

HIGH MOUNTAIN

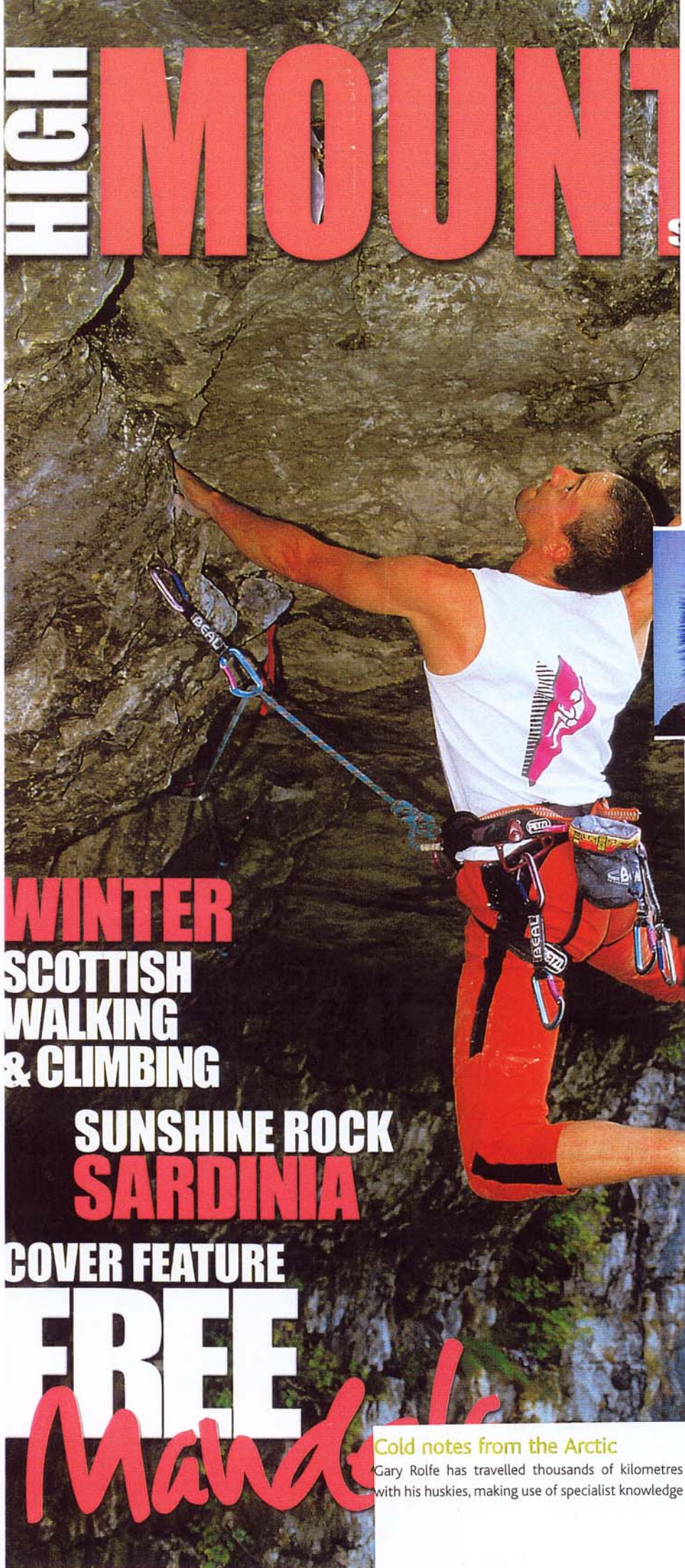
WINTER
SCOTTISH
WALKING
& CLIMBING

SUNSHINE ROCK
SARDINIA

COVER FEATURE

FREE

Mandate



equipment notes

learnt from the native Inuit — acknowledged experts in polar travel and survival. These native people regard those falling foul of frostbite or succumbing to cold as a liability. This year, Gary spent his third consecutive spring on the Arctic Ocean — and second alone on the Beaufort Sea — an area infamous for unpredictable polar bears, rabid wolves and debilitating cold, a potentially lethal environment where the average spring time temperatures were -48°C. An open mind and a willingness to look beyond mountaineering for knowledge is one of the best ways to learn how to operate and survive in harsh conditions and so here is some valuable advice from Gary himself.

Expedient Routine

I pay specific attention to my training (twice daily) and diet (consuming 5,200 calories, 15% fat, 25% protein and 60% carbohydrate).

Training sessions from hell reciprocate what it



feels like to be generating body heat skiing alongside my dogs and sled. I deal with sleep deprivation, anxiety and fatigue; at best my training is seriously physical and mentally difficult. At worst, I can attest, it is simply nasty.

Extreme fitness is a gear rack of discipline, physiological benefit and iron will. With these attributes comes an awareness of possible perfection in all things (tangible or otherwise); the very foundation to staying warm under deeply harrowing circumstances.

Cold?

- Remain calm but decisive.
- Think more layers, snack food and drink.
- Go to the toilet. Never hold it.
- Do EVERYTHING (outside) with gloves on.
- Dry out ALL clothing EVERY night (it can and must be done).
- Extreme cold constricts oxygen and water carrying blood vessels, so does smoking and drinking alcohol.

Gear

Select one piece of gear? It would be my Wiggy's sleeping bag system. I have used it in Canada's Northwest Territories, Alaska, the Yukon and on the Arctic Ocean. American made, Wiggy's have the potential to revolutionize this specialized market.

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(Currently in the UK, Gary is writing a book. Topics will include, cold weather skills, opinions on gear, his experiences and, of course, his dogs, in the north; details: huskynwt@yahoo.ca)

Cold notes from the Arctic

Gary Rolfe has travelled thousands of kilometres with his huskies, making use of specialist knowledge