

2024 ANTARCTIC PREP/GLACIER TRAVEL CLINIC

Antarctic Prep/Glacier Travel Clinic:

Location: Martial Glacier, Ushuaia

Cost: \$800 USD

Dates: October 16-17, 2023 – 8:30am-4pm

Make the most of your Antarctic adventure by brushing up on backcountry basics and glacier travel in Ushuaia before you head out. This two-day class is taught by experienced Ice Axe Expedition guides and features conditions very similar to what we might find in Antarctica. The class size is limited to four skiers/riders per guide and takes place on the Martial Glacier, which is a short ten-minute drive from downtown Ushuaia.

Itinerary for Antarctic Prep/Glacier Travel Clinic:

Day 1: We will meet at the Hotel Albatros at 8:30am to meet your group and review gear before loading skis and packs into a bus that will take us the Martial Glacier. From here, we'll attach skis onto packs and walk a short distance up to the snow line before transitioning into ski mode where we will cover beacons, avalanche awareness, efficient skinning, kick turns, heel lifters, ski crampons, transitions, gear organizing and glacier skiing strategies.

Day 2: A similar format to day one, but with more technical information. Topics include roping up for glacier travel, using boot crampons and an ice axe, climbing steeper terrain on foot, short roping, lowering, and rappelling and self-arrest. As time allows, we will also cover building anchors for crevasse rescue, how to set up a C drop loop, and how to rig a 3:1 pulley system for crevasse extraction.

Course participants should bring all the equipment on the Ice Axe Expeditions gear list to each day of the clinic and be prepared for 5-7 hours of skiing. Unless participants arrive with a preformed group of four or more, they will be broken into groups depending on experience. No prior backcountry skiing experience is required for these clinics. The clinics will go until approximately 4:00pm and people can expect to be back in Ushuaia by 5:00pm.

Please be sure to select the Antarctic Prep/Glacier Travel Clinic option when registering online or email us at questions@iceaxe.tv to notify us of your desire to participate.



Gear List for Antarctic Prep/Glacier Travel Clinic:

- Skis/splitboard
- Boots
- Skins
- Poles
- Beacon
- Shovel
- Probe
- 35 +/- liter backpack
- Ski strap (Voile 18" recommended)
- Ski crampons
- Boot crampons
- Piolet/Ice Axe (50 +/- centimeters)
- Puffy/insulated jacket
- Glacier harness
- Locking carabiners – 2x
- Sunscreen
- Sunglass and/or goggles
- Sneakers/hiking boots
- Water & food

You are welcome to bring food/snacks for the day, but here is a small restaurant/refuge at the base of the glacier where you can buy good food or drinks after the clinic before we board the bus at 4pm to head back to Ushuaia.