

ICE ADVENTURES

EXPEDITION EXPERIENCE

The first step into cold-weather expeditions

The Pole to Pole Expedition Experience Adventure takes place in the remote wilderness of Northern Sweden. It is designed to equip participants with the core skills needed for cold-weather expeditions. Under the guidance of experienced Pole to Pole instructors, you will develop essential techniques for moving safely and efficiently in sub-zero conditions, from layering systems and equipment use to skiing, cooking, and navigation.

The trip progresses from theory and practical sessions to a self-supported, three-day expedition across frozen lakes and snow-covered terrain. Each night, participants camp in expedition-grade tents, providing an opportunity to apply skills in real conditions and build confidence in living and moving within these challenging environments.

The Expedition Experience Adventure is perfect for those preparing for polar challenges or wanting to test themselves in a tough yet supportive setting. This adventure combines hands-on learning with immersive experiences in a remote part of Scandinavia.

Overview

Location	Duration	Month	Difficulty
Sweden	7 Days	March	5

ICE ADVENTURE – WINTER EXPEDITION EXPERIENCE

The Pole to Pole Expedition Experiences are based on real-world polar expertise and aim to prepare participants for travel in some of the world's most challenging environments. Our instructors have led teams across the Arctic and Antarctic, ensuring that safety, skill development, and meaningful challenge are central to every course. The Winter Expedition Experience is no different.

The adventure starts with structured training in the fundamentals of cold-weather expeditions, covering layering and equipment systems, shelter, stove use, navigation, and skiing. These sessions are carefully designed to develop the confidence and skills needed for sub-zero conditions.

Once the foundations are in place, the group moves on to a self-supported, three-day expedition through Västerbotten's snow-covered landscape, with nights spent winter camping in expedition tents. This gives you the chance to experience what it is like on longer cold-weather expeditions and to apply everything you have learned in a real, remote environment.

Our instructors meticulously plan and supervise every aspect. From kit lists and pre-expedition support to route planning, nutrition, and on-the-ground safety, you receive ongoing support from a trusted and experienced team.

For those prepared to challenge themselves, build resilience, and experience life on an expedition, this adventure offers the polar world at its most raw and rewarding.

Itinerary

This itinerary has been designed based on numerous seasons of polar training and expeditions. As with all adventurous activities in remote regions, circumstances can change, and Pole to Pole may need to make adjustments, possibly at short notice. We, along with our partners, strive to adhere to the published schedule; however, we appreciate your patience if unforeseen circumstances necessitate adjustments.

Winter Expedition Experience – Sweden

Day 1

Arrive at Skellefteå Airport and transfer to the Pole to Pole Academy to settle in and meet the rest of the course.

Day 2

Equipment issue and a mix of classroom and practical lessons.

Day 3

A mix of classroom and practical lessons with a focus on skiing.

Day 4

Final lessons and deploy on the training expedition in the local area with a night in tents.

Day 5

Continuation of skiing the local area training on the expedition with a second night in tents.

Day 6

The final day of exploring the lakes and forests before returning back to the Pole to Pole Academy to de-service the equipment and have a celebration dinner.

Day 7

Departure day to fly back home.

The **Pole to Pole Expedition Experience Adventure** is a progressive programme that combines classroom instruction with practical lessons, equipping you with the essential skills needed to undertake the three-day expedition in Northern Sweden..

What's included

Pole to Pole have handpicked our partners and providers based on their experience, quality, and reliability. The following list is included in your booking:

Expedition Experience Adventure

Fitness programme	Support in preparation for the adventure
Airport transfers from Skellefteå Airport, Sweden	Expedition equipment and skis
Comfortable shared accommodation in the Pole to Pole Academy	Expedition nutrition
Full board, fika, and hot drinks in the Academy	

Not included

Sweden – Expedition Foundation Course Inclusions

Insurance coverage – personal, medical, evacuation, or otherwise	Accommodation other than the Pole to Pole Academy
Flights to Skellefteå, Sweden	Personal clothing and equipment

Equipment

The nature of a polar expedition will require the purchase of some specialist personal clothing. Please see below for the full kit list for your adventure in Sweden. If you have any questions, please don't hesitate to ask a member of our team.

On booking, the team will provide you with a checklist.

Clothing

Warm hat

Balaclava – full face optional

Hardshell salopettes/trousers – good quality and suitable for skiing

Face mask – can be attached to balaclava or separate

Insulated trousers – can be insulated over-trousers or thick ski salopettes

Buff

Hard shell jacket – good quality and with a hood

Sunglasses – Cat-3 UV protection

Cold weather liner socks x 3 pairs

Goggles – Ideally with interchangeable lenses or two pairs. One set of lenses with clear/yellow and one cat-3 protection

Cold weather mid socks x 3 pairs

Underwear – Lycra or merino sports shorts – **not cotton**

Cold weather thick socks x 3 pairs

Long sleeve baselayer top – to be of wicking material (synthetic or merino)

Boots – either NNN BC compatible or sturdy walking boots with ankle support for universal bindings

Long thermal bottoms – to be of wicking material (synthetic or merino)

Thin liner gloves – silk, wool, or synthetic. Consider touch screen compatible gloves for using technology

Midlayer jacket – PrimaLoft or fleece etc.

Insulated gloves/mitts – warm glove with a weatherproof outer shell

Insulated jacket – natural or synthetic down. Suitable to -20°C

Weatherproof outer mitts – a shell mitt that can fit over insulated gloves or mitts

Personal Equipment

Dry bags – various sizes to waterproof and store equipment

Notebook & pencil

1L vacuum flask x 2

Carabiners – several strong for attaching equipment. They do not have to be rated for climbing

1L wide mouth bottle – Nalgene or similar style for drinking

Multitool – to have a knife and pliers

1L+ wide mouth bottle –Clearly marked wide mouth water bottle for urinating in. A ‘She-wee’ s recommended for women

Toothbrush & toothpaste – manual toothbrush

Long handled spoon – long handled camping spork/spoon

Toiletries – expanding wipes, sanitary products, Sudo crème etc.

Lighters – not electric

Personal first aid kit – plasters, balms, pains relief, foot tape, antiseptic, scissors, anti-bac hand gel, lip balm, sun cream

Whistle

Earplugs

Electronic

Headtorch – Preferably rechargeable

Watch

Power bank – for charging electronics

Phone – not essential but good for music and photos

Batteries – for personal electronic devices

Headphones – not essential. It is recommended to bring wired headphones

Charging cables – for personal electronic devices

Equipment Provided by Pole to Pole

Camp equipment – expedition grade tents, snow shovels, tent brushes, and repair kit

Skis and pulks – cross-country skis, ski poles, pulks, harnesses, kit bags, polar bedding.

Communications – solar panel, battery pack, safety phones, and navigation equipment.

Toilet – toilet paper and toilet bags

Meals – expedition food, packing zip lock bags, stoves, stove boards, fuel, fuel bottles, cookware

Medical – comprehensive team first aid equipment

Training

Training for an expedition in austere conditions requires a good level of physical and mental fitness. While you do not require Olympic levels of strength and endurance, we recommend that you follow the fitness programme that we provide you, as well as increase your daily walking activity, preferably with a weighted backpack or hauling tyres.

If you would like more guidance on training, please speak to one of our team members.

Payment

You can pay your deposit and balance using the links on the invoice or via bank transfer. If you send money by electronic bank transfer, you are responsible for covering the cost of any associated transfer fees.

Cancellation

A non-refundable deposit of 20% of the total trip fee is required on booking.

In the event the client decides to cancel their trip at any time between booking and the trip's commencement, a deduction will be made from the advance amount. This is due to Pole to Pole's obligation to pay providers, personnel, and resources during the planning process.

The cancellation will only be effective from the date that the cancellation is received in writing by email. Cancellation charges will be payable as follows:

- A non-refundable deposit of 20% is charged on booking.
- A cancellation fee of 100% is charged if cancelled 90 days or less from the Challenge departure date.

RESCHEDULING

We do not routinely offer rescheduling, but if there is flexibility, we may be able to facilitate a request if the course is rescheduled in the same season. However, if you are unable to attend the date you booked in the same season, you will need to cancel your booking.

Cancellation will only be effective from the date that the cancellation is received in writing by email. Cancellation charges will be payable as previously stated.

Insurance

We recommend that all guests have appropriate travel insurance that covers the nature of the activity being undertaken on the booked course and protects them from cancellation.