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NORTH POLE SKI THE LAST DEGREE 2019 TRIP NOTES





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Expedition Notes 2019

April 7 - 25, 2019

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The North Pole Ski the Last Degree Expedition is a challenging mission through an intensely wild and dynamic environment where we interact with the nature in its most raw form. Our journey involves moving self-contained on skis towards the North Pole with all our supplies in the sleds we tow behind us. Each night we establish a camp where we rest and replenish for the following day's trek across the tortured icescapes, navigating our way over 9 days towards the top of the world. This is one of those journeys that rates as an adventure of a lifetime.

About Ski the Last Degree



A degree of latitude is 60 nautical miles (110km) and on our journey, we traverse the final degree of latitude over the polar ice to arrive at the North Pole.

The trip begins in Longyearbyen in Norway, where we partake in a five day Polar Shakedown Training Program, and from here we fly by fixed-wing aircraft to an ice runway on the 'ice'. This is our starting point for the journey ahead.

Each day we ski with our laden sleds for 8-10 hours navigating around open 'leads' of water or climbing over 'pressure ridges' in the ice (where large sheets of ice being moved by water currents have collided). The travel is complicated and the days can be physical and arduous.

A camp is established each night where the focus is on having a hearty meal and a good sleep in preparation for the days ahead. Expedition members will sleep in shared tents and cook as pairs.

At the culmination of our days of hard effort, we arrive at the North Pole, the top of the world - and it's time to celebrate! When we're satisfied with our festivities we get picked up by helicopter and return back to Longyearbyen.

Getting Started



We meet in the town of Longyearbyen on the island of Spitsbergen in the far north of Norway. After introductions, we prepare for the journey by running a 5 day Polar Training Program to get the group skilled in all of the techniques that you will use on the expedition. On completion of this phase, the group is well equipped to take on the challenge. We finalise packing and fly by fixed-wing aircraft towards the North Pole.

The flight takes us to 'Barneo' Camp, a major tent camp that is established each season on the ice to support the aircraft activities. This becomes our staging point for the expedition from where we depart as weather and logistics allow.



Day by Day Program

Day 1:

Arrive in Ely or Longyearbyen and transfer by shuttle to the lodge. You'll have time to time to unpack and relax before our official welcome reception and dinner. Over dinner, you'll have an opportunity to meet the other members and discuss the program with your guide the upcoming days. After dinner, your guide will perform an in-depth review of Polar equipment and closely review each participant's clothing and equipment.



Day 2-4:

After breakfast, your guide will conduct classes in how to operate safely in the polar environment and then it's time to hit the trail! For two days and nights, you'll experience what it's like to survive (and thrive!) in extremely cold temperatures. We'll cover all sorts of important information that is designed to keep you self-sufficient and safe in this environment and enable you to gain invaluable experience prior to your expedition. On our final night, we'll make our way back to our lodge for hot showers.



Day 5:

Each person will have an individual review with their guide including feedback on what areas to focus on for the upcoming journey to the North Pole. This review is designed to help you focus on certain aspects of personal preparations.

This is also the first day of the expedition for the newly arrived polar experienced members or those who have completed the training previously and you will all congregate at a welcome reception and dinner.

**Day 6:**

Rest day or briefing with a guide for newly arrived members.

Day 7:

Final equipment review and a warm-up ski in Spitsbergen. A busy day as we ready our gear, review expedition expectations and procedures. This is the last chance to work out any kinks before we take to the ice! We'll review your personal gear and ready all our equipment for the flight. The late afternoon and evening are your final opportunity to grab any last-minute necessities in town.

**Day 8:**

From Longyearbyen, we will travel by charter aircraft to the eclectic Russian research camp "Barneo" located at approximately 89 degrees North. This flight takes approximately 2½ hours. Upon arriving at Barneo we will either strap on our skis and depart immediately for the North Pole or set up our tents and depart the following morning. Barneo is located on the floating pack ice and its precise location varies. There is a possibility that we may opt to get flown to another suitable departure point depending on the current location and conditions around Barneo. Our guides will review ice conditions and recent drift to determine the best departure point.

Day 9-16:

Ski North towards the North Pole! Days are spent skiing and taking relatively short breaks, whilst evenings are spent setting up camp, preparing meals and relaxing with fellow expedition team members.

For the next seven to nine days we'll travel by ski and sled, manoeuvring our way around open water leads and over pressure ridges. We'll ski between six and ten hours every day (actual length depends on weather and ice conditions). At night we'll camp on solid 'old' ice and cook meals in our tents. Your family and friends will be able to follow your daily progress, as well as share messages with



the team using our online Expedition Tracker. All team members will be required to participate in all aspects of the expedition, including setting up camp, cooking and using the stoves to melt water, etc. We will help you learn these skills. On a personal level, the extreme conditions of the polar environment demand that each person is well organised and able to maintain both an appropriate body temperature and adequate reserves of energy. This is where all of your physical training, mental preparation, and time spent acquiring the best clothing and equipment will pay off.

Day 17:

Arrive at the geographic North Pole! Enjoy a polar celebration with champagne and plenty of photos. Call home and share the moment with friends or family!



Standing at the top of the world, where everything on Earth lies south of your location, we'll make toasts to celebrate our accomplishment. Many people bring flags, banners, or signs to plant at the top of the world for photos. We camp overnight in the vicinity of the North Pole.

Day 18:

Weather depending, we'll get picked up by a helicopter that same day and head back to Barneo, then onto Longyearbyen. We may end up spending the night at Barneo, depending on timing and conditions. Back in Longyearbyen, you'll have the opportunity to enjoy hot showers, fine cuisine, access to phones and the internet, and time to meander through town. A farewell dinner and a comfortable night at the hotel will be a memorable occasion!



Day 19:

Enjoy a breakfast at the Longyearbyen hotel. Transport to the airport for your flights home!

Your Responsibility as a Team Member

Your guides will train you in the techniques and skills to enjoy the adventure. They are there to guide you and to educate you in the requisite skills. It is however up to you to absorb that training and to follow their leadership and instructions. Failing to do so, will likely lead to serious consequences. We are, after all, in one of the most extreme habitats on earth.

Your survival and well-being require you to manage yourself responsibly and to be extremely vigilant in your personal self-care. It is up to you to regulate factors such as your food and hydration levels to ensure you have sufficient energy to complete the journey. There will be sufficient food and fluids available for you to ingest but you must discipline yourself to eat and

drink. Insufficient intake can lead to a deteriorating condition. You must take extra care when exposed to the elements to not remove gloves and other protective layers at the wrong time as this may lead to frostbite. Your feet will also require diligent attention to ensure you do not get blisters. You will have to pay particular care to not allow a single blister to occur as they will likely get worse rather than better as the trip progresses. A seemingly small oversight by you in looking after yourself can lead to you failing to complete the trip or suffering personal injury. These considerations consume us as we travel and our responsibility to the group is to ensure we stay in good shape to continue on towards the objective.

You also have social responsibilities to the other team members. There may be stresses on the journey that you are not familiar with and it is important that you join the expedition on the understanding that you will contribute to the emotional and physical well-being of the other team members.

Conviviality and respect for others are tantamount to a successful expedition outcome.

Daily Expedition Routine

Each team member will be towing a sled loaded with their personal gear and a share of the expedition equipment. We will begin slowly on the expedition to bring everyone up to an optimum pace for the remainder of the journey. There will be no rushing as it is vital that we avoid injury and burnout, and that we have the stamina to finish the expedition.

Each day we will awake around 7.30am for breakfast and hydration before we begin to break camp and pack our belongings. We travel for around 8-10 hours with a break every hour for food and drink. Everybody travels together and the pace will be slow, steady and not hurried. The objective is to maintain an optimum body temperature; too cold and we burn too much energy; whilst too hot will cause sweating that promotes hypothermia when you stop. At the day's end, you will have travelled 10-15km (6-10miles). On arrival at a camp site the group will set up tents and it is important to manage your body temperature well, especially your hands, as you have stopped pulling the sleds and will cool down quickly. Everyone is involved and must contribute to snow melting and meal preparations. Once inside your tent, you will be sheltered from the wind.

Team members will share tents in either 2 or 3 person tents and each tent 'team' will have their own stove for cooking and snow melting.

Level of Experience Required

To partake in the Ski the Last Degree Expedition you need to be physically fit, have a strong mental stamina and be capable of strenuous exercise for several days duration. You don't necessarily need to be an experienced skier as there is little technical requirement on the flat, however, the days will be physical and you must train well before joining to ensure you have an enjoyable trip. Expedition members can expect to be exerting themselves for about eight to ten hours per day with another hour establishing camp and another hour preparing food and drinks.

Meeting Point

The expedition members will meet in Longyearbyen, Svalbard, Norway. SAS (Scandinavian Airlines) is the only airline operating regular flights into Longyearbyen with connections via Oslo in Norway.

Itinerary

Dates: April 7 - 25, 2019

- Day 1 Meet in Longyearbyen, Norway
- 2-5 Polar training
- 6 Rest Day
- 7 Expedition preparation
- 8 Fly to Polar Icecap
- 9-16 Ski towards the North Pole
- 17 Arrive the North Pole!
- 18 Helicopter pick up at the North Pole, return to Longyearbyen
- 19 Leave for home destination

Please note: Flights to and from the Arctic are subject to weather. Delays can and often do occur therefore it is important to allow some flexibility with airline travel arrangements at the end of the expedition.

Every effort will be made to ensure the expedition itinerary is adhered to but the Arctic is one of the most remote and isolated regions on earth. The above program is subject to change as we may be affected by weather conditions and aircraft serviceability and other factors out of the hands of Adventure Consultants or its staff and contractors. While every effort is made to ensure the expedition is run to schedule, acceptance onto the expedition is based on your acceptance of those conditions. Having stated that, our expeditioning track record in is unparalleled but it is a sign of our respect for the Arctic's environmental omnipotence that we alert you to those possibilities.

Hotels

We stay in a small and modest hotel in Longyearbyen. If you would prefer a greater degree of comfort during your stay, we can arrange this for you and please advise us at the time of booking of your preference. Meals and hotel expenses in Longyearbyen are not included in the trip cost.

Visa Requirements

Residents/citizens of the EU and countries with whom Norway have signed a visa waiver agreement do not require a visitor's visa for stays less than 90 days. Please check with the Norwegian authorities or your travel agent.

Team Membership

The team will have a **minimum size of 4 members and 1 guide** and a **maximum size of 12 members and 3 guides**.

The Expedition Fee

The expedition fee ex Longyearbyen in Norway is EUR€42,000.

The expedition fee **includes** the following:

- Flights to and from Barneo Camp in the Arctic
- Flights from the North Pole back to Barneo
- All group equipment including sleds, tents, cooking gear etc..
- Five day Polar Shakedown Training Program
- All food while on the ice
- Adventure Consultants Polar Guide(s)
- Access to our satellite telephone for outgoing calls
- Regular written and photo internet dispatches for families and friends to watch your progress
- Transport of 23kg/51lbs of personal equipment

The expedition fee does **not include** the following:

- Air travel to and from Longyearbyen, Norway
 - Hotel accommodation and meals in Longyearbyen
 - Norwegian visa and airport fees
 - Personal insurance – full travel, medical and rescue insurance is required as well as personal trip cancellation insurance. Medical evacuation insurance cover of US\$300,000 is required
 - Personal clothing and equipment (a full equipment list is provided on booking)
 - Excess baggage transportation charges exceeding the personal equipment weight limit.
 - Cost of satellite telephone calls whilst on expedition
 - Personal expenses incurred on the expedition
 - Gratuity
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Deposit

A non-refundable deposit of EUR€10,000 is payable to secure a place on the expedition.

Balance

The balance is payable 150 days prior to the commencement of the trip.

Payments

All payments should be made by bank transfer to the following bank and account:

Bank of New Zealand
Offshore Branch
Wellington, New Zealand

for the account of **Adventure Consultants Limited**

Account number **1000 594771 0002**

Account Type: **EUR**

Swift Address: **BKNZNZ22**

Note: All bank transfer charges are for the remitter's account.

We can accept your deposit and balance payment by credit card (Visa, Mastercard, Amex) plus a charge of 3%.

Cancellation and Refund Policy

An expedition member may cancel his/her participation on the following basis:

- Cancellations outside of 150 days of the departure date incur the loss of the deposit payment.
- Cancellations between 149-90 days of the departure date incur 50% of balance payment.
- For cancellation made within 89 days of the departure date, there will be no refunds.

Team members should take out private cancellation insurance if they wish to be covered against cancellation due to medical or personal reasons. This is called Trip Cancellation insurance and can be obtained through your normal travel agent. We will also provide advice regarding travel and rescue insurance and trip cancellation insurance.

Equipment List

A full clothing and equipment checklist will be sent to all expedition members once their booking is confirmed. The expedition leader will be available prior to the trip to discuss individual equipment questions.

Documentation and Photographs

Expedition members will be requested to provide 2 passport photographs and a copy of their

outdoor résumé and complete a medical questionnaire. You must also provide proof of rescue insurance to the value of US\$300,000.

The Advantages of Expeditioning with us

Adventure Consultants is renowned for the quality of its service and strategy applied to high altitude expedition climbing and polar travel. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our climbers the best possible chance of success.

We employ strong and specialised Expedition leaders and support staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, the best back-up and support available. This includes nutritious and ample quantities of food, comfortable base camp facilities, reliable communications systems and the necessary medical back up.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful.

How to Join this Expedition

If you would like to join the expedition please complete the online application form found on our website at <https://www.adventureconsultants.com/expeditions/arctic/north-pole-ski-the-last-degree/book-now> along with your deposit for the trip.

If you require more information please contact us at:

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