



Polar Exploration: A practical handbook for North and South Pole expeditions (Techniques)

Dixie Dansercoer

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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.

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Spent a free time for you to be fun activity to try and do! A lot of people spent their sparetime with their family, or their particular friends. Usually they undertaking activity like watching television, going to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? May be reading a book is usually option to fill your no cost time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the book untitled Polar Exploration: A practical handbook for North and South Pole expeditions (Techniques) can be fine book to read. May be it is usually best activity to you.

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