

POLAR PREPARATION COURSE MODULES

Once you register for the course, we shall send detailed information about what we cover within the following topics. Although we will introduce each of the modules during the course, you can choose the depth to which we will delve further into each.

- Kit & Clothing Selection
- Camp Management
- Health and Hygiene
- Training and Physical Preparation
- Traveling in a Polar Environment & cold water immersion
- Navigation
- Overview of weather systems and forces in the main polar regions
- Cold Injury Prevention
- Environmental Responsibility
- Access & Permits
- Firearm Use & Safety
- Communications, Power and Electronics
- Emergency and Evacuation Planning
- Risk assessment & Safety Planning