

# NorthWinds Polar Training Application

Please fill out and return by email ([matt@northwinds-arctic.com](mailto:matt@northwinds-arctic.com)) or fax 1 867 979-0573

Name: \_\_\_\_\_

Your Expedition goals: \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Nationality: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work number: \_\_\_\_\_

Email: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

## Are you planning a Polar Adventure?

\_\_\_\_\_

\_\_\_\_\_

## What skills do you need to gain from this Polar Training?

\_\_\_\_\_

\_\_\_\_\_

Description of general health and physical condition:

\_\_\_\_\_

\_\_\_\_\_

Do you have any physical or mental conditions that may make an expedition like this more challenging for you?

\_\_\_\_\_

## Past Expeditions: (in order of most recent)

Name of Expedition: \_\_\_\_\_

Date: \_\_\_\_\_ Length of Expedition: \_\_\_\_\_

On this expedition I was: \_\_\_ the leader of the expedition, \_\_\_ a expedition member, \_\_\_ participant on a commercial expedition.

Type of Expedition (ski, mountaineering, etc.) \_\_\_\_\_

Name of Expedition: \_\_\_\_\_

Date: \_\_\_\_\_ Length of Expedition: \_\_\_\_\_

On this expedition I was: \_\_\_ the leader of the expedition, \_\_\_ a expedition member, \_\_\_ participant on a commercial expedition.

Type of Expedition (ski, mountaineering, etc.) \_\_\_\_\_

Name of Expedition: \_\_\_\_\_

Date: \_\_\_\_\_ Length of Expedition: \_\_\_\_\_

On this expedition I was: \_\_\_ the leader of the expedition, \_\_\_ a expedition member, \_\_\_ participant on a commercial expedition.

Type of Expedition (ski, mountaineering, etc.) \_\_\_\_\_

Name of Expedition: \_\_\_\_\_

Date: \_\_\_\_\_ Length of Expedition: \_\_\_\_\_

On this expedition I was: \_\_\_ the leader of the expedition, \_\_\_ a expedition member, \_\_\_ participant on a commercial expedition.  
Type of Expedition (ski, mountaineering, etc.) \_\_\_\_\_

Name of Expedition: \_\_\_\_\_  
Date: \_\_\_\_\_ Length of Expedition: \_\_\_\_\_  
On this expedition I was: \_\_\_ the leader of the expedition, \_\_\_ a expedition member, \_\_\_ participant on a commercial expedition.  
Type of Expedition (ski, mountaineering, etc.) \_\_\_\_\_

## Please evaluate your skill level

From 0 (no experience) to 5 (expert)

### Ski:

- 1 2 3 4 5 Back- country skiing
- 1 2 3 4 5 Telemark skiing
- 1 2 3 4 5 Cross country classic skiing
- 1 2 3 4 5 Cross country skate ski
- 1 2 3 4 5 Downhill skiing
- 1 2 3 4 5 Snow Board

### Mountaineering:

- 1 2 3 4 5 Rock Climbing (can climb / lead\_\_\_\_\_)
- 1 2 3 4 5 Ice Climbing
- 1 2 3 4 5 Mixed ice/rock/snow climbing
- 1 2 3 4 5 High Altitude mountaineering

### Outdoor skills:

- 1 2 3 4 5 Navigation
- 1 2 3 4 5 Cooking, stoves maintenance
- 1 2 3 4 5 Winter camping skills
- 1 2 3 4 5 Keep warm in -40 C temperatures

### Expedition attitude:

- 1 2 3 4 5 Ability to tough it out
- 1 2 3 4 5 Ability to keep up a positive moral
- 1 2 3 4 5 A never give up attitude
- 1 2 3 4 5 Team player

### Other adventure skills (sky diving, hang gliding, sports car racing, ...etc.)

- 1 2 3 4 5 \_\_\_\_\_
- 1 2 3 4 5 \_\_\_\_\_
- 1 2 3 4 5 \_\_\_\_\_
- 1 2 3 4 5 \_\_\_\_\_