

WILD GUANABANA WELCOMES YOU TO NORWAY!



ENTERING NORWAY

VISA

Norway is a part of the Schengen area. A visa for any one of the Schengen countries is valid for a stay in all the other Schengen countries during the period for which the visa is valid. Unless otherwise provided, all foreign nationals must have a visa to enter Norway.



WEATHER

Temperatures will usually be between -2 to -10C. Sometimes also colder -15C/20C and even rain. We always expect wind!

CURRENCY



NORWEGIAN KORONE

Exchange Rate
USD 1 = 8.53 NOK

LANGUAGE

hvordan har det?
Hallo!

NORWEGIAN / SAMI

RELIGION

SECULAR

no religious majority

PLUGS & VOLTAGE



Plug *Voltage*
TYPE C/F **230 V**

DIALING CODE



+47

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- Underwear
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BASIC INFO

ABOUT THE COURSE

Have you ever dreamed of skiing to the North or South Pole? Do you want to know what it takes to plan, prepare and train for a polar expedition? Our arctic expedition training courses tap into the deep knowledge of Arctic Training & Expeditions experienced polar guides. Through 4 days of intensive training you will learn how to trust yourself and your equipment, survive outdoors in low temperatures and be well prepared for the challenge of your first real winter tour or polar expedition. We guarantee you a steep learning curve, spectacular winter landscapes and bags of fun!

The Arctic Expedition Course is lead by polar experts in the majestic mountains of Trondelag on the Norwegian / Swedish border. This is only a 45min transfer from Trondheim airport (TRD) an airport very well connected directly with several european cities or vie Oslo airport (OSL). Meraker is a small mountain village famous for raising Olympic cross country skiers and biathletes.

The Arctic Expedition Course is based on the knowledge acquired by generations of pioneering Norwegian polar explorers. Through a mix of indoor seminars and outdoor tutorials you will pick up dozens of expert tips and tricks on how to survive and thrive in cold arctic-like conditions. To compliment the technical learning and practical skills we'll coach you in backcountry skiing, a critical skill for any aspiring polar explorer.

As your knowledge and outdoor skills improve. You will build confidence and find satisfaction in your improved knowledge of clothing & equipment, skis and skiing, winter camping, tents, stoves, nutrition, navigation, tour planning, safety, hypothermia, frostbite and survival.

After completing this course you will know what it takes to participate in a winter expedition. You will have learned about your own strengths and limitations and be better prepared to plan your own winter tour or take the next step and join a commercial polar expedition.

WHO IS THIS FOR?

The course is designed for those who have a limited time window to learn the basics of preparing, planning and executing a polar expedition. In essence we offer a “polar expedition crash course” that delivers the key skills required by anyone of average fitness considering arctic or polar exploration.

You do not need to have polar expedition ambitions to participate on the course. If you are 18-65 years of age, average fit with a motivation to learn how to manage camping out in full winter, the course is definitely for you. We operate with a guide ratio of 1:4 to make sure that every client will be followed up at their own level.

The course was originally designed and developed to prepare expedition participants for North- and South Pole expeditions and Greenland crossings. Through the years the course has evolved and broadened so that it appeals a far wider expedition audience:

- Polar novices who want to learn winter outdoor skills and experience the challenges faced by polar explorers in a controlled, supervised and fun environment.
- Outdoor enthusiasts with some prior winter experience who want to boost their skills allowing them to safely plan and execute their own winter outdoor activities or expeditions.
- Expedition participants who have already signed up for a Greenland crossing or a South or North Pole expedition but require additional pre trip experience and training.
- People who are planning solo trip to one of the Poles or across Greenland and want to make sure they are not missing out any details in their preparation.
- Corporate groups and leaders who want to test their team and strengthen their bonds in challenging real-life arctic conditions.

WHAT YOU WILL LEARN ON THE COURSE

Clothing

- What to wear and what not
- Type of materials
- How to combine different layers (base-, mid- and outer layer) for best performance and comfort and temperature control in cold and extreme environments
- How to prevent frostbite on hands and face. Different face-masks and mitts
- Footwear (ski boots and camp footwear), socks, vapor barrier systems

Cross country skiing and equipment

- Different type of skis, skins, poles, bindings and boots
- Efficient XC-skiing technique will increase your speed, save energy and prevent injuries

Pulks and harnesses

- Different types of pulks and harnesses
- Packing and weight distribution

Tents

- Preferred tents for polar expeditions
- Features you are looking for and how to make your tent expedition ready

Camping

- Snow conditions suited and not suited for camping
- Orientation of tents for maximum safety
- How to put up your tent in a storm
- How to protect your tent in a storm
- How to organize your tent and camp to maximize comfort and safety and minimize waste of energy
- Tent routines

Sleeping

- Sleeping bags (material, brands, features, temperature ranges)
- Clothing and sleeping comfort
- Drying clothes in tent
- Sleeping mats and insulation
- Repairs

Cooking, food and nutrition

- What to eat and how much (brands, variety, nutritional value, weight loss/gain)
- Hydration and recovery supplements
- What is needed of pots and pans?
- Stoves and fuel
- Stove and fuel types for arctic expeditions.
- Weak points, maintenance and field repair
- Safety (carbon monoxide management)

Health

- Injuries, hypothermia, frostbite
- Washing or not?
- Washing options
- Foot- and skin care (frostbite, blisters and pressure sores, dry hands/finger splits, sore lips and face, sun protection, snow blindness)
- Team management and attitude
- Medical kit contents.

Safety and navigation

- Route planning and basic navigation (map & compass)
- Please bring your GPS if you have one.

Polar Kit

- Power and electronics
- Repair-kit, personal accessories, camera, cam-corders

Polar preparations

- How to train and prepare for polar expeditions
- Teamwork and attitude
- Polar thinking (be ahead of situations, reading nature signs, work smart, save energy etc)



ITINERARY

ABOUT

We will spend our first night in either a rustic mountain lodge or hotel close to the border straddling Norway and Sweden. The following morning we'll check and pack our gear before heading out into the mountains for 2 nights of camping. From now on everything we do is "expedition style". The experience mirrors the experience of a real expedition. Our equipment, tents, food and routines will be exactly how we would do it on a real expedition and with no short-cuts we make sure that you get the maximum outcome of the course. On the last night of the course (Saturday) we return to a comfortable lodge to enjoy a nice hot shower and relaxing beer before swapping memories and photos of the intensive training weekend over a delicious group meal.

DETAILED ITINERARY

DAY 1 - Welcome to Norway

Once you arrive at Trondheim Airport (TRD), our guides will pick you up (must arrive before 16:00) and drive 45 min to Røros UNESCO World Heritage town where you'll check in and take a breather. Our team will brief you on the upcoming few days of your journey, after which you get to indulge in a little taste of Norway by having dinner at the hotel.

DAY 2 - Off into the Wilderness (B/L/D)

Today we will have breakfast at 8:00am, start packing our stuff and head off with our skis into the wilderness having lunch mid way. We usually ski only 3-5km the first day to reach the camp not too tired. This day, we will go through every detail on how to put up your expedition tent and prepare for a comfortable night outdoors. By the end of this day you will have learnt:

- How to put up and secure your tent in the worst weather conditions
- How to organize your tent for safety and comfort
- How to light and repair a stove, melt snow for water, food/nutrition and sleeping systems
- You will be encouraged to be responsible and self-going with the camping routines for the rest of the trip

Usually on day 2 we will have some time in the evening for a night skiing trip with headlamps or even making a bonfire in the woods to share stories and experiences.

DAY 3 - Arctic Expedition Training (B/L/D)

This day we will do a longer skiing tour (around 10-20km) with our sleds to our next camp site. This afternoon you will hone your skills in putting up the tent, organizing your stuff and preparing for yet a comfortable night outdoors. Today you will realize how much you've already learned and that things are starting to be more natural and easy. You feel safe and more comfortable and your routines are done with a lot more self confidence and efficiency.

DAY 4: Arctic Expedition Training (B/L/D)

Wake up at 7:30 today and have breakfast in tents after which we pack all our equipment in our sleds. This day we will do a longer skiing loop with our sleds back to where we started. Today we will improve our skiing technique and feel at home with the routines of 50min of skiing/10 min breaks just as we do on expeditions. You will enjoy skiing through the stunning landscape but also looking forward to the short breaks of hot chocolate, water and snacks. In the afternoon we'll come back to the lodge, unpack our sleds and put our equipment set out to dry. After a warm and well deserved shower we'll chill out and debrief over a cold soda/beer and celebrate the course over a very nice meal.

DAY 5 - Homebound (B/L/D):

We wake up for a hearty breakfast at our cozy lodge as we debrief our past couple of days and go over the lovely memories and all what we have learnt. We will then pack our stuff, check out of the lodge and take a 45 min ride back to Trondheim airport. Your flight out from Trondheim Airport (TRD) should be after 13:00.

INCLUSIONS

- Consultation on every aspect of preparation including physical and mental
- 2 nights accommodation in hotel
- 2 nights accommodation in tents
- All meals as mentioned above (B=Breakfast, L=Lunch, D=Dinner)
- Experienced and trained mountain guides
- All transfers as mentioned above
- Transfers to/from Trondheim international airport
- All activities as mentioned above

EXCLUSIONS

- International flights to and from Trondheim
- Travel and medical insurance
- Entry Visa
- Any extra drinks or snacks
- Tips and Gratuity








EQUIPMENT CHECKLIST






We will supply a lot of items that is not usually part of everyone's normal outdoor gear. They are marked "ATE ". Items marked "Optional" is of course just nice to have. Please let us know if you have any questions or if you need to rent or borrow equipment from us. We can provide the most of it if you tell us in advance.








This list is only a guide. While you are required to bring everything on this list (unless otherwise stated), there are numerous options, brands, and versions of each piece of equipment. Please let us know if you need advice on what product to go with.

We recommend using several thin layers of underwear to optimize the heat regulation. The absolutely best is to wear synthetic mesh from Brynje close to your skin for maximum moisture transportation, insulation and comfort. Second best is thin (150g) merino wool. The next layer should be of thin wool (150-200g) or synthetic preferably with a zip polo neck for heat regulation. **No cotton underwear is allowed! It traps moisture, are difficult to dry and can cause you to chill more rapidly.**

<p>Underpants</p>	<p>Choose a comfortable synthetic or wool underpant. If you can get one with a wind stopper front it is good but not essential. In general you would only need one set for our tour as the underwear stays on 24/7. Example Brynje Super thermo Boxers Windstopper or Brynje Classic Wool boxers If you bring two pairs these can be used on top of each other on extra cold days.</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	
<p>BRA</p>	<p>Should be quick drying comfortable and breathable synthetic or wool.</p> <p>Examples: Patagonia Womens Compressor BRA or Icebreaker Women's Sprite Raceback BRA</p>	
<p>Socks, thin</p>	<p>Two pairs. Thin synthetic or wool sock to be used next to skin. They dry in your sleeping bag during the night. Do not bring cotton as they will not dry! Example: Wigwan Ultimate Liner Pro</p>	
<p>Socks, thick</p>	<p>Two pairs and made of wool (or a wool/synthetic mix). One pair to use during the day and one dry pair in the tent. This is essential for keeping your feet happy! Example: Wigwan Minus 40 °C Silver sock</p>	

<p>Base layer, top</p>	<p>Two of these. At least one set should have a zip-polo neck. Usually we ski with one Brynje mesh next to skin and a thin breathable synthetic/or Merion wool (150-200g) on top of this. Example: Brynje Super Thermo Mesh, Haglofs Adler jacket (or Patagonia Capilene Lightweight Zip-Neck).</p> <div style="text-align: center;">  </div>	
<p>Base layer, long johns</p>	<p>Two pairs. Same as above. Brynje mesh or a thin merino (150g) next to skin and a thin layer of wool/synthetic on top of that on extra cold days.</p> <p>Example: Brynje Super Thermo longs and Classic Wool longs</p> <div style="text-align: center;">  </div>	
<p>Mid Layer pants</p>	<p>For really cold days, these will be warm and cozy to ski in. Example Haglofs Bungy tights</p> <p>Usually you will not need to bring these if you have two base layer pants to be used on top of each other. But pants like these are essential on expeditions to Greenland or the North- or South pole.</p> <div style="text-align: center;">  </div>	<p>Optional</p>
<p>Mid layer - medium thick</p>	<p>One thin fleece jacket or thin wool sweater to be used in the camp or to wear on extra cold days when skiing.</p> <p>Example: Haglofs Heron jacket</p> <div style="text-align: center;">  </div>	
<p>Mid Layer – thick</p>	<p>A lightweight synthetic or down jacket or even a thick fleece or wool sweater. To be used in the camp and to wear on extra cold days when skiing.</p> <p>Example: Bergans Surten Insulated Jacket</p> <div style="text-align: center;">  </div>	

<p>Mid Layer -Insulated trousers</p>	<p>Synthetic/down. To use in the camp or for skiing on very cold days. Full length zips are good for toilet use.</p> <p>Example: Haglofs Barrier III insulated pants</p>		<p>Optional</p>
<p>Biuvac shoes</p>	<p>To be used in and around the camp. This will give your feet a rest from the skiing boots and keep you warm when walking outside the tent.</p> <p>Example: Western Mountaineering Expedition Booties</p>		<p>Optional</p>
<p>Outer layer - Jacket, windproof</p>	<p>Wind, waterproof and breathable Gore-Tex, Dermizax or similar. Bring a jacket you would normally use for a trekking trip on a rainy day in the autumn or windy day in winter. Preferably with a large hood that tightens well. Do not bring an insulated downhill skiing jacket. It will be too hot for XC-skiing and the moist will freeze inside the insulation!</p> <p>If you are planning an expedition you would need a long jacket that offer more protection. Zips must move easily and be operated with mitts. Large pockets for goggles and mitts not in use is also good.</p> <p>Example: Bergans Arctic Expedition Jacket</p>		
<p>Outer layer -Pants (bib), windproof</p>	<p>Bring wind-, waterproof and breathable Gore-tex, Dermizax or similar. Pants with suspenders and high waist are recommended but not necessary on our course. Do not bring insulated downhill skiing pants. It will be too hot for XC- skiing and the moist will freeze inside the insulation!</p> <p>If you are planning an expedition bib with a full length zips to vent are essential, as well as for going to the toilet.</p> <p>Example: Bergans Expedition Salopettes</p>		
<p>Outer Layer - Down jacket</p>	<p>Any normal down jacket with a total weight of 600-800g will do the job. Preferably with a hood. A good example is Mountain Equipment K7 or Vega jacket.</p> <p>If you are planning an expedition you will need a longer jacket with large hand warmer pockets and rated for expedition use like Bergans Expedition Down Jacket</p>		

Outer Layer - Down/synthetic vest	<p>Synthetic- or down vest can be a good option. It regulates the temperature very effectively. Can be worn when skiing on cold days, but vented if it warms up. Example: <i>Sir Joseph Kamik Down Vest</i> or <i>Mountain Equipment Dewline Vest.</i></p>		Optional
Mittens, windproof	<p>Shell mittens that are wind- and waterproof. Should be as soft as possible and have a removable fleece or wool liner for easy drying. Example: <i>Hestra Fjellvotten Mitts</i></p>		
Mittens, Woolen	<p>Thick wool mittens to stay inside the windproof mittens. Example: <i>Hestra Kebnekaise Wool</i></p> <p>Please note: On our course you will get a pair of warm, homemade wool mittens!</p>		
Gloves	<p>One pair of medium thin gloves of fleece or wool for working on the stove etc where the mittens feel too bulky. Don't bring insulated gloves – they will never dry once they get wet! Example: <i>Hestra Power Stretch</i></p>		
Mittens Extreme	<p>On expeditions you will need the warmest mittens for the coldest conditions – these are an insurance policy for very cold weather. Example <i>Hestra Army Expedition Mitts</i></p> <p>Not necessary for the course but bring them if you already have a pair.</p>		Optional
Hat, thick	<p>Windproof and insulated hat that covers well over the ears. To wear in camp on extra cold days. Example: <i>Fjallraven Nordic Heater</i></p>		Optional
Hat/beanie	<p>Hat/beanie for skiing. Fleece or wool. Example: <i>Brynje Arctic Hat</i>, <i>Arc'teryx Bird Head Toque Beanie</i> or similar.</p>		

<p>Balaclava</p>	<p>It is nice to wear a dry balaclava for a good nights sleep.</p> <p>Example: <i>Brynje Arctic</i>.</p>		<p>Optional</p>
<p>Buff/Neck Gaiter –</p>	<p>Not required, but a neck gaiter of wool/fleece is handy as a scarf and a light ‘facemask’.</p> <p>Example: <i>Brynje Arctic Neck Warmer</i></p>		<p>Optional</p>
<p>Facemask</p>	<p>A facemask is recommended for the course.</p> <p>Example: <i>Norrøna /29Balaclavea snow mask</i> or <i>Haglofs Windstopper</i></p>		
<p>Goggles</p>	<p>Essential part of the kit when the weather turns bad or even on cold days with bright sunshine. Photochromatic lens (Cat 1-3) work best.</p> <p>Example: <i>Bolle Light Modulator Cat 1-3</i></p>		
<p>Sun-glasses</p>	<p>Sunglasses with high UV-filter should be sturdy, and have side protection. Photochromatic lens (Cat 2-4) will help reduce glare and pick out features in the ice.</p> <p>Example: <i>Cebe Pro Guide Cat 2-4</i></p>		
<p>Sun cream /block and Lypsyl</p>	<p>The skin and lips may enjoy some form of care. Try to find products that doesn't contain water and try it out before departure to see if your skin likes it. SPF 20-50 depending on your skin and when you come on the season. In March and April the sun will be very strong in the mountains.</p>		

Take nothing but memories and leave nothing but your footprint.

FOR THE TENT

Brush	A shoe brush or similar to take off snow and frost from the inner tent, shoes and clothing.	ATE
Matress 1+2	One inflatable on top of a Ridge-Rests give you the most comfort	ATE
Fleece or synthetic liner	To have inside the sleeping bag and get some extra warmth on cold days. Example: Mountain Equipment Starlight Micro	Optional
Sleeping bag	Comfort limit -15c to -20C. Synthetic or down. Example: Mountain Equipment Helium 800 or Glacier 1250 You can rent a sleeping bag from us (NOK 600,- for the course) if you do not have your own and don't want to invest only for the course.	
Spoon	Plastic	ATE
Cup	Plastic, insulated with cap 0,3-0,4 liter	ATE
Plate	Plastic	ATE
Thermos	1,5 liters	ATE
Peeing bottle/SheWee	1 liter (preferably plastic and with a large opening). Can stay in the sleeping bag at night. The brand Nalgene is good a good choice. You don't need to bring this if you are not planning an expedition and want to test it.	Optional
Hygiene and personal care	Toothbrush, toothpaste, dental floss, toileteries and painkillers/medication.	
Toiletpaper	1 roll each of sturdy paper. We keep it in a zip-lock bag.	ATE
Sportstape and Compeed	1-2 rolls of sportstape and 1-2 packs of Compeed to prevent blisters.	
Lighter/ matches	A variety (kept dry)	ATE
Knife	A small multitool (Leatherman, Gerber...)	Optional
Waterproof stuff sacks	4-5 light, soft and waterproof bags to keep your personal equipment dry and your sled tidy. These should be: 2 x 40 liter (for sleeping bag and clothing) 2 x 20 liter (for down jacket etc) and 1x10 liter (optional) for lunch and snacks Example: Exped, Ortlieb or similar	
Headlamp	Small. For use in the tent/camp and for night skiing. Example: Black Diamond Spot	



PERSONAL ITEMS

A small and easy-to-use pocket camera will do the job. Waterproof cameras are OK but no must. It's better to have a small point-and-shoot camera always ready than a bulky DSLR in your sled. Lots of cameras come with both stills and

Mobile phones can be used but are difficult to operate with mitts/gloves and have poor battery life. Be aware that battery life on your electronic gadgets will be very reduced below -15/20C (and almost dead below -25C). Batteries will recharge once heated up again. We usually carry extra batteries in a pouch/pocket close to our body.

Camera/video	<p>Some general info about camera`s on expeditions:</p> <ol style="list-style-type: none"> 1. Go for one with a wide angle. 2. The larger buttons on the camera – the easier it is to operate with mittens. 3. Bring at least one extra battery or a powerbank-charger. 4. Moist in the tent can give annoying ice inside the camera. We'll teach you how you how to operate and store it. 5. Bring a protective case for your camera. 6. You can also bring a thin waterproof bag to put your camera in but a plastic bag will do the same job. 7. Know how to use your camera before you go (or the rest of the team will get cold when you're trying to set it up) 	Must!
Diary, pen, paper	<p>Bring a book with a pencil (pens will freeze) to write down all tips and ideas. You will thank yourself on your next adventure 😊.</p>	Must!
Snacks and lunch	<p>Bring 300-400grams per active day (3 days on the expedition course) of high calorie personal snacks for lunch and eating on during our skiing days. This can be chocolate, nuts, biscuits, instant soups, flapjacks, cheese, dried sausage, dried meat etc. If you find it hard to bring on the plane let us know and we will do some shopping.</p>	
Surprise 😊	<p>Everybody will love if you bring a some of your favourite snacks or drink (typical from your home country) to share in the tent.</p>	

SKIS, BOOTS AND JOINT EQUIPMENT

Skis and poles	Åsnes Amundsen or Åsnes Gamme with ½ skins	ATE
Boots	Alfa BC A/P/S GTX with integrated gaiters	ATE
Sledge/pulka	Rigged sledge (Paris Expedition)	ATE
Harness	Harness (Fjellpulken).	ATE
Carabiners/rope		ATE
Shovel		ATE
Tents	Helsport Expedition Tents	ATE
Stove and fuel	Primus Omnifuel	ATE
Pot	Large pot for melting snow and cooking.	ATE
Cocking plate	Plate to stabilize the stove.	ATE
Map		ATE
Dinner	Freeze dried expedition food - REAL Turmat	ATE
Breakfast	Porridge with dried milk, tea, coffee, hot chockolate	ATE
GPS and compass	We will not have time to go "in depth" with GPS and navigation but will go through the basics. Bring your own if you wish 😊	ATE
Repair kit	...and the handiness of your guide and team mates!	ATE
First Aid kit and SAT phone	Our First Aid Kit is well stocked but please bring your own medicine, painkillers etc.	ATE