



*..following in the footsteps of Irish Antarctic explorers*

Shackleton • Crean • Forde • Keohane • McCarthy Brothers

Irish Beyond Endurance Expedition November 2006  
South Georgia Application

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\*\* The Beyond Endurance will stay within full compliance with the rules and regulations laid down by the SGSSI authorities which we have now read in detail.

# **1. Objectives of Beyond Endurance Expedition**

## ***1:1 South Georgia Shackleton crossing***

Our primary objective as a national Irish expedition is to undertake and record the crossing of South Georgia with an Irish team from all over Ireland in honour of our Irish Antarctic explorers and adventurers. Also to make the Irish public more aware of our Irish hero's contribution to the heroic age of Antarctic exploration.

Shackleton, Crean, Forde, Keohane and the MacCarthy Brothers.

## ***1:2 Support Expedition Team***

To enhance the knowledge of the Irish team in the importance and beauty of Antarctica and the surrounding islands, its Marine and wild life. A total group of 80 adventurous individuals including the crossing team of South Georgia will head South to visit South Georgia, Elephant Island, and the Antarctic Continent. We will be carrying out a school project, a scientific project as well as learning about the historical places we visit and observing Antarctic wildlife and scenery.

## ***1:3 South Pole / Traverse***

The Beyond Endurance South Georgia and Expedition cruise is part of a larger expedition objective that will see a number of Irish adventurers set out to reach the South Pole and to traverse the Antarctic continent in honour of Shackleton, and also to have the first Irish female reach the South Pole.

### ***1:3a Brief of South Pole objective***

The significance of this expedition is to complete Shackleton's unfinished objective of reaching the South Pole and to complete the traverse of the continent. Also, to celebrate our Irish sung and unsung heroes - Shackleton, Crean, Forde, Keohane, and the McCarthy's - who in their own right made an impact on the history of Antarctic exploration: Ordinary people achieving extraordinary objectives.

## 2. South Georgia Leaders

| Name  | Experience of relevance  |
|---|--|
| <p>Pat Falvey : Expedition Leader</p> <p>Age 49</p>         | <p>Pat has been involved in 57 high altitude and cold climate expeditions on all of the seven continents of the world as well as many seasons doing Arctic survival and rescue training expedition in the Alps, Scotland and Norway. Pat has lead expeditions to all the cold regions of our planet from Everest to Antarctic to Alaska. He has also been involved in the study of tribes in the remote regions of our planet and has studied over 20 tribes of people as well as 12 different religions in his quest to determine what it is that has driven man to challenge themselves since the evolution of our species. . Pat was a member of one of Ireland's leading rescue mountaineering teams for 12 years (Kerry Mountain Rescue.) Pat's experience and leadership has seen him run expeditions to the most beautiful and challenging places in the world.</p> |
| <p>Donal O Dowd : Guide/Group Leader</p> <p>Age 46</p>      | <p>Donal is the managing director of Capanalea OEC, the premier Outdoor Education Centre in Ireland. He has worked as a professional outdoor instructor for over 25 years. He is actively involved in training individuals in mountaineering; canoeing and sailing. As a qualified European Mountain Leader, he has a depth of experience in mountaineering and wilderness expeditioning. He has climbed in Scotland, the Alps and in the US and has lead and participated in a number of overseas expeditions. He is one of the Beyond Endurance expedition trainers.</p>   |
| <p>Gerald Mc Donnell : Guide/Group Leader</p> <p>Age 33</p> | <p>Ger lives in Alaska for the last 10 years having moved there to advance his skills in living in colder climates and to train full time as a mountaineer. He has summated Mt Everest as part of the Irish 2003 Expedition and is presently undertaking his 2<sup>nd</sup> 8000 meter K2. He has also lead expedition to Russia, Nepal and Alaska as well as climbed in Scotland and the Alps. He is one of the team to be part of The Irish Traverse of the Antarctic continent as part of the Beyond Endurance Expedition.</p>  |

|   |  |
|---|--|
| <p>Dr Clare O Leary : Guide/Group Leader</p> <p>Age 35</p>  | <p>Ireland’s leading high altitude female climber many seasons on the world’s great ranges. 1<sup>st</sup> Irish woman to climb MT. Everest has also been the 1st Irish female to complete the Seven summits which includes Mt Vinson in the Antarctic, Mt McKinley in Alaska. Clare has had many other cold climbing experiences in the European Alps, New Zealand, Norway and Scotland. Clare is also a Dr with wide experience in high altitude, cold and wilderness Medicine.</p>  |
| <p>Rolf Bae : Guide/Group Leader</p> <p>Age 31</p>  | <p>Rolf is Norway’s top adventurer and has completed many Arctic and Antarctic challenges and has held until this year held the record for the longest Antarctic traverse crossing. He is an experienced mountaineer and runs a very successful adventure company in Norway called “Fram” specializing in arctic and Antarctic travel and survival courses.</p> <p>For the team that is wishing to partake in the South Georgia Rolf and team will assess the final team for South Georgia in a compulsory week long survival course in Norway to be held in June.</p> |
| <p>Bjorn Sekkasaeter: Guide/Group Leader</p> <p>Age 38</p>  | <p>1988 – 1998 Educated and employed in the Norwegian armed forces. Military Academy<br/> 1993 – 1997 Responsibility to train military personnel to operate in a cold climate under winter conditions. Member of the Avalanche rescue team in the armed forces in Northern Norway<br/> Active climber with both national and international experience. Active ice climber, climbing instructor. Glacier instructor. Chairman in Norway’s largest mountain group under the Norwegian Mountain and Tourist Association.</p>  |
| <p>Cecile Skog</p> <p>Age 31</p> <p>Pending on Numbers we will be recruiting other guides once we confirm numbers</p> | <ul style="list-style-type: none"> <li>- The most experienced female expedition-person in Norway.</li> <li>- Has worked as guide for Hvitserk.</li> <li>- Completed “7 Summits” in 2006.</li> <li>- First woman in the world to do both “7 Summits” and “The 3 poles”.</li> <li>- Educated glacier instructor.</li> <li>- Participated on the first Norwegian expedition to K2 in 2005.</li> </ul> <p>Sean Brooks: Provisional... New Zealand<br/> David Hamilton: Provisional English<br/> Cecilie Skog : Provisional Norwegian</p>                                   |

### **3. Team Selection and training program**

There has been phenomenal interest in this historical event from all regions of Ireland and abroad. This is seen as the most significant Antarctic expedition heading South ever from Ireland and has gain huge interest throughout the country and the Irish abroad.

We have had 750 applications for the Irish Beyond Endurance Expedition and Support Cruise.

- 210 vying for the South Georgia crossing,
- 12 for South Pole
- The balance for the expedition cruise only.

These applicants have far exceeded all our wildest imaginations and have shown us the great interest that Irish people have taken in the history and the ongoing culture of Antarctic and that of our objectives.

#### ***3:1:1 Our aspiration request:***

We are hoping that with the assessment's and the training program in place that we can have up 24 to 30 team members + guides to receive permission to do the crossing as is perceived safe and also meeting all regulations pertaining to such a crossing. As we have a form of eliminations in progress at present we do not have the final selection of traverse team as of yet but would intent to have so by July 2006 on the completion of training and assessment program. These numbers may fall significantly if they do not meet set out criteria that is set.

#### ***3:1:2 Application numbers South Georgia:***

Having gone through all applications, self assessments and training program all bar the Norway compulsory assessments which is in June, we believe that we now have whittled potential applicants from the Irish trials (April 2006) down from 210 to 30 applicants which will be self sufficient that will have the required skills and stamina to undertake the Norwegian trials, this does not mean they will pass the Norwegian trials.

These team members will now go forward for final assessment in Norway where further rigorous training and assessment will take place on the 3<sup>rd</sup> to the 10<sup>th</sup> of June. These numbers may be further cut depending on this assessment.

Final decision on applicants will be by Rolf Bea and Bjorn Sekkasaeter Norwegian adventurers. Their job is to ensure that all people going forward before been accepted will have the required skills, training and stamina to undertake such a crossing in no matter what condition that we may encounter in South Georgia safely. A further training program will be in place for the team after Norway to ensure a proficient crossing of South Georgia by the team working as a unit.

### **3:2:1 *South Georgia Traverse Aspirants***

A Training program, self assessment and guide assessments have been in place since we begun the Beyond Endurance Expedition.

From a total of 210 vying to participate in the South Georgia this has now been brought down to 36 aspirants that will now have to partake in the final compulsory assessments In Norway on a 3 day 50 Km trek simulated South Georgia course and a further training course on Arctic/ Antarctic survival techniques under our nominated leaders in Norway. Rolf Bea, Bjorn Sekkasaeter and their team

- A full briefing will be given on each of the aspirants after this and further eliminations or training will be recommended. Their decision for inclusion or elimination will be final.
- Final team after selection to train over the coming months to enhance all skills required and to operate efficiently as a team on the set out objectives.

We can confidently say that after training and selection that all participants will be capable to undertake safely the crossing.

Full reports will be submitted on all participants from selection committee in Norway to Expedition office based on stamina, skills in camp craft, glacier travel, team participation and comment on inclusion or elimination of team member from traverse and their reasons.

### **3:2:2 *Process of Elimination***

In looking at the South Georgia crossing application forms and to select suitable candidates for this task we decided to put in place a process involving eliminations and trials so that we were left with a core of people who possess the ability, stamina, technical skills and mental ability to succeed.

We created a schedule of both self and committee elimination training and assessment trials. A considerable proportion of received applicants did not appreciate the commitment, stamina or technical skills required for training or participation.

### **3:2:3 *Selection Committee***

To give a fair chance to all applicants and to avoid favoritism, we have put a select committee together to assess the final applicants to ensure a proper and clinical assessment.

Each applicant will go through a final rigorous selection process in Norway with Rolf Bea (Norwegian), Bjorn Sekkasaeter (Norwegian) and their team.

As Pat Falvey expedition Leader has become close to a number of the applicants over the process of training he has taken himself out of the decision making process on their ability to partake. Once decision is made Pat will reengage the building of the final team and training program for South Georgia. All team members have been made aware of this.

### **Training Schedule from inception**

Over a period of 7 months (up to July 2006) a series of trials based in Ireland and Norway (including survival trekking, arctic survival skills, camp craft and rope skills) will assess and determine who will make the final team.

#### **Self assessment for applicants.**

##### ***3:3:1 Stamina and mountain awareness.***

A: January and February 2006 (Ireland)

A weekend in Kerry Ireland: A two-day, one-night trek over the highest mountains in Ireland. Distance 15 miles ascent 5000 feet.

##### **Objective of training course:**

This was to ensure that all participants before continuing onto the next stage of assessment, that aspirant team members had a required level of stamina and had the ability to climb on rough terrain and to work as a team. Climbing in the dark would simulate white out conditions and show the importance to be aware of the dangers of misplacing team members.

##### ***3:3:2 Stamina, simulation Irish style of South Georgia, and mountain camp-craft awareness/ rescue simulation.***

B: March and April 2006. (Ireland)

A three-day (30 mile) hike over the roughest mountains in Ireland, carrying a full weight back pack 20 Kg, including Camp craft as well as Rib landing and simulated sea rescue.

##### **Objective of Training course:**

This was to ensure that participants would have the ability to have required stamina, the ability to deal without panic simulated rescue situations have the ability to be self sufficient.

##### ***3:3:3 Rope skills and rescue techniques Pre Norway Trials***

C: May 2006 (Ireland)

##### **Objective of Training course:**

A two day course on rope training and glacier techniques requirements, pre Norway skills course to ensure all team members had required skills in crevasse rescue, glacier travel, and general rope techniques that would be required for assessments in Norway.

### 3:3:4 Norway simulation of South Georgia / skills training

#### Norway June 2006 compulsory assessments:

We have selected the area of Glaciers and Mountains in Norway in Jotunheimen see rough itinerary below for assessment of team.

|  |   |
|--|---|
| <b>June 3<sup>rd</sup><br/>NORWAY</b>  | Arrive at Torp Sandefjord - Bus up to Krossbu. We will follow E6 through Oslo. The trip will take 7-8 hours.  |
| <b>June 4th</b>                        | Mini Glacier course-Day 1: Get to know equipment, how to tie in, walking techniques and walking on the glacier.   |
| <b>June 5th</b>                        | Mini Glacier course-Day 2: Crevasse-rescue on ice (and on snow if we have time enough)  |
| <b>June 6th</b>                        | Hiking-trip-Day 1: Start from Krossbu in the morning. Walk across "Leirbreen" up to "Bjørnepasset", summit "Storebjørn" if weather is ok, walk down to the area around "Leirvassbu" and make camp 1 (Distance : 15 km ++) |
| <b>June 7th</b>                        | Hiking-trip-Day 2: Start from Leirvassbu up on "Smørstabbreen" and "Gravdalstind". Camp on the glacier.   |
| <b>June 8th</b>                        | Hiking-trip-Day 3: Summit one or two of the summits around the glacier before we return to Krossbu.   |
| <b>June 9th</b>                        | Differentiated features: More glacier-walking, Summit-hiking-trip, "Fun-in-the-snow-activities"   |
| <b>June 10<sup>th</sup><br/>NORWAY</b> | Bus leaves Krossbu between around 04-05 in the morning and arrives at Torp around 12pm.   |

We have selected a group of experienced Norwegian climbing guides that specialize in Arctic and Antarctic survival, who will act as leaders and facilitator for the 8 days in Norway assessing the strengths and weakness of each member.

A full report on who and who not should be recommended for South Georgia expedition will be presented to expedition leader and further elimination of team members will take place pending report.

The remainder of the group for South Georgia will go forward and train together throughout the summer and autumn leading up to the expedition.

The team will be self sufficient with regard to all aspects of the expedition to South Georgia.

#### Objective of Norway assessment and Training course:

This 8 day trip will bring together all aspirants that would like to cross South Georgia on a rigorous simulation of South Georgia course. All techniques will be gone through from glacier travel to building of survival shelters and most importantly working as a team. It will also test the team's ability to survive both mentally and physically on a trip like South Georgia. We will hone in on skills in snow showing, cramponing, crevasse rescue, glacier travel, and general rope techniques that would be required for crossing. It will also asses people fitness levels to partake safely in the expedition.

See CV for assessors for Norwegian assessment section below.

All instructors for Norway assessment:

- More than 10 years experience in operating outside in a cold climate.
- Above 60 days and nights in tent, all 4 seasons, per year the last 5 years.
- 10-15 years experience as climbers.
- 10-15 years experience from glacier walking and ice climbing.

Rolf Bae (31):

- One of Norway's most experienced expedition-person.
- Has been leading expeditions in Himalaya, Greenland, North and South Pole and most other continents.
- Lead the first Norwegian expedition to K2 in 2005.
- Has worked as a guide for Hvitserk (one of Norway's largest expedition companies)

Cecilie Skog (31):

- The most experienced female expedition-person in Norway.
- Has worked as guide for Hvitserk.
- Completed "7 Summits" in 2006.
- First woman in the world to do both "7 Summits" and "The 3 poles".
- Educated glacier instructor.
- Participated on the first Norwegian expedition to K2 in 2005.

David Bolger (33):

- One of Norway's most experienced expedition-person.
- Has participated on several expeditions to Himalaya, Europe and America.
- At 18 was the youngest Norwegian to cross Greenland.

Sigurd Felde (33):

- One of Norway's most experienced expedition-person.
- Participated on the first Norwegian expedition to K2 in 2005.
- National certified mountain guide, and is about to complete international certificate as mountain guide ([IFMGA](#))

Bjorn Sekkasaeter (38)

1988 – 1998 Educated and employed in the Norwegian armed forces. Military Academy  
1993 – 1997 Responsibility to train military personnel to operate in a cold climate under winter conditions. Member of the Avalanche rescue team in the armed forces in Northern Norway. Active climber with both national and international experience. Active ice climber, climbing instructor. Glacier instructor. Chairman in Norway's largest mountain group under The Norwegian Mountain and Tourist Association.

## **4. Group sizes, movement and safety**

### **The South Georgia Shackleton crossing**

#### **Team breakdown**

The group will be moving as 1 group under the leadership of Pat Falvey with each sub group of 4 to have 1 group leader guide. We believe moving together will increase the safety of the traverse.

#### **Sub teams**

All team members on each sub team will be self sufficient in the skills of carrying full packs, camp craft and glacier travel and will move on snow shoes or crampons where appropriate and will be capable of crossing South Georgia. Each sub team will also be carrying three sleds on the traverse and each member will have the skills on the ability to sled pull proficiently.

Each group leader / guide will have the ability to lead and guide their party as separate teams if for any reason the party's may become separated or may require to descend to safety to the different landing sites for the ship to pick them up.

The expedition team will have 2 Doctors on the traverse who have done wilderness medicine courses and will be able to deal with any medical problems that may arise. All the guides are fully practiced and have done Mountain medical courses and have experience of mountain wilderness evacuation and have deal with cold weather injuries in high mountain terrain. All Guides have had rescue training and the ability to deal with any medical problem that may arise and be capable of full rescue to the ship on all escape routes on the Island.

#### **Group age break down**

At present the group are going through assessment and all will have to pass selection process. The age range of team members are from 23 to 62 the average age coming in between 45 to 50.

A List of team members going to Norway for assessment can be seen below in section 10.

#### **Pre-Landing on South Georgia**

If, for some reason, team members are not fit for the task on arrival, he or she will stay on board the "Ushuaia". Also full medical certification of good health from their doctor will be required for each team member that has been picked to do crossing.

#### **GPS coordinates map and compass**

All team leaders 5/6 will move as a group and each team member will have a GPS as well as compass and maps with route marked. All GPS's and maps will have predetermined coordinates which will be preloaded from the South Georgia web site. The coordinates will also be marked on maps of South Georgia.

#### **Time for crossing**

We anticipate with good weather the crossing group will take 2-3 days for the Shackleton crossing. In very favourable conditions and an early morning landing all groups will be capable in doing crossing in 2 long days. With poor conditions, several days could be spent waiting for good weather. Therefore, we have allowed 5 days and can have a possible 6 day crossing by having the ship hold off the coast in the event of bad weather. This is the reason for the full charter of the Ushuaia. From all research we believe 5 days should be sufficient and will be carrying 5 full days' supplies and 1 day emergency supplies.

### Contact to ship

The ship is in direct support of the crossing party and will adjust its position depending on weather and circumstances to provide that support.

Our planned itinerary shows that it will be in a good position to support if necessary.

The ships move from King Haakon Bay will only proceed to the bay of Isles once we are safely over the Shackleton gap and moves into cover for traverse party on the other side.

We have made provision in case of emergency that we will contact our ship the Ushuaia to be on standby for pick up to return to King Haakon bay or to proceed to Possession Bay or Fortuna bay to pick up traverse party either all or some of the team.

### Hazardous conditions/weather

The expedition team and Expedition leader realise that any venture onto South Georgia is potentially hazardous. Our proposed alpine crossing is dependent upon good weather conditions and ice conditions.

Should the conditions seen to be unsafe, the alpine crossing will not take place and all team members have been made aware of this.

The expedition leaders decision is final on aborting the crossing or returning to one of the escape routes to the ship. All team members for crossing will have signed a deed of compliance that the team leader's decision is to be upheld in the event of cancellation or returning to the ship due to unforeseen conditions on South Georgia crossing.

If the South Georgia crossing is deemed unsafe by the leader or guides at any point, the crossing will be aborted immediately and the expedition party will return to the ship.

### Time overview

We will be extremely conservative in our decision making during the crossing to maximize the safety of all the team.

- Total distance of crossing =45 km approx, depending on route
- We are allowing three days for the crossing, with five days at our disposal and can take an extra one if we require as we have a full charter on the Ushuaia.
- We will hold radio schedules with the ship twice daily.

## **CRITICAL DECISION POINTS ON THE CROSSING**

### **1. Before we start the crossing: Information gathering.**

- We will gather the latest weather information on the ship's weather system and from the Harbour Master at Grytviken.
- We will also be using Michael Fagin who will supply us with up to-date satellite reports on the weather.
- Complete double check on all provisions and equipment for the traverse. Food, fuel, personal gear, radios, Sat phone etc,

### **2. Day 1 Landing to camp 1: Ship communication**

- We will contact the ship to advise them about progress and our designated camp site and our intention for camp site. We will inform them of our decision to camp or to await a retreat to landing position or Possession Bay if any doubts about the weather. If weather is good we will do radio call following day before breaking camp.

### **3. Early Day 2: pre breaking camp: Ship communication**

- Camp 1 before 'The Trident' decision will be made whether to proceed or whether to retreat to Possession Bay or to continue to The Trident pass and also inform the expedition leader and Captain on Board of the condition of all the team and if the team as a whole will continue on the next leg or if a sub team needs to retreat for any reason to Possession Bay.

### **4. Mid Day 2: Ship communication**

- After crossing the Trident Ridge we will make a decision on the weather conditions as seen on the ground and will make a decision whether to cross Crean Glacier/Fortuna Glacier or whether to retreat to Possession Bay. We will make contact the ship to inform them of our decision.
- We will also have the possibility of having bad weather days in hand if required for safety.

### **5. End of Day 2: Ship communication**

- If we haven't taken a bad weather day and have not retreated to possession Bay we'll continue to Camp site near Fortuna Bay or board ship to reunite with the rest of our team.
- If time and energy prevail we may continue to Stromness but envisage holding tight before Fortuna Bay provided no bad weather forecast. Contact ship of our decision.

### **6.**

### **Morning of Day 3: Ship communication**

- Contact Expedition Leader and Captain on Board and join the rest of the Irish team to walk to Stromness depending on good weather.
- We will also have the possibility of having bad weather days in hand if required for safety.

### **7. Bad Weather days**

- We still have if all went right 2 bad weather days left for crossing and for any unforeseen decisions to make.

#### **Note:**

We believe that with the experience of the expedition leaders, guides and team members and the planning, training and conservative approach to the expedition and the fact that all members have to ensure a self-proficiency and the skills required pre-expedition in Ireland and Norway that we can ensure a safe crossing for all the team.

### **Critical decision point and leaders retreat decision:**

We have determined that our critical decision will be on the section between Trident Ridge and Fortuna Glacier to be the most vulnerable section of the crossing. If there is **ANY DOUBT WHATSOEVER** about the weather conditions a decision will be made to abort the crossing.

**WE WILL ONLY START THE CROSSING IF THE WEATHER FORECAST IS SATISFACTORY.**

## 5. Expedition Support Vessel and Itinerary

The expedition has chartered the vessel “The Ushuaia” for transportation, accommodation through the stay at South Georgia, and our Journey to the Antarctic continent as a rescue base. The charter is for the period 9th to 28th November.

### Planned Itinerary

| <b>Date – November</b> | <b>Activity – Ushuaia</b>                     | <b>Activity traverse party</b>                 |
|------------------------|---|--|
| 9 <sup>th</sup>        | Depart Ushuaia                                |  |
| 10 <sup>th</sup>       | At sea  |  |
| 11 <sup>th</sup>       | At sea  |  |
| 12 <sup>th</sup>       | At sea  |  |
| 13 <sup>th</sup>       | Pegotty Bluff, King Haakon Bay, South Georgia | Start Shackleton crossing from King Haakon Bay |
| 14 <sup>th</sup>       | Bay Of Isles: Salisbury Plain.                | Shackleton crossing                            |
| 15 <sup>th</sup>       | Fortuna Bay, Whistle Cove and Hodson Point    | Shackleton crossing                            |
| 16 <sup>th</sup>       | Fortuna Bay Hodson Point & Stromness          | Shackleton crossing (storm day)                |
| 17 <sup>th</sup>       | Grytviken & Maiviken                          | Shackleton crossing (storm day)                |
| 18 <sup>th</sup>       | Gold Harbour                                  |  |
| 19 <sup>th</sup>       | At Sea  |  |
| 20 <sup>th</sup>       | South Orkney Islands                          |  |
| 21 <sup>st</sup>       | Point Wild, Elephant Island                   |  |
| 22 <sup>nd</sup>       | Bernardo O'Higgins Station                    |  |
| 23 <sup>rd</sup>       | Cuverville Island & Neumayer & Dorian Bay     |  |
| 24 <sup>th</sup>       | Dorian Bay & Paradise Bay & Neko Harbour      |  |
| 25 <sup>th</sup>       | Deception Island & Livingstone Island         |  |
| 26 <sup>th</sup>       | At sea  |  |
| 27 <sup>th</sup>       | At sea  |  |
| 28 <sup>th</sup>       | Arrive Ushuaia                                |  |

The planned itinerary and dates are subject to weather conditions, and may be changed accordingly. If, for instance, landing at King Haakon’s Bay for the crossing is not possible within reasonable time, the crossing will be cancelled.

## **6. Emergency, Medical and Contingency Plan**

### **Contingency Plan**

#### **6:1 Communication**

For safety, the “Ushuaia ” will carry a VHF and a satellite phone

Each sub team have VHF radio and direct communication to the other sub-team and to the ship, we will also be carry two satellite telephones while climbing. While a further satellite telephone will be on board the “Ushuaia” .

The phones will be of type Iridium.

Our options for evacuation will be the “Ushuaia”, whom we have a full charter on or any other expedition ship in the area.

#### **6:2 Guide ratios:**

We will also have 1 overall leader in charge of the overall team and the guides on the traverse. We will also have 1 experienced leader guide to every 4 people who have been selected, each highly accomplished in their own right; while all other team members will have been trained in survival in all conditions that South Georgia may throw at them.

#### **6:3 Medical**

We will have three full medical kits with us on South Georgia, we will also have two doctors as part of our team who have experience on wilderness medicine as well as all guides will have rescue first aid courses complete. For further medical advice we will use the satellite telephone and have a full time doctor on board the Ushuaia.

#### **6:4 Evacuation sleds/ stretcher system rescue procedures.**

We will have 1 sled per sub team to use as a stretcher evacuation and to carry surplus group gear if required. All guides are rescue trained for any type of rescue that may be required in the event of team members need of evacuation. If this should happen contact will be made to ship and zodiac will be dispatched to nearest land rescue point which will be King Haakon, Possession Bay/ Antarctic Bay or Fortuna bay to pick up rescue team.

#### **6:5 Communications from shore to ship.**

We will have two iridium phones with traverse party and one on the ship. We will also have 1 VHF radio per group sub team 1 to 5 people all with at least with one spare battery for phones and spare batteries for radios we will also be carrying 3 light solar panels for charging equipment.

#### **6:6 General Insurance.**

All team members that are picked for South Georgia will have BMC insurance or similar to cover evacuation, rescue, Medical, cancellation and person liability. And a list of these will be held on board in the event of policy being called in for any reason.

## **7. Team Information pack**

**This information was given to each potential traverse member**

### **South Georgia Crossing Team Information pack**

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#### **Criteria for people who would like to - join the Beyond Endurance South Georgia Crossing in November 2006**

We are going to one of the most inhospitable weather regions of the world, In recent years there have been a number of attempts to follow Sir Ernest Shackleton's footsteps across the island of South Georgia from King Haakon Bay in the south to Stromness whaling station in the north. Most of the crossings are successful, some are thwarted by bad weather or a client cannot go on.

The distance of the crossing is about 40 kilometres. The expedition involves moving mainly of ice and crossing large, heavily crevassed glaciers that at times are wind swept with over 100km winds. We main encounter snow and rain storms as well as white out conditions and temperatures can fall to around – 40 degrees.

It will be physically very demanding, and will require all team members to be self sufficient in the skills of glacier travel, crevasse rescue, winter camp craft and to have the ability to carry heavy packs across rough terrain.

After all the training I would sincerely hope that your chance of completing the crossing is greater 30%. I guess it will all be down to the weather in this region of the world. I would please like you to be aware that we may have to retrace our steps to the starting point in King Haakon Bay if the wind is too high or the temperatures to low.

There is also the possibility that we will not be able to make it all the way to Stromness but stop short in Fortuna Bay or Possession Bay.

Each person will have to carry his or her own pack which will contain all clothing, survival equipment, tent and a share of group food, stoves and fuel. The pack will probably weigh 20 to 25 kgs.

If the weather is good and the team is fit and self sufficient the crossing could take only 2 long days but we have allowed 5 days in case of bad weather and a conservative estimate is 3 days all going well.

To ensure that all team members are prepared and are capable of enduring the conditions that we need to be prepared for such a crossing, we have put together a number of assessment weekends and weeks together to ensure all team members are capable of undertaking the requirements of the crossing.

# Team Information pack

**This information was given to each potential traverse member**

## South Georgia Crossing Team Information pack

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The final judges of your ability to undertake the crossing will be that of Rolf Bea and his team if you are to make it through to the Norway trials. Rolf is one of the most respected Norwegian adventurers.

With conditions in mind that we need to cater for in South Georgia the following skills are required:

1. Experience in traveling roped-up in heavily crevassed alpine terrain.
2. Ability to carry a 20 to 25 kg pack for 5 days, for up to 8 hours a day.
3. To have the stamina to keep going for 3 to 5 days continuous.
4. To carry own personal equipment such as rucksack, plastic mountain boots, gaiters, crampons, ice axe and snow shoes.
5. To be able to self sufficient in camp craft and have a practical knowledge of building survival shelters.
6. Above all, to be able to operate as a good team member and to understand that the success is the following of the journey and the bonus is if we succeed.

You will have to take into consideration that this is an expedition into one of the most remote islands in the world and that we may fail in our objective if conditions go against us there is no way that we can guarantee the conditions down in South Georgia.

### **How many people will go?**

The group size will depend somewhat on the overall experience of the party and how many team members will be allowed to go by the Commissioner, Government of South Georgia and the South Sandwich islands.

Initially we envisaged 16 + guides but due to the huge interest we have contacted the powers that be for South Georgia and they have informed us that there isn't a restriction on numbers pending an environmental Impact report, safety plan and ability of group to undertake the traverse.

They have asked us to submit a comprehensive report on the process we intend using and that they will look at it in relation to safety, individual's ability and an environmental impact study that has to be gone through. Initially we envisage a group of 16 team members + 4 guides. We have now asked if it is possible to increase this to 24 to 30+ 6/7 guides because of the huge interest and are awaiting response. Our ratio of team member to guide will be 1:4  
All members that are picked will require to have appropriate Insurance and will be BMC or similar cover for South Georgia. Also all team members will require a doctors cert to state they are in full health one week before departure on expedition.

### **Note: Ozone Layer precaution:**

Due to the hole in the ozone layer in the Antarctic we bring your attention to the ultra violet radiation in the area and please ensure all goggles and glasses are cat 4 type we will be checking on this before departing for South America. Also we recommend that you carry with you total block sun cream or min of factor 30. Also please ensure that you also bring sun hat with neck cover.

## 8. Personal and Group Gear

### APPENDIX 8:1 Personal gear list

#### LIST OF EQUIPMENT per person for South Georgia traverse

| <b>Clothing:</b>  | <b>Personal</b> |
|---|-----------------|
|   |                 |
| Thermal underwear top and bottoms Dry Flo or similar.           | 2               |
| Wicking top thermals dry flo or similar expedition.             | 2               |
| Fleece Wind stop jacket Lowe Alpine Team Jacket.                | 1               |
| Down Jacket Expedition Range                                    | 1               |
| Gore-Tex trousers Salopetts and jacket                          | 1               |
| Gore-Tex Jacket Expedition Light Team Jacket                    | 2               |
| Woolen socks and light thermal socks                            | 2               |
| Gaiters Expedition  | 1               |
| Ski gloves  |                 |
| Wind mittens with string Gore-Tex or similar                    | 1               |
| Hat; Balaclava and Sun Hat cover for neck                       | 3               |
| Spare wind mitts / hat / snow goggles                           | 1 Set           |
|   |                 |
| Snow goggles (that can be used above glasses)                   | 1               |
| Sun glasses Cat 4 with Nose guard to protect nose from burning. | 1               |
| Head torch with spare batteries                                 | 1               |
|   |                 |
| Sleeping bag comfort rating minimum -20 degree's Celsius        | 1               |
| Thermarest Medium to Long                                       | 1               |
| Ridge Rest solid  | 1               |
| Backpack 90 Litre expedition Lowe Alpine                        | 1               |

| <b>Glacier Equipment</b>                                  | <b>Personal</b> |
|---|-----------------|
| Expedition plastic boots or similar expedition boots      | 1 pair          |
| Snow Shoes with steel attachments on bottom               | 1               |
| Crampons 12 point   | 1 set           |
| Ice Axe   | 1               |
| Climbing Harness  | 1               |
| Belay stitch Plate combine Rappel Device                  | 1               |
| Lightweight crabs   | 4               |
| Screw gate crabs  | 2               |
| Prusik Cord 5 mm  | 2               |
| Pully   | 1               |
|   |                 |
| <b>Slings</b>   | 2               |
| Poles   | 1set            |
| Ice screws  | 1               |
| Snow stake  | 1               |
|   |                 |
| <b>Food: 6 days</b>                                       |                 |
| Lunch packs   | 6               |
| Freeze dried dinner                                       | 6               |
| Breakfast mix   | 6               |
| Drinks etc  | 6 days          |
|   |                 |
| <b>Personal Safety / Emergency equipment and general:</b> | X               |
| Gortex Bivouac bag can also be use over sleeping bag      | X               |
| Personal medical kit                                      | X               |
| First aid kit   | X               |
| Sewing & repair kit with tools                            | X               |
| Personal toilet requisites                                | X               |
| Map/compass   | X               |
| Camera w film & batteries                                 | X               |
| Toilet paper  | X               |
| Mug/deep plate/cutlery                                    | X               |
| Personal drinking flask 1 ltr                             | X               |
| Thermos   | X               |
| Factor 30 sun block to prevent burning                    | X               |
| Waste disposal bags                                       | X               |
|   |                 |

**\*\* X above meaning required**

## APPENDIX 8:2 Group team gear

**LIST OF EQUIPMENT** for expedition based on 6 sub teams of 5: 1 expedition leader to four. All group moving as one team sharing all equipment.

| <b>Glacier equipment:</b>                               | <b>Group</b> |
|---|--------------|
| Ropes 50 meters 8mm                                     | 8            |
| Dead men  | 6            |
| Sledges   | 6            |
| Pulley's  | 12           |
|   |              |
| <b>Camp equipment:</b>                                  |              |
| Tents, Mountain Hardware 3:1, wind reinforced 2 to tent | 15           |
| Snow shovels  | 5            |
| Mega Maids cook tents                                   | 4            |
| Stove with pot  | 10           |
| Fuel - litres (1/5 ltr. / pers. / day) (or equiv. gas)  | 30           |
| Stove spare parts – set                                 | 10           |
| Matches/lighters  | 10           |
|   |              |
| <b>Safety / Emergency equipment:</b>                    |              |
| Bivouac bag group size 6 person                         | 2            |
| System-stretcher for skis/ rescue                       | 1            |
| Doctor group medical kit                                | 3            |
| Sewing & repair kit with tools for tents                | 6            |
| VHF-radio all guides                                    | 6            |
| Satellite telephone 1 ship 2 on traverse                | 3            |
| Distress signals / flares all guides                    | 6 sets       |
|   |              |
| <b>Navigation</b>                                       |              |
| Map/ compass 1 each                                     | All team     |
| GPS all sub team leaders/guides                         | 6            |
|   |              |
|   |              |

## **9. Environmental Impact Plan**

### **Booklet**

The conservation guidelines in the publication "Information for visitors to South Georgia 2005" are to be met in full by all members of the Beyond Endurance Expedition. And any updates for 2006.

All condition and rules will be thoroughly gone through with all members of the expedition cruise and those crossing South Georgia. A copy of updated condition will be made available to each member when updated for 2006 by the Commissioner of South Georgia and the South Sandwich Islands.

All guides and ship personal will keep a constant eye and use the Information pack as a constant check to ensure all team members are compliant.

### **DVD**

All members will have seen the new video DVD on South Georgia reinforcing the need for special caution in relation to its sensitive environmental issues the pertain to the eco system in the areas in which we are given permission to visit and trek..

### **Further planning of environmental issues**

As environmentalists we are constantly updating our own criteria of humans impact on the fragile landscapes such as South Georgia and the Antarctic continent and our own addition precautions will be enforced in consultation with the commissioner of South Georgia and his staff. All guides and staff have had a vast experience in working and operating in sensitive areas of the world and will also bring best practice operations which they have used on their expedition to South Georgia. .

### **Checklist:**

All team members will be given a copy of guidelines and a briefing of behavioural requirements for each team member on best practice while on South Georgia.

All leaders will enforce conditions by keeping a constant check in place on conditions while in transit and at campsites.

### **Further responsibility:**

Even though all team members will be in complete compliance with environmental conditions, Expedition leader Pat Falvey and leaders of the sub teams will take specific reasonability for overseeing the environmental issues and ensure that campsites, washing area and transit areas are left clean and to ensure a low impact on our stay in the areas we traverse, and stay.

### **Waste Management Policy**

The team will operate a low impact operational visit to South Georgia only leaving footprints and taking memories and photo's. The area will be left in a pristine state by taking all rubbish and waste from the island.

### **Human waste**

All human waste will be carried off the Island in special devised waste containers to ensure no contamination is left behind on glaciers or sensitive landscapes.

### **Pee**

In transit all members will carry pee bottle and will use same in transit. Once a day, a designated area will be selected by leaders for disposal of human pee so as not to litter the landscape with urine.

### **General Waste and rubbish:**

All food wastes and general rubbish will be carried with each team member and brought aboard the ship for disposal on return to Ushuaia.

**Camp site:**

Camp site will be located at least 200 meters from any bird nesting site. Camp sites will be on snow or bare rock away from any small lakes or moss / lichen beds to avoid and contamination of water or damage flora. We will pay special attention as to where camp sites are picked to camp for the nights while on the island.

**Impact on Environment**

We believe that our alpine crossing plan as seen above aims to reduce any disturbing impact on the environment of South Georgia and will be further led by any other suggestion that may be forthcoming from the commissioner and his staff.

**Cumulative Impact of team.**

We do believe that the cumulative impact of our expedition will be minimal with our established operating procedures as seen above are maintained while on our stay in South Georgia.

Our activities are expected to have a minimal or transitory impact on Flora, Fauna, and Camp sites will not interfere with wild life and will be located on snow. We believe that the between our own guides lines and that of the South Georgia guide line will provide a solid framework for our low impact stay on the Island.

We are also aware of the prohibition to enter or approach closer than 200metres from the buildings at Stromness or on our expedition route.

Refuse including human waste, garbage and excess food will be transported back to our support vessel. Grey water will be drained into absorbent soil well away from fresh water. We will use double plastic bags to line all pooh holes on route and then when sealed will tape them up and put them on sled to be carried out.

The risk of fire will be minimised using portable stoves ensuring that there is no danger of igniting surrounding vegetation.

Our support boat will follow the guidelines concerning ship and landing boat.

**Ship to shore**

Our migration avoidance measures include washing clothes, especially boots, thoroughly when leaving the mainland and washing boots again, using disinfectant before going ashore on South Georgia, checking that no alien soil or seeds will be inadvertently taken ashore.

No poultry products will be taken ashore.

Potential environmental impacts may arise from pollution disturbance to wildlife in sea and on land and through damage to plant life. Infections by introduced seed or transfer of rodents are another possible impact. We believe we will minimise these potential impacts by following the guidelines in the Information for visitors to South Georgia 2005 and acting as described above.

**Enforcement of overall environmental plan:**

We believe that this is one of the most important issues of our expedition to leave as little impact on the environment as humanly possible. Our objective is to learn, to enjoy, to challenge and to leave our expedition area as pristine as we had found it for the enjoyment of future generations.

## 10. Assessment team from Norway

Average age between 40 to 50 years.      Oldest: 62      Youngest: 23

1. Mary Casey
2. Gerry Christie
3. William Cleary
4. Christie Creely
5. Jonathan Fisher
6. Frank Leetch
7. Lucia Creed
8. Cormac O'Dubhghaill
9. Alan Murphy
10. Mark Orr
11. Liam MacMahon
12. Eddie Brennan
13. Domhnall Heron
14. Redmond Cabot
15. Shaun Menzies
16. Mike Guilfoyle
17. Clifford Reid
18. Darach O'Ciardha
19. Sean Brennan
20. Enda Wright
21. Michael McDonnell
22. Niall Foley
23. Steve O Reilly\*
24. Gerry Walsh ( provisional) pending further assessment due to illness in Norway.
25. Gerry Ahern \*

All of these have come through self assessment and general assessment in Ireland and have completed assessment in Norway. Further work has to be done as a team over the coming months. We will be breaking this group now down into sub teams with sub group leaders. We await your approval and comments.

## **11. Post Expedition Report**

We confirm that a post expedition report will be produced and sent SGSSI Government and their Expedition Consultant, Mr. D. V. Nicholls.

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Pat Falvey

Expedition Leader  
The Irish Antarctic Beyond Endurance Expedition.

In Honour of Irish polar adventurers in the Antarctic.

Shackleton, Crean, Forde, Keohane and McCarthy Brothers