



GEM TRAINING · COURSE 01

Medicine works differently at minus forty.

The Arctic Skills Course. Seven days in Arctic Lapland for clinicians: core expedition skills and applied cold-weather medicine.

8 TO 14 JANUARY 2027 · 7 DAYS ·
POLE TO POLE ACADEMY, NORTHERN SWEDEN

Clinical capability is one part of the equation. Operating in extreme cold is the other.

The Arctic Skills Course is a dedicated pathway for medics working in remote, cold and high-consequence environments. One programme, two

syllabuses: core Arctic expedition skills, then applied cold-weather medicine. Built for sound decisions on winter and cold-region deployments.

01, THE COURSE

Field-based from day one.

January in Arctic Lapland: around eight hours of daylight, temperatures from minus five to minus forty. You train in the conditions, not in a classroom that simulates them.

The personal system

Equipment behaves differently in deep cold. Resources are finite. Small errors carry consequence. You build personal systems for heat, movement, equipment and fatigue, because your ability to function underpins your clinical role.

Clinical care in the cold

Presentations evolve. Interventions are modified. Decisions get made while evacuation is delayed, uncertain or complex. The course works through how care adapts when the environment is part of the clinical picture.

Two syllabuses, one week

Core cold-weather modules run alongside competitors preparing for the Arctic Spine races. The medical syllabus runs separately, for medics only.

02, CORE ARCTIC EXPEDITION SKILLS

The foundation: living and moving in deep cold.

Heat loss. The mechanisms, and how to manage them.

Layering. Principles applied across dynamic and static conditions.

Clothing systems. Selection and adaptation for performance and protection.

Footwear systems. Effective use in prolonged cold exposure.

Movement. Snow-covered terrain on snowshoes.

Expedition equipment. Selection, use and management in sub-zero conditions.

Shelters and tents. Deployment and management in the field.

Campcraft. Practical routines for cold environments.

Stoves and food. Safe use of expedition stoves and meal preparation.

Nutrition and hydration. Sustaining output in the cold.

Navigation. Map, compass and GPS in challenging conditions.



03, THE MEDICAL SYLLABUS · MEDICS ONLY

Clinical practice in the cold.

Delivered separately to the medic cohort, alongside the core skills.

COLD WEATHER MEDICINE

The physiological impact of cold on performance and patient presentation.

HYPOTHERMIA

Recognition, staging and field management in remote settings.

FREEZING AND NON-FREEZING COLD INJURY

Prevention, identification and early intervention.

COLD WATER IMMERSION

Immediate response and the clinical considerations that follow.

COLD WEATHER OCULAR INJURIES

Environmental eye injury, including snow blindness.

BURNS, SCALDS AND CARBON MONOXIDE

Stove-related risk in tents and enclosed expedition settings.

EXPEDITION HYGIENE

Maintaining health and reducing illness risk in austere environments.



We teach what we do.

04, THE OPERATOR ANGLE

Drawn from our Arctic deployments.

Course scenarios come from GEM's Arctic operations: the Ice Ultra, the Arctic Spine races, Lapland expeditions.

Faculty who deploy

Our best operators teach. Clinicians and risk leads running GEM's hardest deployments.

Governance built in

Same clinical standard as a GEM deployment. Named clinical leads, evidence-based protocols, current expedition and wilderness medicine guidance.

Trained with the field

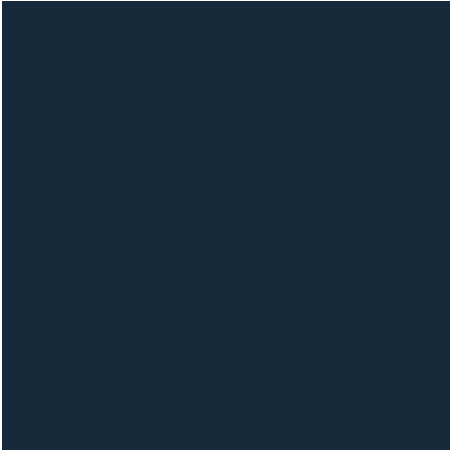
You learn the environment alongside the people who compete in it: the same population an event medic looks after on the ground.



THE VENUE

Pole to Pole Academy · Bygdeträsk, northern Sweden. A purpose-developed cold-weather training centre in the boreal forest. Accommodation, catering, equipment and training ground on one site, delivered alongside the Arctic Spine Skills Course.

Taught by people who operate in these environments.



Sam Cox

HEAD INSTRUCTOR & HOST

Sam Cox founded the Pole to Pole Academy after a 13-year career in the Royal Marines, where he operated in some of the world's most remote and unforgiving environments and led high-performing teams under extreme pressure. His military service took him to the furthest latitudes and harshest terrains, demanding resilience, precision, and the ability to perform when it mattered most. That ethos now drives everything Pole to Pole does: purposeful, demanding, designed to bring out the very best in those who take part. The Challenges and Adventures are carefully designed expeditions that reconnect people with the natural world, with resilience, and with themselves.

Built for clinicians.

Clinicians in remote, wilderness and expedition settings

Doctors, paramedics, nurses and allied health professionals operating in challenging environments.

Medics moving into cold-region work

Building the capability and confidence to take a clinical role onto winter deployments.

Event and expedition medics

Working the environments GEM operates in: endurance events, expeditions, remote projects.

The details.

DATES

8 to 14 January 2027 · 7 days

LOCATION

Pole to Pole Academy · Bygdeträsk, Arctic Lapland, Sweden

CONDITIONS

-5°C to -40°C · ~8 hours daylight · tundra and boreal forest

TRAVEL

Nearest airport Umeå

COST

£2,450

PLACES

Limited by the Academy's 20-guest capacity, shared with Arctic Spine competitors

INSURANCE

Mandatory · Medical and emergency repatriation cover for cold-weather expedition activity · Evidence of cover due 120 days before start

GEM TRAINING

GEM teams operate internationally across endurance events, expeditions, productions and remote projects throughout the year.

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