

# POLAREXPLORERS

## POLAR TRAINING PLUS



*The "next level" of polar training to prepare you for the toughest expeditions on the planet.*

Thinking about a longer expedition? Perhaps a Full North or South Pole expedition, a Greenland Crossing or some other advanced cold weather or polar trek? Our **Polar Training Plus** seminar is the ideal "next step" for adventurers looking for a comprehensive training program. This seminar will help you acquire the skills necessary for an extended and/or solo expedition. The training combines indoor and outdoor classroom instruction with several days of guided practice. It culminates with a self guided mini-expedition that gives you the chance to test out your skills without the benefit of a guide being with you. We'll cover topics ranging from weather to navigation; menu planning to snow wall construction; self-care to building sufficient first aid kits and repair kits. You'll gain experience, enhanced judgement and confidence during this 10 day training that will bring your skill set to the next level.



Skill level:



This training starts at level 3 and progresses to level 4.

**Level 3:** When you are proficient in the basic and intermediate skills of any sport and are ready for long days, challenging weather, backcountry camping and a chance to push your limits without going over the top, this is your level. Prepare in advance for some strenuous days in order to fully enjoy this adventure.

**Level 4:** Your level of skill and physical conditioning must be high. You will encounter adverse conditions that will test your abilities. You'll spend 24 hours a day in some of the most extreme conditions the planet has to offer. Trip specific preparation is required.

**Distance:** 40-50+ miles depending on snow conditions.

**Duration:** 5 nights camping, 4 nights indoors.

**Sled weight:** 40kg + depending on your goals.

**Location:** Ely, Minnesota in the USA. Ely is a gateway to the Boundary Waters Wilderness with over 2000 frozen lakes. Winter temperatures in Ely are regularly in the sub zero double digits, much like the North and South Poles.

## Daily Itinerary

**Day 1-4:** Participate in our Polar Shakedown Training. We created this ground-breaking training over 27 years ago for people joining our last degree and double degree expeditions. Consider it your warm up. You'll learn the basics of expedition travel, including a full review of your kit before a two night guided outing with other participants who are either joining a last degree or who are looking to fine tune their cold weather camping skills. Days will be spent traveling between camps by ski and pulk (sledge) while evenings will find us preparing expedition-style meals and talking about all things related to expedition life. Nights will be spent in the same polar tents and sleeping systems we use on our expeditions. After two nights you'll return to a lodge for a mid-training review and preparation for the next phase of instruction. You will also have the chance to learn and practice the art of escaping cold water. Conditions allowing we will cut a hole in the ice of a frozen lake and demonstrate what to do if you break through or fall into open water. This is especially useful for any participants headed to the North Pole or other places that require traveling over frozen water.

**Day 5-6:** This is phase two of your Polar Training Plus instruction. Today and tomorrow are an in-depth review of essential expedition topics including GPS settings, waypoints, other tracking / communication devices; developing a travel and emergency plan; navigation; weather, storm-proofing your camp; menu planning, nutrition, and preparing your various kits (first aid, repair, crevasse, etc.) Night 5 is spent in the lodge, allowing our instruction to

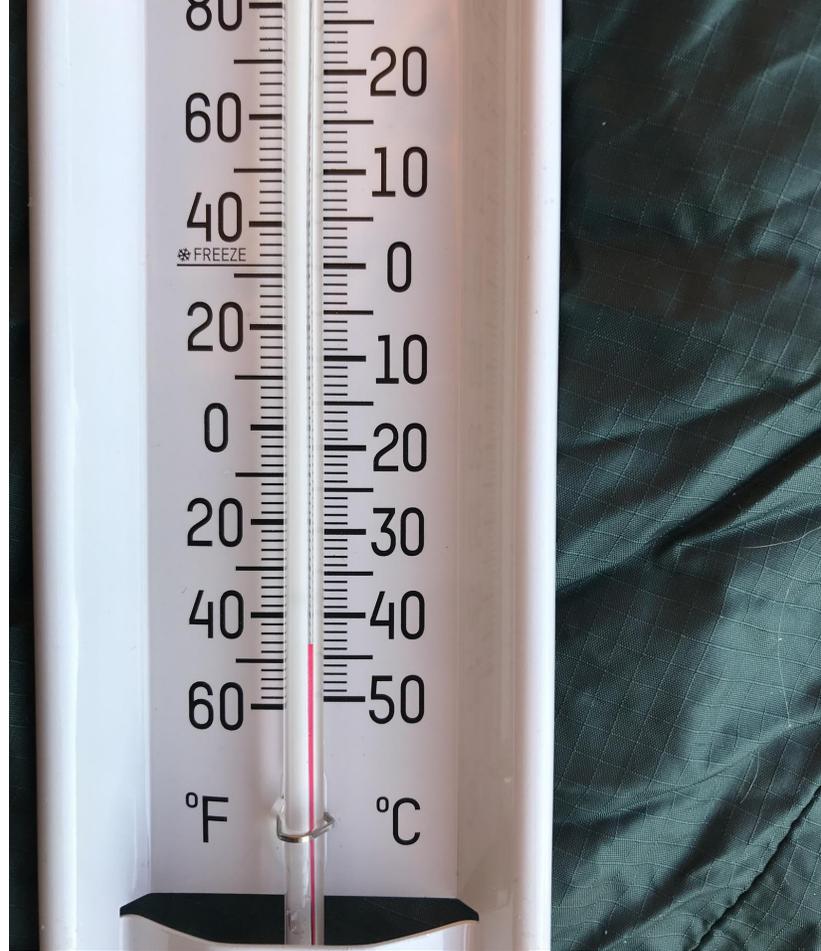


continue well into the evening. In the afternoon of day 6 you will embark with the other participants on a mini expedition to test your skills and explore the interior of the Boundary Waters Wilderness during the coldest months of the year.

**Day 6-9:** For four days you'll travel by ski and pulk following a rigorous route that is designed to test your skills and also build your confidence. You'll follow GPS waypoints that you have entered in your GPS and a travel plan that you have created. The distance will ultimately be determined by conditions but will likely be in the ballpark of 10 nautical miles per day. Towing a second sled will simulate the heavier loads / multiple sleds that are often required on longer expeditions. Daily check-ins with your support team (PE guides) will mimic real expedition communications so you get used to the practice. On the afternoon of the 9th day you'll return to the lodge for a final review including an evaluation of your skills that will help you self assess your preparedness for future expeditions.

**Day 10:** Breakfast & final wrap up of the training. Plan some extra time to shop in Ely's outdoor stores that specialize in cold weather kit before your afternoon return to Duluth, Minneapolis or other airport destinations.

*This itinerary is highly dependent on a number of factors and it is subject to change.*



[Check out our Youtube Channel "Polar Skills" Playlist](#)





### Ask us for references!

We have guided hundreds of people in the polar regions. Ask us for references from your city or country and we will put you in contact with someone who has done our training and can give you the “inside scoop”. References can be the BEST way to learn about a training or expedition.

### Getting there:

Getting to Ely, MN (USA): Ely is accessible by air from either Duluth International Airport or Minneapolis -St. Paul International Airport. Contact us for more details.

### Additional information:

Please contact us for links to our expedition videos, expedition reviews, equipment checklist, dates and rates and FAQ.

### Meet us!

We are always free to meet you, check your gear, or discuss your expedition via Skype or Google. Give us a shout!

# WANT TO JOIN? HERE'S HOW:



1

## Complete and return our application.

To join one of our trainings or expeditions you'll need to complete and return our online application. You can also request an application by emailing [annie@polarexplorers.com](mailto:annie@polarexplorers.com).

2

## Reserve your space with a deposit.

A 25% deposit will reserve your space on any training or expedition. Contact us at [annie@polarexplorers.com](mailto:annie@polarexplorers.com) to request an invoice for your deposit. Deposits can be paid by wire transfer, credit card or USD check. Currency exchange fees and credit card processing fees may apply.

3

## Review your eConfirmation Kit.

Upon receipt of your completed application and deposit we will send you a comprehensive eConfirmation Kit that includes all the information you need to prepare for your training or expedition including what to expect, what to pack and how to prepare. From this point on we are always available answer any questions and to offer assistance during your preparations.

4

## Get ready!

All of our expeditions require varying degrees of preparations. There will be forms to complete and travel insurance to purchase. We can assist you with any of these requirements. Some of our expeditions also require physical and mental preparations or participation on our *Polar Shakedown Training*. We are always available to talk with you about training regimens and to help you prepare as best as possible.

5

## Let the adventure begin!

As the expedition approaches we will be in touch on more regular basis. We will meet you at the expedition's starting location and check your kit to ensure you have everything you need. With your preparations behind you now is the time to let the adventure begin. We will be right beside you to help you make the most of the expedition!



Connect with us!



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