

## Open Polar Expedition Training Norway

### Haugastøl

The purpose of the Polar Training Course is to prepare individuals for participation in a polar expedition such as skiing long distance or last degree to the South or North Pole or crossing the Greenland Icecap.

The two week course, will combine classroom style sessions, discussion forums, practical field skills and a remote mini expedition on the Hardangervidda Mountain Plateau

Course location: Haugastøl

Course fees: 35,000 NOK

Duration 14 days

Course date: 31st January – 14th February 2016

#### What the price includes

Hotel accommodation in Haugastøl with breakfast, pack-lunch, even-meal All camping Equipment and meals during the expedition

Ski and boot hire for the course

All costs for guides

Use of Emergency location beacon and communications equipment

#### What the price does not include

Travel insurance

Travel to and from Haugastøl Bar bills and laundry

## Polar Training Course Content

### Clothing

The correct use of layers and how to combine base layers, mid layers and outer layers to best effect in an extreme working environment.  
A close look at the different types of clothing and materials available.  
Hands and face management.  
Using your clothing, venting and temperature control.

### Footwear

Boots and bindings alternatives  
Skis  
Skins, wax, fish-scales – how to get along  
Snowshoes  
Camp footwear  
Socks  
Vapor barrier footwear

### Pulks

Different types  
Runner technology  
Packing and weight distribution  
Covers and bags  
Trace options  
Harnesses

### Tents

Different styles, type, designs and brands of tents  
Desirable features – what to look for.  
Preparing tents for polar use  
Field repairs

### Sleeping

Sleeping bags, brands, features, uses  
Mats, Thermarests - insulation from the ground  
Vapor barrier bags  
Hot water bottles  
Getting a good night's sleep - the little extras that make sleep good.  
Drying clothing and equipment as you sleep.

### Camping

- Picking a safe camp spot
- Orientation of camp for weather, drifting and cooking.
- Erecting and protecting camp in extreme conditions
- Bear security
- Making your tent into a practical working space
- Preparing toilets
- Allocating tasks to the team
- Solar panels
- Efficient camping
- Camping etiquette

## Cooking

- Safety for cooking inside a tent
- Carbon monoxide management
- Stove types
- Stove boards
- Fuel types, usage and management
- Stove and pump maintenance
- Using snow for water
- Pots, kettles and pans
- Heat exchangers and aluminum wraps
- Managing steam
- Washing up
- Packing a tent bag

## Food and Eating

- Nutritional and calorific intake and breakdown by bodyweight
- Hydration
- Recovery supplements
- Electrolytes
- Effective food intake on the trail
- Freeze dried food - brands and varieties and nutritional value
- Weight loss
- Managing hunger and dealing with anorexia
- Weight gain and loss

## Health and Hygiene

- What to do with hair and beards
- Washing options
- Wash bag essentials
- Teeth and lip care
- Foot care – dealing with blisters and pressure sores
- Finger splits and super glue
- Vitamins and supplements

- Polar coughing
- Sun protection
- Snow blindness
- Preventing and dealing with frostbite
- Emotional preparation and management
- Carbon monoxide poisoning
- Medical kit contents
- Pain management
- Accessing remote medical advice

## Training and Physical Preparation

- General fitness
- Tire pulling
- Building endurance
- Weight gain
- Mental preparation

## Travelling In A Polar Environment

- Finding the right travel schedule
- Managing breaks
- Buddy systems
- Managing pace
- Working as a team
- Keeping your head in the game
- Managing crevasse, moulin and river situations
- Swimming in the Arctic Ocean
- Judging and travelling on sea ice
- Tackling large obstacles

## Navigation

- Planning your route
- Charts, latitude, longitude and the magnetic poles
- GPS use
- Compass use
- Natural navigation resources, sun, wind, surface features, clouds
- Navigating in zero visibility
- Working together

## Weather

- Overview of weather systems and forces in the main polar regions
- Managing cold
- Managing wind
- Managing white outs
- Sun dogs and auroras

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Clouds and what they mean  
Temperature variations

## **Environmental Issues**

A brief overview of the Antarctic Treaty and the rules that govern our behavior there. And a look at the equivalent lack of regulation elsewhere.  
A discussion on the jettisoning of equipment in the Arctic  
Keeping our environment pristine  
Human waste management  
Garbage management  
Fuel management

## **Access and Permitting**

Access options for Antarctica  
Permitting your activity on Antarctica  
Access options for the Arctic Ocean  
Permitting for the Arctic Ocean  
Access options for Greenland  
Permitting your activity on Greenland  
Access and permitting for other icecaps such as in Chile and Iceland

## **Firearms**

An overview of firearms options for use in the Arctic  
A overview of licensing and obtaining firearms

## **Comms, Power and Electronics**

GPS  
Satellite phones  
Solar charging  
Batteries  
Iphones, Ipods, MP3 players, e-readers and videos  
Laptops, hand held computers and PDAs  
Options for blogging and sending data  
Cameras  
Sched calls and communication with a base person.

## **Emergency and Evacuation Planning**

Expedition risk assessment and creating an emergency plan  
Insurance  
Evacuation options and issues in the different polar environments  
International search and rescue agreements  
Appointing a remote emergency coordinator