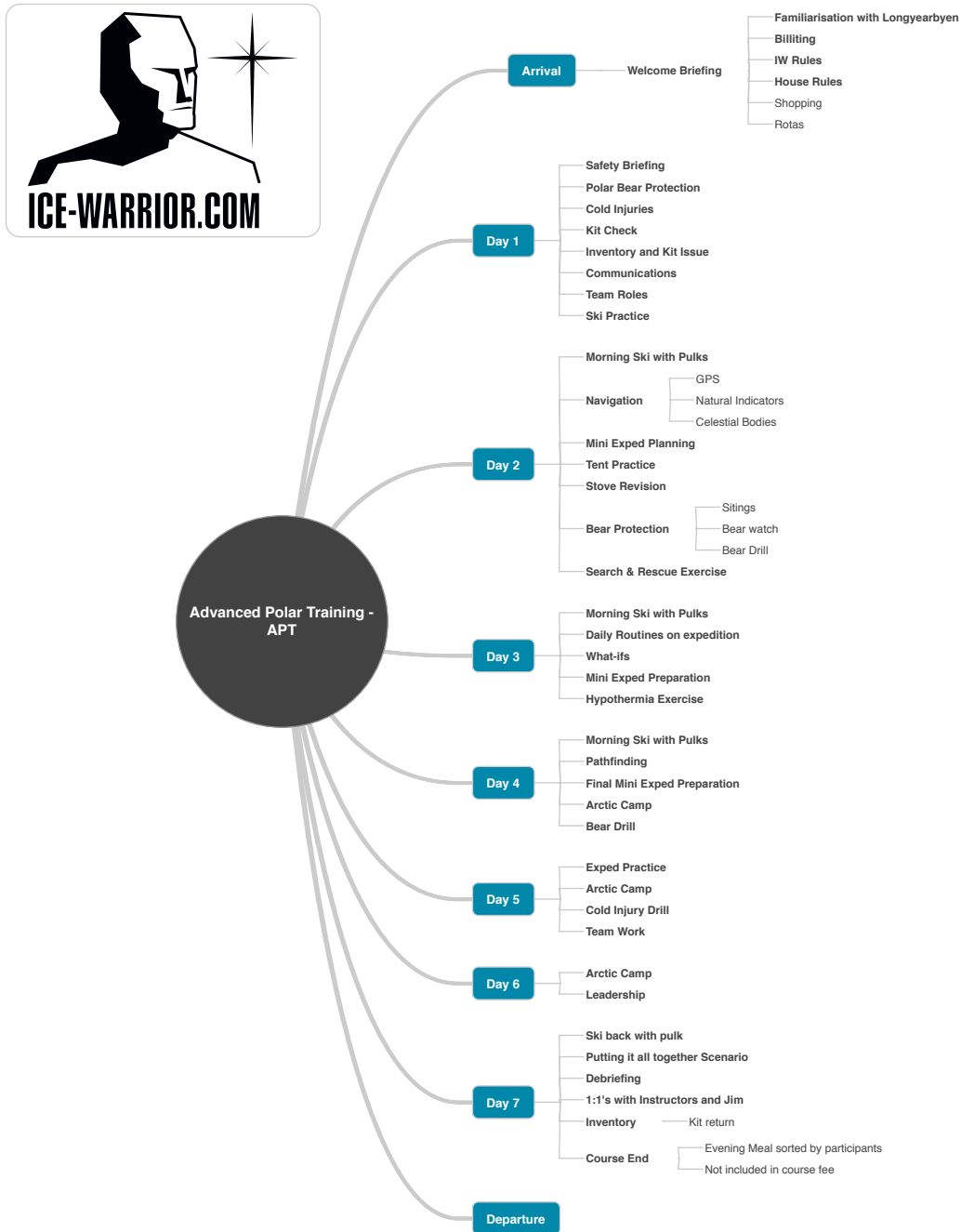


Advanced Polar Training

The Experience - Who is this for?

If you'd like to extend your previous cold climate experiences to include the polar regions then this is the course for you. You should have some back-country or cross-country skiing, mountaineering and wild camping experience and we will measure and record your development throughout, so whether you're heading towards an Ice Warrior flagship expedition or considering your own expedition, you can join us. Most people stay on from the Polar Training course.



Overview

Our base is Nybyen, just 800 miles from the north pole and as such gives you a true experience of polar expeditioning.

The aim of the course is to establish a good skill set for extreme expeditioning and then practice them. The syllabus remains flexible throughout but will include: skiing; navigation; clothing; equipment; risks and managing them; cold water immersion; emergency procedures and critical crisis management. There will be a series of evening lectures and discussions on various aspects of expeditioning, showing some of the many photographs and video clips Ice Warrior has accumulated over the 18 years and hundreds of people we have trained.

Full joining instructions will be sent to you on receipt of your booking.

Weather

Expect temperatures between -5° and -25°Celsius. The training area is mountainous and so the weather can vary wildly on any day.

Accommodation

Guesthouse 102, in Nybyen is situated about 1 km further along the valley, from the centre of Longyearbyen. This forms part of the old mining accommodations and Guesthouse 102 was known as the “millionaire’s house” as only the more seasoned, and consequently wealthier, miners could afford to stay there. There is room to store all our equipment and to enable us to have comfortable overnight accommodation making it more conducive to learning as well as enabling us to be able to ski out of the front door for our days in the field.

How will you learn?

After initial input, our style is one of coaxing it out of you, wherever possible. We rarely lead you by the nose. We have found that this method results in a much better level of retention and therefore competence. This combined with providing the relevant chapters of Jim’s Expedition Training Manual and employing the very best of instructional staff makes us confident of the thorough nature and highest quality of training.

What is included?

All instruction, specialist equipment, course notes, accommodation and most food.

What is not included?

Travel to and from Longyearbyen - which we will advise you on.

Kit & Clothing (ski kit can be hired) list to be supplied upon enrolling (Ice Warrior BASECAMP supplies all this at extremely preferential rates to participants – speak to us before you purchase anything!)

Insurance - we can advise on

End of course meal and alcoholic beverages

Please Note! Early booking can save you a considerable amount on your airfare!

If you book at least 8 weeks before the event you will receive a Kit Voucher of £100 to be spent with Ice Warrior BASECAMP, in Princetown, Devon UK.

If you are heading for an Ice Warrior Flagship Expedition – e.g. #Lastpole - please book onto the Funding Workshop at your earliest opportunity and get fund raising!

If you have any questions at all please do not hesitate to call Jim directly on 0777 565 1471 or email jim@ice-warrior.com I look forward to seeing you there.

Jim McNeill – Founder, Ice Warrior

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