

POLAR TRAINING COURSES 2024



Friday, 8th March to Saturday, 23 March 2024
Friday, 15th March to Saturday, 30th March 2024





A really comprehensive introduction to a world I had never experienced. The enthusiasm and passion from everyone at PET is infectious and after this course, I definitely want to go and experience more of this Polar world.

-Richard Morwood, 2022 student





COURSE OVERVIEW

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.

DATES

PTC1: Friday, 8th March to Saturday, 23rd March 2024

PTC2: Friday, 15th March to Saturday, 30th March 2024

DURATION

15 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

Week 2: Camping



COURSE CONTENT

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 & 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 & Eating

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

Health & Hygiene

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





COURSE CONTENT

TRAINING & PHYSICAL PREPARATION

Traveling in a Polar Environment

Travel schedules, efficiency, managing pace, working as a team, geographic threats, judging and traveling 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.

Comms, Power & 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.

Access & Permitting

Access and permitting issues and options.

Risks, Emergencies & Evacuations

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!



FINSE, NORWAY

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 sits on the border of the Hardangervidda and Hallingskarvet National Parks and overlooks the stunning Hardangerjøkulen ice cap. 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.

LEAD INSTRUCTORS



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.

Denise Martin

Denise has guided multiple full expeditions and last degrees to both the North and South Poles and was the first Canadian woman to do both. She's worked 8 seasons guiding in Antarctica as well as operating a Yukon based company guiding (skiing and dog-sledding) all over the Canadian Arctic.

Are Johansen

Are has multiple crossings and long ski expeditions including guiding 4 full ski trips to the South Pole. He has crossed Greenland and done various traverses and crossings through Alaska as well as countless wilderness trips in Norway. In 2015, he guided a ski expedition to the South Pole that, at the time, was the longest ski expedition in Antarctica.



WHAT'S INCLUDED

- Food and accommodation in Finse
- Mini Expedition freeze-dried food
- All equipment not specified on kit list

NOT INCLUDED

- Travel to and from Finse
- Boot and ski hire (available in Finse)
- Clothing
- Personal items as listed on the kit list
- Alcohol
- Mini expedition trail food
- Personal/Trip insurance

PRICE

\$5,300 USD

BOOKING CONTACT DETAILS

Email: jess@polarexpeditiontraining.com

Phone: +1 (720) 841-5539

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.

**Jenny Davis, 2017 student
2019 Solo South Pole**

