

# POLAREXPLORERS

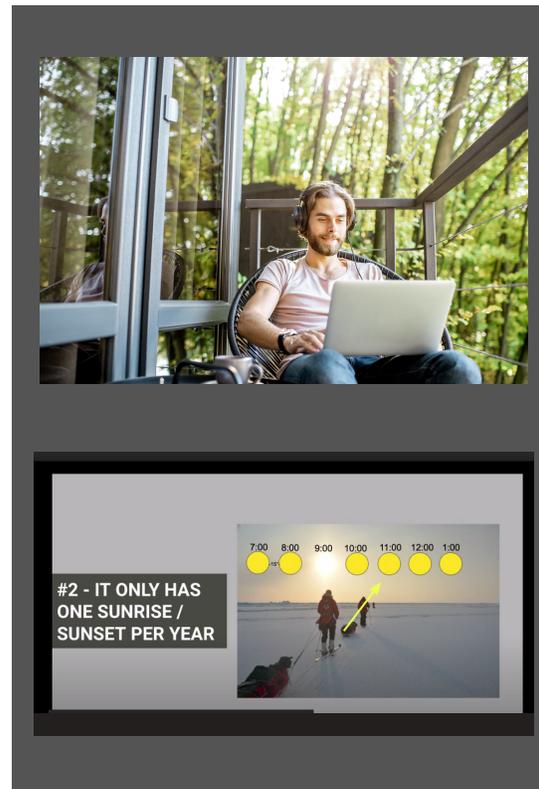
## ONLINE POLAR TRAINING (OPT-IN)



### Exponentially Increase The Impact Of Your Training

You have big plans. You're doing a polar expedition. Maybe you're joining a guided team or maybe you're going with friends, or by yourself. It's a big commitment. It's a big responsibility. You want to be safe. You want to be comfortable. You want to have fun. You want to do more than your share. You want to be ahead of the game all the time. We get it. We've been there.

At PolarExplorers we've been organizing and guiding polar expeditions for nearly 30 years. We know that training involves a lot more than hiring a personal fitness coach and pulling tires. The reality is that your expedition begins months before you take your first steps on your skis. Phase one of your expedition starts when you commit to being as prepared as possible. In addition to physical training you need a substantial foundation of cold weather systems and expedition skills. You need a comprehensive approach to acquiring the building blocks that will keep you safe and help you achieve success. Our OPT-IN program provides these building blocks with remote, world class, instructor led, live one-on-one training. It's the perfect complement to any other hands on education and practice you may be doing. No matter where you are in your preparations, no matter where you are in the world, you can start your expedition training today.



# One Goal Two Options

## OPT-IN COMPLETE

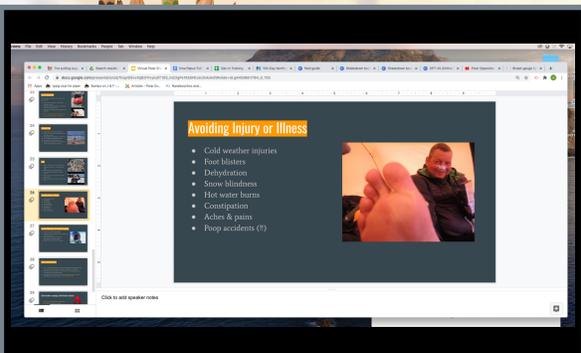
A Comprehensive eight session instructor-led training program that will elevate your skills several levels. You'll be paired with a PolarExplorer's guide(s) to be your mentor through this process. You'll connect with them remotely for eight 90 minute sessions that cover over 30 critical cold weather expedition topics. They'll also provide an 8 week tire-pulling schedule to augment your physical training regimen as well as assignments to keep you engaged between sessions. You'll have access to all presentation material for future reference and to help build your polar library. A certificate of completion will be awarded at the end.

## OPT-IN A LA CARTE

Don't want the full training? Choose from any of over 40 cold weather expedition topics for a 90 minute one-on-one instructional session. Select up to three topics per session or fewer for a more in-depth review.

## Sample Topics

- ✓ Navigation
- ✓ Electronics & power
- ✓ Communication Devices
- ✓ First Aid Kit Contents
- ✓ Repair Kit Contents
- ✓ Caloric Map
- ✓ Menu Planning
- ✓ Boots/Bindings/Skis
- ✓ Campsite selection
- ✓ Blogging in the cold
- ✓ Managing the cold
- ✓ Wind protection
- ✓ Maximizing your GPS
- ✓ Expedition behavior
- ✓ Route planning



# WANT TO JOIN? HERE'S HOW:



- 1 Contact us for a free consultation.**

Want to know more? Not sure which OPT-IN program you want to do? Contact us for a free consultation.
- 2 Choose to OPT-IN.**

Choose which OPT-IN program is best for you. We'll send you an invoice for the payment in full as well as a questionnaire for you to complete before your first session. We will coordinate a schedule for the sessions that works for you. Be sure that you have minimal distractions during your sessions to maximize your time with your instructor. If you're doing the "Complete" program we will pair you with a mentor and set up an initial assessment / familiarization session. If you choose the A La Carte program now's the time to choose your topic(s). We can cover up to three topics in one 90 minute session. However the fewer the topics, the more in-depth we can cover each topic.
- 3 In depth instruction.**

Come prepared to learn. Take time before each session to list your questions. Think about your goals and expectations and share them with your instructor. Whether you have some familiarization with a subject or whether you are an absolute beginner, we'll start where you are and take you to the next level. We'll provide you with post-session access to any audio/visual materials but we highly encourage taking notes as well. The OPT-IN Complete program includes assignments between sessions as well as a tire hauling schedule to complement your other physical training.
- 4 Don't skip the hands-on training!**

Whether you join our Polar Shakedown Training, our Polar Training Plus or make plans for other experiential learning, ensure your preparations are multi-faceted. Think of OPT-IN as one component of a high level comprehensive training program.

- 5 Let the adventure begin!**



Connect with us!



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