ICE-WARRIOR.COM

Expedition Core Skills Course

- Day 1
  - Medical Training
    - Outdoor Medical Training 1
- Day 2
  - Medical Training
    - Outdoor Medical Training 1
- Day 3
  - Medical Training
    - Outdoor Medical Training 2
- Day 4
  - Medical Training
    - Outdoor Medical Training 2
    - Polar Unit - Cold Injuries
    - Critical Crisis Management
- Day 5
  - Physical Preparation
  - Planning, Safety, Logistics
  - Navigation
    - Basics to GPS
- Day 6
  - Physical Preparation
  - Equipment
  - Clothing
  - Navigation
    - Practice
- Day 7
  - Physical Preparation
  - Nutrition
  - Team Work
  - Camp Craft
    - Stoves
    - Tents
    - Storm Proofing
  - Night Navigation Test
- Day 8
  - Physical Preparation
  - Leadership
  - Technical Rope Work
    - Ropes
    - Hardware
    - Pulley Systems
    - Safety on Steep Ground
  - Specific Training - either
    - Firearms Familiarisation
      - Theory
      - Shoot
    - Scrambling
- Day 9
  - Physical Preparation
  - Search & Rescue
  - Putting it all together
    - Scenario Finale
    - Practical Assessment
  - Mental Preparation
  - Evening Presentation by Jim McNeill
    - What's it like to go on Expedition?
- Day 10
  - Physical Preparation
  - Written Assessment
  - Course Debrief
  - Individual Debrief
    - 1:1 with Jim