

ICE ADVENTURES

EXPEDITION TRAINING

The first step into cold-weather expeditions

The Pole to Pole Expedition Training Course offers a comprehensive, adaptable, and progressive programme designed to equip adventurers of all levels, from novices to seasoned explorers, with the necessary skills and knowledge to undertake polar expeditions, such as the Pole to Pole Challenge 12 – South Pole Last Degree.

Set in the remote wilderness of Northern Sweden, the course combines classroom instruction with practical lessons, offering a progressive learning experience that equips participants with the fundamental skills needed to confidently undertake a polar expedition. The comprehensive Pole to Pole curriculum ensures you develop a thorough understanding of polar travel techniques, safety protocols, navigation strategies, and environmental awareness.

Under the guidance of one of our experienced team members, you will practice these new skills on a three-night unsupported expedition, hauling your pulk and equipment for up to eight hours each day while navigating through the Swedish backcountry. Each night, participants camp in expedition-grade tents, offering an opportunity to apply skills in real conditions and build confidence in living and moving within these challenging environments.

Overview

Location	Duration	Month	Difficulty
Sweden	8 Days	March	6

ICE ADVENTURE – EXPEDITION TRAINING

The Pole to Pole Expedition Training programme is built on real-world polar expertise and is designed to equip participants with the knowledge, skills, and confidence needed to operate in some of the world's most demanding environments. Our instructors have extensive experience working in both the Arctic and Antarctic, applying proven systems of safety, efficiency, and resilience in every course.

The winter expedition training begins with structured instruction in the essentials of cold-weather travel: clothing and layering systems, equipment use, stove operation, camp routines, and ski technique. Each session is hands-on and progressive, allowing you to practise under supervision and steadily develop competence in extreme cold.

Once the foundations are established, the training advances to a self-supported, three-day expedition across Västerbotten's frozen landscape. Living in expedition tents and travelling by ski with pulks, you will apply the full range of skills in a realistic field environment. This phase is not about spectacle but about solidifying your training under genuine expedition conditions.

Our instructors offer comprehensive preparation and guidance at every stage. From kit lists and pre-course advice to nutrition, route planning, and field safety, the training is delivered with the same meticulous standards employed on professional polar expeditions.

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.

Expedition Training – 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 and your instructor.

Day 2

Equipment issue and a mix of classroom and practical lessons.

Day 3

Continuation of training and ski lessons with a focus on human performance.

Day 4

A mix of classroom and practical lessons with a focus on skiing. After lunch the course deploys on the training expedition in the local area with the first night in tents.

Day 5

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

Day 5

A longer day on skis pushing distance and practicing expedition routine before the last night in tents.

Day 7

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 8

Departure day to fly back home.

The **Pole to Pole Expedition Training Course** is a progressive programme that combines classroom instruction with practical lessons, equipping you with the essential skills needed to undertake a guided polar expedition, such as a South Pole last degree.

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 Training Course

Fitness programme	Support in preparation for the adventure
Airport transfers from Skellefteå or Umeå Airport, Sweden	Specialist expedition equipment and skis. This includes sleeping bags, sleep mats, skis, poles, pulks, and bedding bags.
Comfortable shared accommodation in the Pole to Pole Academy	Expedition nutrition
Full board, fika, and hot drinks in the Academy	

Not included

Expedition Training Course

Insurance coverage – personal, medical, evacuation, or otherwise	Accommodation other than the Pole to Pole Academy
Flights to Skellefteå or Umeå, 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

1L vacuum flask x 2

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

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

Long handled spoon – long handled camping spork/spoon

Lighters – not electric

Whistle

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

Multitool – to have a knife and pliers

Toothbrush & toothpaste – manual toothbrush

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

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

Earplugs

Notebook & pencil

Electronic

Headtorch – for Sweden only. Preferably rechargeable

Power bank – for charging electronics

Batteries – for personal electronic devices

Charging cables – for personal electronic devices

Watch

Phone – not essential but good for music and photos

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

Equipment Provided by Pole to Pole

Camp equipment – expedition grade tents, snow shovels, tent brushes, stoves, kettles, sleeping bags, 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 25% 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 25% 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.