

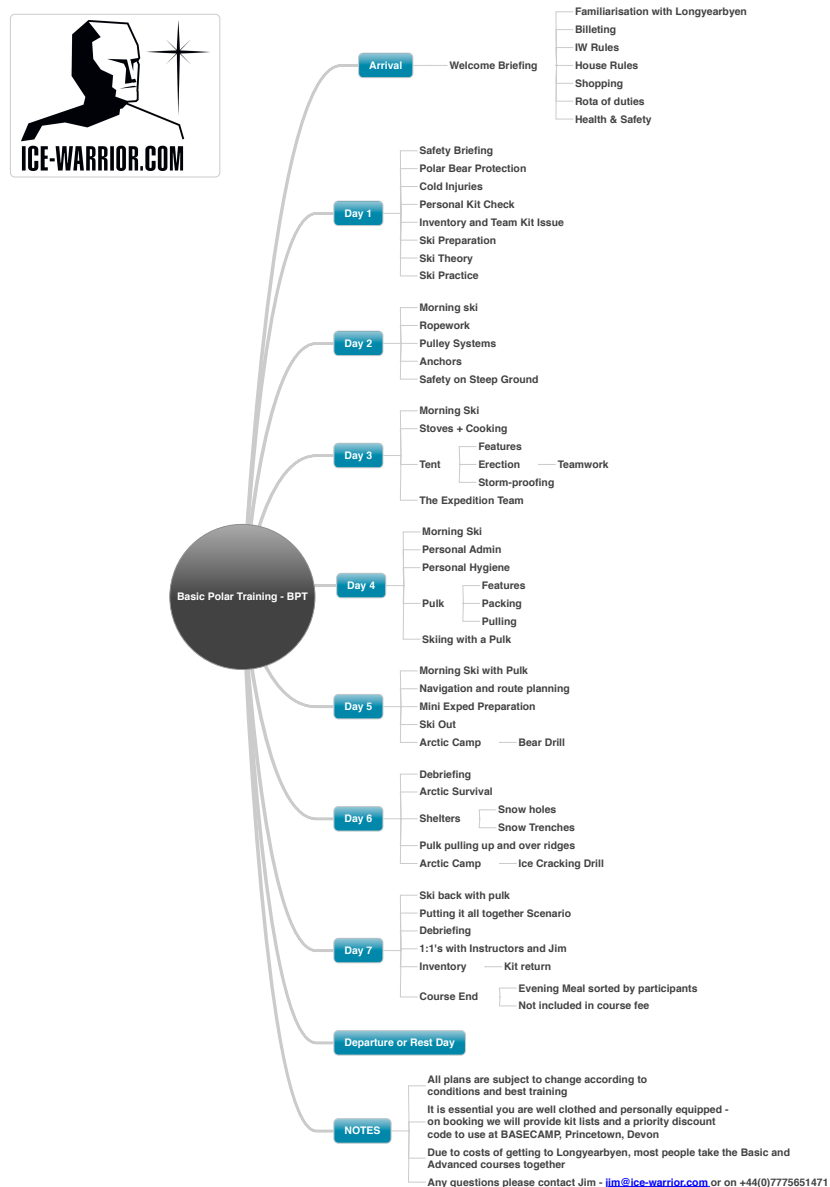
Expedition Training

Polar Training

Overview

This is an Arctic based course, just 800 miles from the north pole and as such gives you a true experience of the cold nature of polar expeditioning – even though you will be accommodated much of the time.

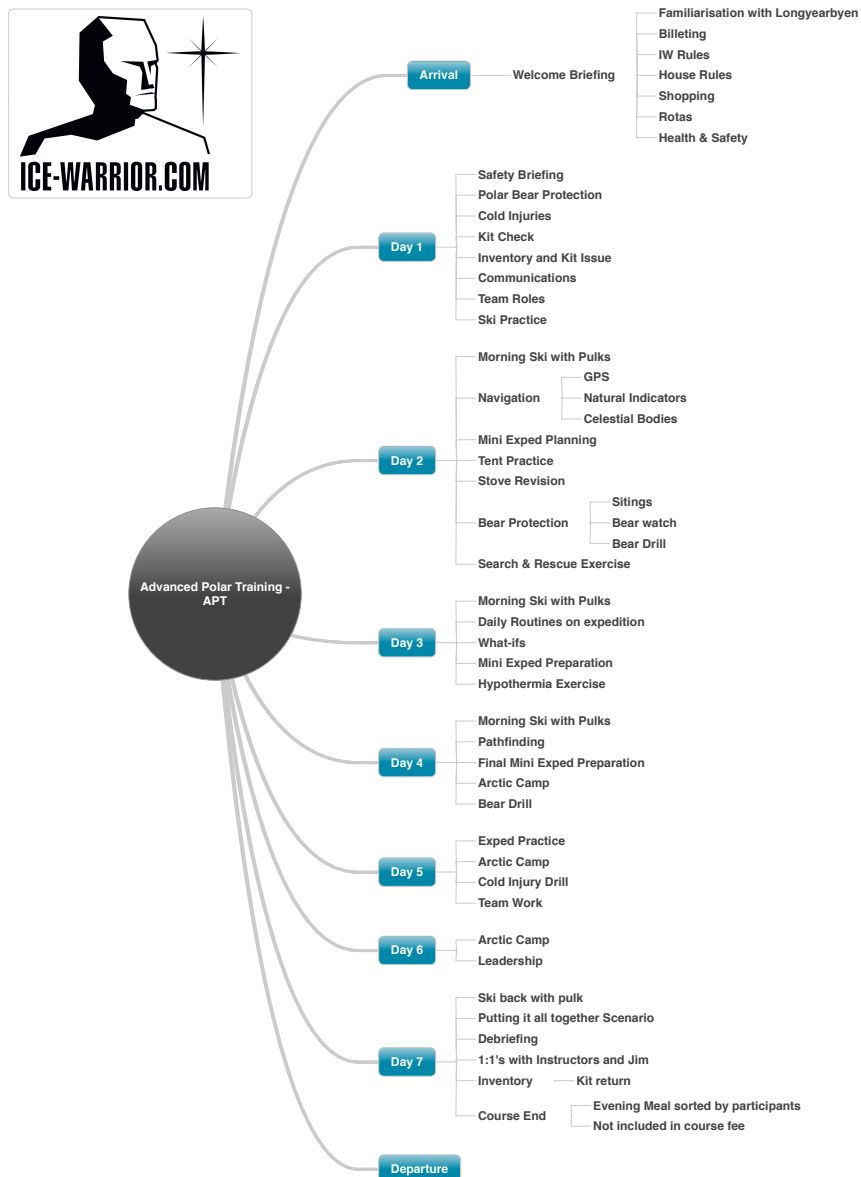
The aim of the course is to establish a good basic skills set for extreme expeditioning and then practice them. The syllabus remains flexible throughout but will include: skiing, navigation, clothing, equipment, risks and managing them, cold water immersion, emergency procedures and critical crisis management. 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 years.



Advanced Polar Training

Overview

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.



Polar Survival School

The Experience - Who is this for?

There is no pre-requisite training or experience for this course but it helps if you have a positive attitude. Do bear in mind you will need to progress quickly to being on skis and pulling pulks for short distances. The course will teach you to be safe in what is an inherently unsafe environment and will cover mental and physical preparation and practical skills. It is ideal for someone wanting to push their existing experience of the great outdoors and Mother Nature at her harshest. You will be awarded an Ice Warrior certificate of Polar Survival Competence on successful completion.

This course takes elements of the Advanced Polar Training and expands upon them. Importantly it does not teach you how to ski, hauling sleds, camp-craft, expedition and other preparative skills.

