



2006–2007



**FJELLPULKEN<sup>®</sup>**

# THE PULK THROUGH 40 YEARS

The year is 1963. A hundred thousand Norwegian families head for snow-clad mountains, with skis on the roof racks of their cars. Outdoorsman and furniture carpenter Egil Rustadstuen feels it would be unfortunate not to bring their youngest child on their skiing trips. In his workshop he makes the first Children's Pulk – it raises quite a few eyebrows in the winter paradise. Immediately afterwards, he starts a carpentry business at Lillehammer, Rustadstuen Snekkerverksted, and got busy filling the orders he's received. This is the beginning of today's company, Fjellpulken AS.

Soon, different models are needed – for recreational skiers, dog owners, winter hunters, soldiers, physically disabled, adventurers, Antarctic expeditions, Mountain Rescue teams...

To most people, the name Fjellpulken soon becomes synonymous with "pulk". Fjellpulken's product philosophy – now as then – is to make functional equipment of the highest quality, by always excelling in product development.

Today, you have 18 models to choose from, each developed for precise needs in regards to size and weight, form and function. Fjellpulken is designed to make your wilderness experience more practical and enjoyable. That's what it's all about!



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Photo: Vidar Heikøtter



## THE CHILDREN'S PULK

*One year old, wobbly on her feet but already trying to walk. It's hard work. Now Lisa is taking a morning nap in her pulk, warm and protected in her sleeping bag. And the two of us can enjoy a moment of peace – finally "alone".*

Our Children's Pulk exceeds the strict Norwegian Safety Regulation Codes, so you can be assured that both you and your child are safe as well as comfortable. Fjellpulken's uncompromising attitude to safety explains why we remain the market leader after 40 years, and why Fjellpulken is still declared "best in test" by the Norwegian Consumers Association (Forbrukerrapporten, no. 10 / 2001).



ART	Weight (ca)	Length	Width	Back height	Storage height w/o screen	Storage width w/roll-over guard
101	11 kg	131 cm	53 cm	50 cm	30 cm	60 cm

## ART. 101 Fjellpulken Children's Pulk – complete with backrest, windscreen, roll-over guards, shafts and harness

- The hull is made of fibreglass reinforced polyester.
- Roll-over guards provide additional stability and provide protection in case of overturning.
- Harness with adjustable shoulder straps (ART 710).
- Parallel folding shafts with built-in two-ways cushioning spring (ART 701).
- Closed-cell insulation mat (does not absorb water) with anti-skid surface.
- Adjustable backrest with built-in suspension, made of soft, insulating foam rubber, providing excellent support for neck and back. When the child becomes sleepy, as often happens due to the rocking movement of the pulk, the backrest can be reclined and the windscreen adjusted.
- Protective windscreen with high quality polycarbonate construction, integrated roll-over guard and screen. The windscreen offers protection against snow and wind, sunlight, branches, ski poles etc. Adjustable and easily detached, this is a key element of the Children's Pulk. The guard integrated in the windscreen offers extra protection against roll-over.
- Braking chord for difficult terrain and downhill use.
- Protective cover, water- and wind-resistant, yet breathable. It has a two-ways zipper, integrated storm hood, opening for airing/reaching stored items – that's immensely practical, making it easy to transport extra equipment etc in your Fjellpulken! The storm hood attaches over the windscreen, offering superb protection against side wind and extreme weather conditions.
- For transporting supplies etc, simply remove the windscreen and backrest from the Children's Pulk.

## ACCESSORIES



### ART 705

Shafts w/bow for single dog. For a child, especially, it can be a wonderful experience to speed along in a pulk pulled by a dog. This does, of course, require that the skier has full control of the dog.

### ART 720 AND 721

Fjellpulken's sleeping bag is specially designed for babies and young children. Thermo-constructed, fits both pulk or baby stroller. Available in two lengths: 120 cm (up to 4 yrs/ 105 cm) and 140 cm (up to 7 yrs/125 cm). Warm thermo-constructed, formed to fit the body; the inner material is comfortable cotton/polyester, while the outer Rip-stop nylon is water resistant, with a surface that prevents downward sliding. Zippers on both sides make it easy to position the child even when it is sleeping. The sleeping bag has loops for draw-string attachment to the pulk. An inner fleece bag can be buttoned inside the sleeping bag. Storage bag of rip-stop nylon. Machine washable at 40°C.



### ART 722

The soft and comfortable inner fleece bag, which provides additional warmth and comfort, can be buttoned into Fjellpulken's child sleeping bag, or used alone. Length 120 cm.

### ART 724

Transport bag for protecting the pulk during transport and storage.



### ART 726

Anatomical formed pillow to provide optimum seating comfort.

See also p. 14.





## THE TWIN PULK

*Two children in a single pulk. I thought it would be heavy, but the pulk glides forward with surprisingly little effort, across frozen lakes and marshes, up and down snow-covered hills. Brother and sister don't argue then – just two smiling faces in our pulk.*

Our Twin Pulk is developed for optimal safety and comfort, just like our classic Children's Pulk (p. 4) The child in the back sits a little higher. The pulk is delivered with two adjustable backrests, windscreens and roll-over guards. Protective cover that is water-resistant and breathable, has an integrated storm hood and a handy large opening for airing/reaching stored items. The backrest and the windscreen are easily detachable, so the Twin Pulk can be used as a combined child/transport pulk. Exceeds Norwegian safety requirements.

### Complete equipment:

**ART 104:** Twin pulk with 2 backrests, 2 windscreens and roll-over guards.

**ART 701:** Parallel shafts, collapsible

**ART 710:** Harness with cross-over straps

## ACCESSORIES

- ART 701** Parallel shafts, collapsible
- ART 703** Reinforced shafts, collapsible
- ART 705** Shafts w/ bow for single dog
- ART 710** Harness with cross-over straps
- ART 711** Expedition harness
- ART 720** Sleeping bag for children 120 cm (See p. 5.)
- ART 722** Inner bag, fleece 120 cm
- ART 723** Transport bag for Twin Pulk
- ART 726** Anatomical formed pillow to provide optimum seating comfort.

See also p. 14.



The hull has a catamaran shape, which make it stable and easy to pull



**ART 104**

ART	Weight (ca)	Length	Width	Back height	Storage height w/o screen	Storage width w/roll-over guard
104	16 kg	152 cm	47 cm	50 cm	30 cm	62 cm

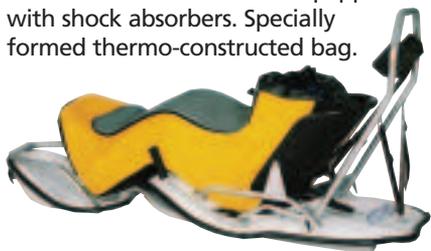


## HANDICAP PULKS

*It's early Sunday morning. My dog-team and I are equally eager to head for the ski tracks. Finally we sense the freedom of snow, fresh air, and wide-open fields ahead of us. The pulk opens a new world of adventure.*

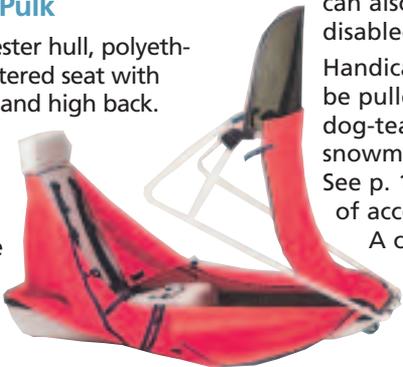
### ART. 107 • New, active Handicap Pulk

Two-part hull of glassfibre reinforced polyester. The user sits more freely, which enables greater participation. The pulk is equipped with a handbrake and steering plate. Combined roll-over guard and handle. Adjustable backrest and neckrest, shoulder straps and safety harness. Glide runners are equipped with shock absorbers. Specially formed thermo-constructed bag.



### ART. 106 • Handicap Pulk

Glassfibre reinforced polyester hull, polyethylene runners, well-upholstered seat with removable cover, neckrest and high back. Equipped with 3-point, Y-shaped safety harness that attaches to a crotch strap to prevent sliding down. Spacious, protective nylon cover. Easily detachable windscreen with built in roll-over guard.



### ART. 105 • Handicap Pulk for disabled children.

Similar to our ordinary Children's Pulk (see p. 4), but equipped with specially sewn cover, 3-point safety harness. Optional extra neckrest (art. 739). Exceeds Norwegian safety requirements.



Note: Our standard Twin Pulk (see p. 6) can also be used by disabled persons.

Handicap Pulks may be pulled by skiers, dog-teams or snowmobiles. See p. 14 for list of accessories.

A companion is required.

## ACCESSORIES

- ART 701 Standard parallel shafts, collapsible (see p. 4)
- ART 703 Parallel shafts of reinforced solid epoxy, collapsible (see p. 11)
- ART 710 Standard harness with crossover straps (see p. 4)
- ART 711 Expedition harness (see p. 11)
- ART 720 Sleeping bag for children, 120 cm (see p. 5)
- ART 721 Sleeping bag for children, 140 cm
- ART 722 Inner bag, fleece 120 cm
- ART 724 Transport bag for ART. 105
- ART 739 Neckrest
- ART 705 Shafts w/ bow for single dog
- ART 706 Shafts w/ bow for 2-dog team
- ART 707 Shafts for 3-dog team
- ART 804 Snowmobile drawbar
- ART 751 Nome-hitch
- ART 766 Brakes for ART 106

See also p. 14.

ART	Age of user	Weight (ca)	Length	Width	Back height	Storage length	Storage height
107	12 yr to adult	25 kg	182 cm	64 cm	56-84 cm	145 cm	50 cm
106	7 yr to adult	17 kg	160 cm	63 cm	76 cm	160 cm	20 cm
105	0 to 7 yr	9,5 kg	131 cm	53 cm	50 cm	131 cm	30 cm



## TOURING PULKS

*Light-weight, practical, efficient. Why haven't I thought of that before – to use the pulk for transport as well? No more heavy backpack digging into my shoulders, or pressing against a sweaty back. Woollen blankets, food and thermos, plenty of firewood. And still there's more room.*

**Snerten ART 201** is the compact choice, yet it has a good width to ensure ease of movement and directional stability in loose snow as well as on prepared skiing tracks.

**Birken ART 202** is narrower and ideal for moving fast or letting a dog-team pull the load.

**Veteran ART 203** is our classic all-round model: stable, light, and with large load capacity.

**The Transport Pulk ART 204** is essentially a cargo pulk designed for transporting large loads or an adult person.

The hulls are of fibreglass reinforced polyethylene. Standard equipment includes steering runners of polyethylene, a roomy nylon cover with draw-string enclosures, string and antenna attachments. The Transport Pulk is aluminium reinforced. Strap and draw-string enclosure, with inner and outer loops, for securing loads.

The pulks may be pulled by a skier, snowmobile or a dog-team. If you use a dog-team, you should equip the pulk with brakes; we especially recommend the Veteran model.



ART	Weight (ca)	Length	Width	Load height	Volume	Hull height
201	4 kg	118 cm	43 cm	40 cm	185 l	18 cm
202	4 kg	130 cm	37 cm	40 cm	175 l	18 cm
203	5 kg	144 cm	43 cm	50 cm	285 l	18 cm
204	9 kg	188 cm	50 cm	50 cm	440 l	22 cm



ART 201



ART 202



ART 203



ART 204



## ACCESSORIES

- ART 701 Parallel shafts, collapsible (see p. 4)
- ART 702 Parallel shafts, solid reinforced epoxy, full length (see p. 11)
- ART 703 Parallel shafts, solid reinforced epoxy, collapsible
- ART 710 Harness with cross-over straps (see p. 4)
- ART 711 Expedition harness (extra padded) (see p. 11)
- ART 712 Expedition harness for pulk and ski sailing (see p. 11)
- Art 705 Shafts w/ bow for single dog
- ART 706 Shafts w/ bow for 2-dog team
- ART 707 Shafts for 3-dog team
- ART 804 Snowmobile drawbar
- ART 751 Nome-hitch
- ART 752 Combined rope/bungi cord (for single dog)
- ART 753 Special belt w/ hook
- ART 754 Elastic cord, 2.5 m
- ART 755 Antenna
- ART 763 Brakes for ART 203
- ART 764 Brakes for ART 204
- ART 725 Swivel joining hitch
- ART 767 Hook for harness (ART 710)

See also p. 14.



ART 725

Photo: Toril Vesta



Photo: Yourexpedition.com • Bancroft Arnesen Expedition Antarctica 2001

## EXPEDITION PULKS

*Each day brings us closer to our goal, lightens our load of food supplies in the pulk. Every calorie is transformed into sweat and toil, and extreme adventure. I'm glad that intense experiences weigh less than our supplies. It's becoming easier and easier to pull a pulk "filled to the brim" with incredible stories.*

### Expedition Kili ART 301, 302 Veteran Expedition ART 303

Our most renowned and popular Expedition Pulks have hulls of glassfibre reinforced polyester. High runner height and rounded shoulders ensure excellent stability and ease of movement. Replaceable runners. Spacious nylon cover with aluminium reinforcement at edges. Draw-string and bungi strap enclosure, with both inner and outer loops.



ART 301, 302 and 303

### Model Arctic II ART 304 and 305

These models are specially built for ruggedness and low weight. The carbon/Kevlar hull has a sandwich construction. A catamaran-shaped hull and special shoulder harness ensure excellent stability and ease of movement. Replaceable runners, rip-stop nylon cover, and through-attachment made of nylon for shafts/ drawbars or rope. Special order – Fjellpulken will customize it to the specific requirements of your expedition!



ART 305

ART 304



A replaceable runner system ensures optimal glide



ART	Weight (ca)	Lenght	Width	Load height	Volume	Hull height
304	9,8 kg	195 cm	58 cm	70 cm	550 l	31 cm
305	6,8 kg	170 cm	44 cm	70 cm	390 l	30 cm
301	6 kg	154 cm	43 cm	50 cm	310 l	19 cm
302	7 kg	168 cm	43 cm	50 cm	340 l	19 cm
303	5 kg	144 cm	43 cm	50 cm	285 l	18 cm

## A combined harness for pulk and ski-sail ART 712

The harness has extra padding for hip and back. Removable backrest. Reinforced attachment points for pulk shafts / ski-sail. Removable trouser section with colour coded adjustment straps make it easy to switch between ski-sail and pulk. Weight complete.: 1035 g (without trouser section: 737 g).

## Expedition harness ART 711

This solid harness with extra padding for the hip and back is ideal for demanding expeditions. Removable backrest. The pulk shaft attachment points are reinforced. Weight: 658 g

## Reinforced shaft ART 702

(full length) and ART 703 (collapsible)

Shafts of solid epoxy and reinforced medial section ensure extra strength and stiffness. Length: 210 cm. Weight: 2600 g. Collapsed length (ART 703): 120 cm



ART 711



ART 712



ART 702



Foto: Expedition Site fra 2005  
Mikael Stranberg

## ACCESSORIES

- ART 701 Parallel shafts, collapsible (see p. 4)
- ART 702 Parallel shafts, solid reinforced epoxy, full length
- ART 703 Parallel shafts, solid reinforced epoxy, collapsible
- ART 710 Harness with cross-over straps (see p. 4)
- ART 711 Expedition harness (extra padded)
- ART 712 Expedition harness for pulk and ski sailing
- ART 705 Shafts w/ bow for single dog
- ART 706 Shafts w/ bow for 2-dog team
- ART 707 Shafts for 3-dog team
- ART 804 Snowmobile draw-bar, standard (for strap attachment, ART 910)
- ART 751 Nome-hitch
- ART 752 Combined rope/bungi cord (for single dog)
- ART 753 Special belt w/hook
- ART 754 Elastic cord, 2.5 m
- ART 755 Antenna
- ART 763 Brakes for ART 203, 301, 302, 303
- ART 764 Brakes for ART 204
- ART 725 Swivel joining hitch

See also p. 14.

Foto: Norsk Antarktisk ekspedisjon, Erik sommeland og Rolf Bae.



Photo: Turid Næss

# RACING PULK

*Mitshi is in fine form today. She is running up a snow cloud right in front of me. A new record: 19 minutes from our starting point. "Gangway!" The spectators dive for cover as we speed down the final stretch.*



## KI model complete

KI model is shown complete – with skis, bindings, antenna, rope/bungi, and shafts with a raised offset attachment.  
 (ART 501, 757, 760, 755, 754, 705 and 756)  
 Length: 150 cm. Weight (complete): 10 kg

## Madshus ski Supra Race Classic. ART 757

Produced with a Triaxial construction and stone ground P-Tex 4000 racing base give features as great stability and super glide. If you use spring-dampened bindings (ART 760)

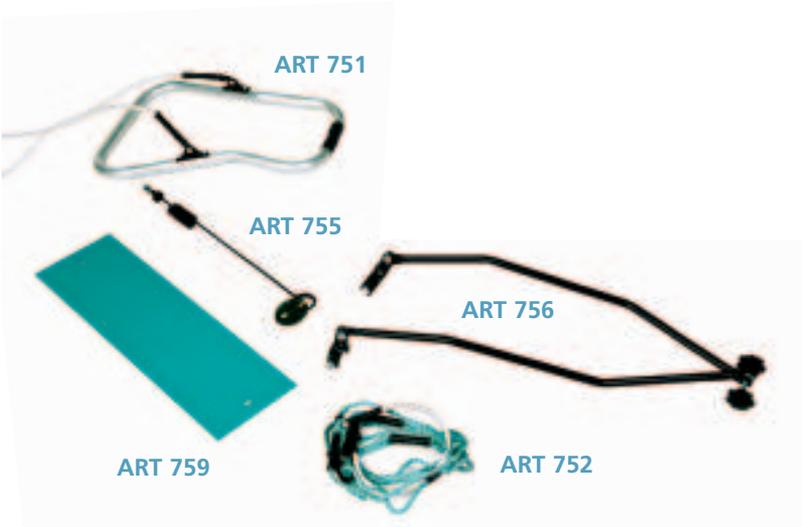


Foto: Karl Jämsä

## ACCESSORIES

- ART 705 Shafts w/ bow for single dog
- ART 706 Shafts w/ bow for 2-dog team
- ART 707 Shafts for 3-dog team
- ART 751 Nome-hitch
- ART 752 Combined rope/bungi cord (for single dog)
- ART 753 Special belt w/ hook for dog-drivers
- ART 754 Elastic cord, 2.5 m
- ART 755 Antenna
- ART 756 Raised offset attachment
- ART 757 Pair of skis for KI (Madshus)
- ART 759 4 kg ballast plates for KI
- ART 760 Ski bindings for KI

See also p. 14.



## RESCUE PULKS

*In the Mountain Rescue Unit, we have to be able to rely on our equipment when the situation is critical. Fjellpulken's well-designed model really protects the injured patient as we bring her down steep mountainsides and across extremely uneven terrain, on the way to the operating table.*

### Model 220 Alpine Rescue Pulk ART 403

All-in-one pulk increases the effectiveness of rescue teams. Length 220 cm. Weight 17 kg (25 kg incl. 2-man harness). Also available in 207 cm length, and with fixed shafts for lifting (ART 407).



### Unique 2-man shaft system

This is a unique 2-man shaft system that enables you to mount the shafts together above the pulk, remove them entirely, or replace the shafts with a snowmobile drawbar.



### Model 200 Sanitet Rescue pulk ART 401 and 402

For single-person shaft or easily removable 2-person alpine shafts. Length: 200 cm. Pulk weight: 12 kg. A practical, light model popular with mountain rescue teams, dog clubs, and airborne rescue units.

### NEW MODEL! 205 Pulk Stretcher ART 408

A stretcher that is specially designed for transporting injured persons up and down stairs, and in tight spaces (such as tunnels and shafts). Excellent horizontal and vertical manoeuvring. Rugged glassfibre construction. Length 205 cm, width 51 cm, weight 16 kg.



## ACCESSORIES

- ART 801 Braking spikes for ART. 403, 402
- ART 804 Snowmobile drawbar, standard (for strap attachment)
- ART 806 Snowmobile drawbar for ART 403, 404
- ART 807 Snowmobile drawbar for art 402
- ART 810 Vacuum mattress
- ART 811 Vacuum splint kit (for leg, arm and wrist)
- ART 812 Plastic vacuum pump
- ART 813 Compact vacuum pump
- ART 815 Hartwell Combi Carrier
- ART 820 Bag for First Aid kit (for ART 403, 404, 407)
- ART 821 Fjellpulken hip bag
- ART 822 First Aid kit for ART 821
- ART 823 First Aid kit for ART 820
- ART 702 Parallel shafts, solid reinforced epoxy, full length
- ART 710 Standard harness with crossover straps
- ART 711 Expedition harness

See also p. 14.

For additional information, please see our special product brochure.

# ACCESSORIES AND SPARE PARTS

## Equipment for dog-teams

- ART 705 Shafts w/bow for single dog. Length 167 cm
- ART 706 Shafts w/ bow for 2-dog team. Length 360 cm
- ART 707 Shafts for 3-dog team. Length 470 cm
- ART 751 Nome-hitch
- ART 752 Combined rope/bungi cord (for single dog)
- ART 753 Special belt w/ hook for dog-drivers
- ART 767 Hook for harness (ART 710)
- ART 754 Bungi cord, 2.5 m
- ART 755 Antenna
- ART 763 Brakes for ART 203, 301, 302, 303
- ART 764 Brakes for ART 204
- ART 765 Brakes for ART 401
- ART 766 Brakes for ART 106



## SUNDRIES

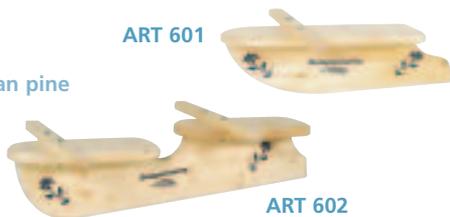
- ART 804 Snowmobile drawbar (for strap attachment)
- ART 725 Swivel joining hitsch
- ART 825 Snow shovel, detachable, Dim. 20x25x71 cm. Weight 590 g



## RUMPRACERS

Traditional speedster in Norwegian pine

- ART 601 RumpRacer Standard
- ART 602 RumpRacer Tandem



## SPARE PARTS

- ART 901 Windscreen for Children's Pulk
- ART 902 Roll-over guard for Children's Pulk, per set
- ART 903 Cover for Children's Pulk
- ART 904 Backrest for Children's Pulk
- ART 905 Cover for Children's Pulk when used for transport (nylon with bungi enclo sure) for art. 101
- ART 907 Insulated underlay for Children's Pulk
- ART 908 Suspension for backrest
- ART 910 Shaft attachment with straps (pair)
- ART 911 Straps for shaft attachment
- ART 912 Windscreen mountings (pair)
- ART 913 Windscreen wheel
- ART 914 Antenna attachment
- ART 915 Carabine snaps
- ART 916 Fibreglass tube for shaft, 76 cm
- ART 917 Fibreglass tube for shaft, 110 cm
- ART 918 Solid shaft, 6 m
- ART 920 End attachment for skier shafts

- ART 921 End attachment for dog shafts
- ART 922 Bow for dog shafts
- ART 923 Handle with hook for skier shafts
- ART 924 Draw-string attachments
- ART 927 Plastic runner, 20x6 mm (for art 101)
- ART 928 Plastic runner, 40x6 mm (per metre)

- ART 929 Antistatic glide coatings, 40 mm black, (pair)
- ART 930 Antistatic glide coatings, 35 mm (for art 301, 302, 303)
- ART 931 Aluminium runners for use w/ replaceable glide coatings (art 929)
- ART 932 Aluminium runners for use w/ replaceable glide coatings (art 930)
- ART 936 3-point safety harness (for ART 101,104)

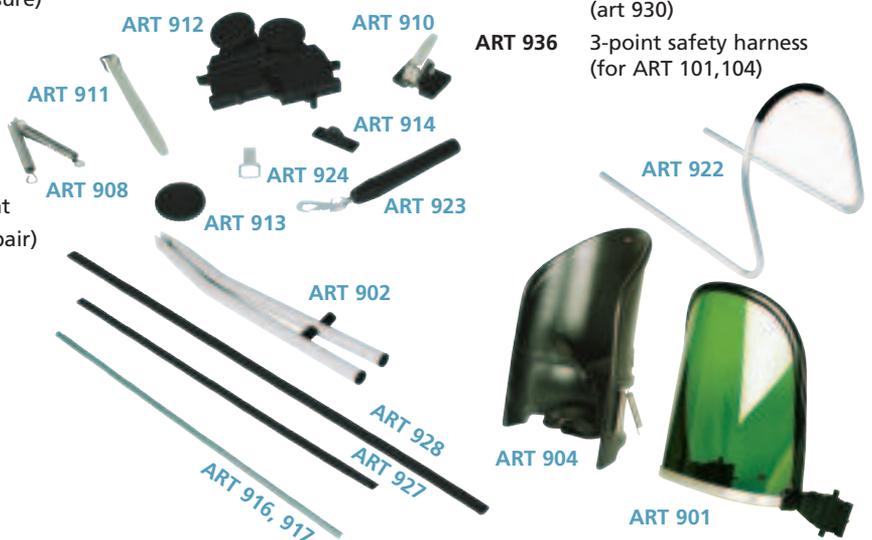




Photo: Alexander Gamme

FOR ADDITIONAL INFORMATION, PLEASE VISIT:

[www.fjellpulken.no](http://www.fjellpulken.no)

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