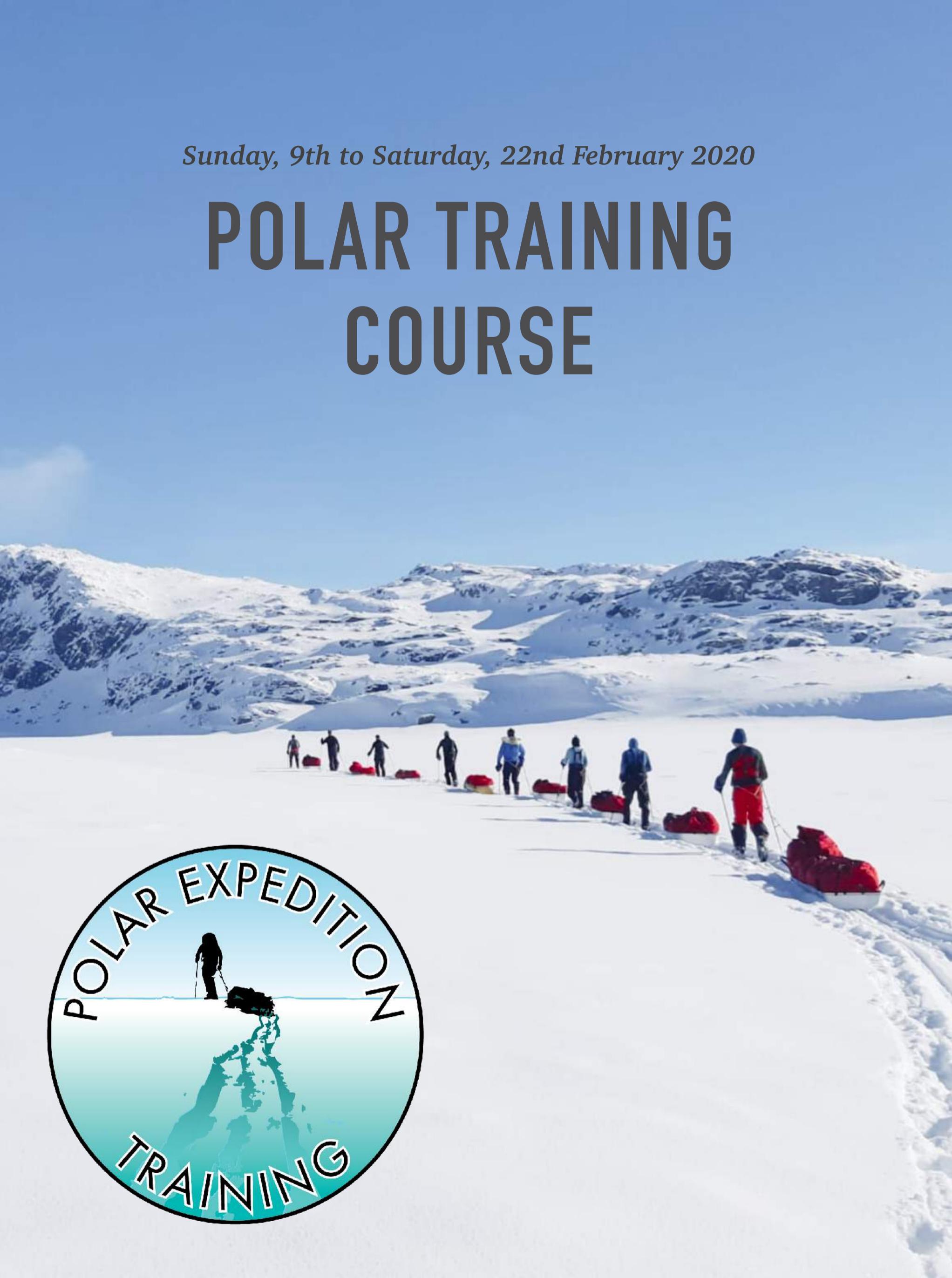


*Sunday, 9th to Saturday, 22nd February 2020*

# POLAR TRAINING COURSE



# COURSE OVERVIEW

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**DATES:** Sunday, 9th to Saturday, 22nd February 2020

**DURATION:** 13 days

**SKIING SKILL LEVEL:** Novice to advanced

**FITNESS:** High, we will be skiing up and down hills for up to 10 hours a day with sleds

**LOCATION:** Finse, Norway

**ACCOMMODATION:** Week 1 - Shared, possibly co-ed, rooms in a cozy house.  
Week 2 - Camping

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## POLAR TRAINING COURSE

Run out of the remote mountain village of Finse at the heart of the spectacular Hardangervidda plateau in Norway, the purpose of the Polar Expedition 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.

Week one consists of morning classroom sessions, afternoon practical outdoor sessions, learning to cross-country ski and evening lectures.

Week two is a remote and highly challenging 6-day mini expedition on the Hardangervidda. This is a very physical week, which requires good levels of strength and endurance fitness. Before arriving on the course you should be satisfied that you have the physical ability to pull a 40kg sled up and down hills at a gentle but consistent pace for 8-10 hours a day for 6 days straight. If by the end of week one any student has been assessed by the instructors to be absolutely unable to sustain this level of activity they may not be able to continue and partake in week two.



# COURSE CONTENT

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## **Clothing**

The correct use of layers, the different types of clothing and materials, hands and face management, footwear, temperature control, boots and bindings, skis, skins.

## **Pulks**

Different types, runner technology, packing and weight distribution, covers and bags, trace options, harnesses.

## **Tents**

Different styles, what to look for. Preparing tents for polar use.

## **Camping and Living**

Orientation of camps, erecting and protecting camps in extreme conditions, bear security, making a practical working space, toilets, power, efficiency, etiquette, sleeping, insulation, field repairs.

## **Cooking**

Safety for cooking inside a tent, carbon monoxide management, stoves, managing moisture.

## **Food and Eating**

Nutritional and calorific intake and breakdown, hydration, weight loss, managing hunger and dealing with anorexia.

## **Health and Hygiene**

Staying healthy, basic first aid, preventing and dealing with cold injury, emotional preparation and management, medical kits, pain management, remote medical advice.

## **Training and Physical Preparation**

## **Travelling In A Polar Environment**

Travel schedules, efficiency, managing pace, working as a team, geographic threats, judging and travelling on sea ice.

## **Navigation**

Route planning, navigational theory, GPSs, compass use, natural navigation resources, white outs, working together.

## **Weather**

Overview of weather systems in the main polar regions, managing difficult conditions.

## **Environmental Issues**

Environmental ethics, the Antarctic Treaty and the rules that govern our behaviour there, the lack of regulation elsewhere.

## **Access and Permitting**

Access and permitting issues and options.

## **Comms, Power and Electronics**

GPS, satellite phones, solar charging, batteries, InReach, e-readers, laptops, hand held computers and smart phones, options for blogging and sending data, cameras, sched calls and communication with a base person.

## **Risks, Emergencies and Evacuation**

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, firearms.

## **And everything else.....**



## LEAD INSTRUCTOR HANNAH MCKEAND

Polar Expedition Training founder and Guinness World Record holder Hannah McKeand has over 14 years of experience in the polar world. Her goal is to share not only her ideas about polar travel, but the broad range of options that are available to you on almost every topic and decision.

*“There surely isn’t anyone more knowledgeable than Hannah on polar expeditions and polar travel, it was the draw for me to attend this course. Brilliant teaching style, very patient, challenged us when necessary and always let us chew her ear with incessant questions throughout the course.”*





## LOCATION - FINSE

The village of Finse is located at the highest point along the Bergen Railway, at 1222 meters above sea level. Finse is only reachable by train, bicycle, or foot, and is located two hours east of Bergen and just over four hours west of Oslo. The village overlooks the stunning Hardangerjøkulen glacier. Finse has long been associated with preparation for polar expeditions. Polar explorer and hero Ernest Shackleton trained at Finse before he set out on his Imperial Trans-Antarctic Expedition.

## FOOD

There are no grocery stores in Finse, and the course schedule does not allow much time for cooking, so all meals will be consumed at Hotel Finse 1222. Each student will have an account opened for them at the hotel on which to put food and beverages.

**Breakfast** consists of a large buffet spread with hot and cold options.

**Lunch** can either be a packed lunch from the breakfast buffet or ordered from the menu; soup, burgers pizzas etc.

**Dinner** is always a beautiful 3-course meal.



## ACCOMMODATION

Each year we rent this comfortable house, Banemesterboligen, in the village of Finse to house our students. With spectacular views of the Hardangerjøkulen glaciers and a comfortable interior, this makes a perfect place to relax and get to know each other at the end of a hard day in the snow.

Most bedrooms have multiple beds, so expect to be sharing with your fellow students.

# PRICE \$4,500<sub>USD</sub>

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## NOT INCLUDED

- ❄️ Travel to and from Finse
- ❄️ Boot and ski hire (available in Finse)
- ❄️ Clothing
- ❄️ Personal items as listed on the kit list
- ❄️ Food and alcohol
- ❄️ Personal/Trip insurance

## INCLUDED

- ❄️ Accommodation in Finse
  - ❄️ Mini Expedition food
  - ❄️ All equipment not specified on kit list
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## BOOKING CONTACT DETAILS

**EMAIL:** hannah@polarexpeditiontraining.com

**TELEPHONE:** +1-646-737-3865

*“I never thought I’d learn so much. It’s by far the best outdoor workshop that I ever attended. Totally focused in preparing us to go safe and with all the knowledge to have a enjoyable expedition, instead of just surviving a South Pole trip.”*

*Ângelo Felgueiras - 2017 Student, skied to the South Pole in 2018*

