



Polar Exploration: A Practical Handbook for North and South Pole Expeditions

By Dixie Dansercoer

Cicerone Press. Paperback. Book Condition: new. BRAND NEW, Polar Exploration: A Practical Handbook for North and South Pole Expeditions, Dixie Dansercoer, A handbook about the mental and physical preparation and detailed planning required for a successful trip to the North or South Pole. In this guide, veteran explorer and polar pioneer Dixie Dansercoer outlines the particular considerations and requirements for all kinds of polar expedition: short self-guided trips, guided Last Degree expeditions and long-haul expeditions, self-financed or sponsored, to the Arctic or the Antarctic. Illustrated with first-hand accounts of hazardous crossings, tricky decision points and encounters with polar bears, as well as evocative expedition photography, sections cover motivation and limitations, understanding the cold, preparations, what to take, travel during the day and camp organisation at night, as well as hazards from polar bears to exploding stoves and whiteout to frostbite. For newcomers in need of guidance, it will help them begin their mental and physical preparation for surviving in such extreme environments. For returning explorers, there is plenty of information on equipment, techniques and experiences to compare and contrast. Also includes a glossary of polar terms and a recommended daily polar regime.



READ ONLINE
[6.01 MB]

Reviews

It is just one of the most popular ebook. It is written in simple words and not confusing. I am just happy to tell you that this is actually the finest ebook I have got read inside my very own existence and may be the greatest ebook for at any time.

-- **Vicky Adams**

These kinds of pdf are the greatest ebook accessible. It is one of the most amazing ebooks I have got through. Your life span will likely be transformed once you comprehensively read this article publication.

-- **Santa Lowe**