAF sovereignty and other domestic operations.

CRs are not required to undergo mandatory training; however, they participate in approximately 14 days of annual training and may participate in optional training.

CRs come from diverse backgrounds and though not an indigenous organization, a majority are First Nations, Metis or Inuit. English is often not the first language. In NWT alone there are 11 official languages.

CR Patrols on average have a strength of 30 CRs and regularly train in activities such as first aid, ground search and rescue, leadership, navigation, weapon safety, and other special training as required. CRs will participate in at least one annual on-land exercise with their RI which takes place within the local patrol area, normally within a radius of approximately 150 kilometers from their home community. CRs are also responsible for recruiting, training and mentoring the JCR Program in communities that have JCR patrols.

CRs do not have a compulsory retirement age and can serve as long as they are able to physically perform their duties. Those who are likely to promote, from an educational or administrative perspective, the general efficiency of their patrol, the CR sub-component and the CAF. Patrols elect their leadership, patrols will elect 1 x Sgt (patrol Sergeant) 2-5 x MCpls (patrol

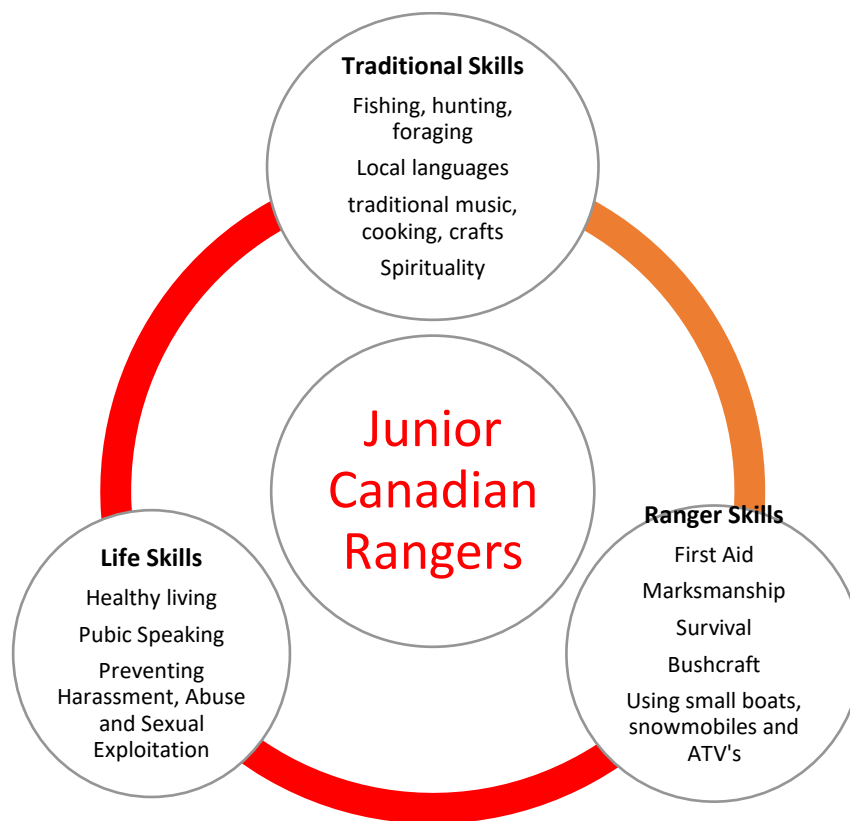
2IC, section commanders and JCR MCpl) and 4 x Cpls depending on the size of the patrol and the presence of a JCR patrol in the community.

Junior Canadian Rangers

The Junior Canadian Rangers (JCR) program was established in 1996 to provide a structured youth program, which promotes traditional cultures and lifestyles, in remote and isolated communities.

The JCRs are youth from 12 to 18 years of age, who live in remote and isolated areas of Canada that have CR patrols.

JCRs are easily recognized by their striking green sweatshirts, and ball caps. It is a free program with the objective of imparting the three circles of learning;



JCRs have the opportunity to participate in one of three Enhanced Training Sessions (ETS) during the summer months:

Basic ETS - (12 to 14 years) - Initiate JCR to group life and make new discoveries in an unknown environment to them.

Advance ETS - (14 to 16 years old) - To participate in outdoor challenges and adventures to promote a positive individual respect, belonging within a group and introduce them to leadership.

Leadership ETS - (16 to 18) - To participate in activities as a leader, plan, organize and carry out activities to develop leadership skills.

The JCR program is a Government of Canada youth program, funded by the Department of National Defence and supported by the CAF. In conjunction with this support each JCR Patrol is supported by an Adult Committee from their community, their Canadian Ranger Patrol, and the CAF to share in the development, delivery, and evaluation of the JCR community training program. Each JCR patrol also has a Ranger Instructor assigned to it and is run by a Ranger MCpl and Cpl.



Woodworking is just one of the many traditional skills that Junior Canadian Ranger's learn while attending the Summer Enhanced Training Session.

For information regarding the Canadian Rangers, and 1 CRPG visit the following

www.facebook.com/1crpg.1gprc
<https://army.gc.ca/en/canadian-rangers/1-canadian-ranger-patrol-group/index.page>
www.jcr-rjc.ca
www.twitter.com/1CRPG_1GPRC

440 (Transport) Squadron



440 (Transport) Squadron prides itself as being the only permanently-stationed Squadron North of the 60th parallel. Currently an integral unit of 8 Wing Trenton, Ontario, the Squadron has had a presence in Yellowknife since 1971. Initially consisting of a detachment of two aircrafts and associated personnel from the main body in 18 Wing Edmonton, the Squadron moved completely to Yellowknife in 1994 with the closure of that Wing.

With its current contingent of four CC138 Twin Otter aircrafts, the Squadron's primary role is to provide air transport operations, primarily in support of Joint Task Force North, 1 Canadian Ranger Patrol Group, and 1 Canadian Air Division. The Squadron also provides a secondary Search and Rescue response capability, and has been called upon to support major search operations as well as to search for missing hunters and snowmobilers. Deployments on Exercises and Operations take us throughout the North of Canada all the way to CFS Alert, as well as into Alaska and Greenland working with our US, and other international partners.

The squadron is comprised of approximately 59 personnel which include aircrew, technicians, supply technicians and logistics who are a mixture of Regular Force and Reserve Force members.

440 (T) Squadron is the lone Royal Canadian Air Force operator of the CC138 Twin Otter. This aircraft is well suited for flying in the rugged and austere Arctic and for enduring the harsh northern environment. Considered a light utility aircraft, the Twin Otter can carry passengers, cargo, or a combination of both. The Twin Otter has a cruise speed of 275 kilometers per hour and an effective range of approximately 1200 kilometers. The aircraft can be configured with a Para door to allow for aerial delivery of supplies and free fall parachutists. As seasonal and operational requirements dictate, the Twin Otter can be configured with wheels (3 different types of tires) or skis. This allows operations on paved, gravel, or abandoned runways; unprepared surfaces such as tundra, beaches, and gravel bars; or frozen fresh water lakes or sea ice. This versatility is unmatched by other RCAF fixed-wing aircraft.

The squadron badge depicts a bat in the center which is suggestive of night flying and the use of radar, and the cloud condition of poor visibility. Both of which were especially applicable to the squadron's role when reformed as an all-weather fighting squadron in the 1950's. The squadron's motto is KA GANAWAITAK SAGUENAY (He who protects the Saguenay).

Loyal Edmonton Regiment



Charlie Company of the Loyal Edmonton Regiment (4th Battalion, Princess Patricia's Canadian Light Infantry), abbreviated as "C Coy L Edmn R", was established in August 2009 following an announcement by the Minister of National Defense in September of 2008. The Company was established as part of a larger Government of Canada move to increase Canadian Armed Forces presence in the North.

The L Edmn R's Regimental Headquarters, Alpha, Bravo and Administration companies are located in Brigadier James Curry Jefferson Armoury in Edmonton and maintain close contact with C Company to foster collective training and to support its growth and development.

C Coy L Edmn R is the only Combat Arms Primary Reserve organization in the Arctic Region and functions as a foot on the ground in the North for 41 Canadian Brigade Group and the 3rd Canadian Division of the Canadian Army.

C Coy is focused on maintaining its core infantry capabilities and the continuous development of its winter warfare subject matter expertise. C Company exercises are typically once per month from September through June, with exercises occurring in the Arctic Region once or twice a year and others in southern Canada (typically Wainwright, Dundurn and others) with the remainder of the L Edmn R. Typically the first northern exercises of each training year will be live ranges involving other Team North Units, and the second will be a Winter Indoctrination / Winter Warfare exercise involving patrolling either dismounted or by Light Over Snow Vehicles (LOSV). C Coy recruits members through direct recruiting in the Yellowknife region (<https://forces.ca/en/>) and through transfers of graduates from CAF aboriginal programs such as Raven. BMQ training may be in-house in Yellowknife or centralized at the 3rd Canadian Division training centre in Wainwright, along with the DP1 Infantry course. In addition to BMQ and collective training, C Company has the ability to conduct IBTS, Winter Warfare Basic and LOSV training organically.

Though not a CJOC organization, C Company is a full member of Team North and endeavours to coordinate training and to cooperate to the greatest extent possible with flanking units. Members participate in all major events and functions taking place in the Yellowknife garrison and are a part of the Team North mess and cultural life.