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## **EXERCISE NORTHERN NANSEN'S ENDEAVOUR 3 AUG TO 9 SEP 08 POST EXERCISE REPORT**

### References:

- A. G7/3252 Exercise NORTHERN NANSEN'S ENDEAVOUR instruction dated 22 July 08.
- B. JSATFA Exercise NORTHERN NANSEN'S ENDEAVOUR.
- C. G3 AT 40/01/3E/08 Exercise NORTHERN NANSEN'S ENDEAVOUR High Risk and remote Presentation report dated 09 Jan 08.

### Introduction

1. Exercise NORTHERN NANSEN'S ENDEAVOUR was the British Army expedition to Southern Greenland that took place during the above dates.

### Aim

2. The aim of the exercise was to cross the Greenland icecap East to West unsupported via the route pioneered by F Nansen in 1888. This report will review the expedition outlining strengths and weakness and make recommendations for similar expeditions in the future.

### Outcome

3. Exercise NORTHERN NANSEN'S ENDEAVOUR completed the crossing of the Greenland icecap via the Nansen route in 27 days. All participants completed the journey unassisted and returned fit and well to the UK. All Joint Services equipment except a shovel and three ice screws were returned to Bicester Loan Pool. This was the first British team crossing of this route. In short the team nailed it.

### Chris Bonington

4. Sir Chris Bonington CBE said: "Delighted to send a congratulatory message. It's a real achievement and I should say every bit as tough and in many ways a lot more rewarding than climbing Everest by the standard routes which are both over crowded and fix ropes from bottom to top. A good friend of mine Jim Lowther made the crossing (by another route) some years ago, and I know from his

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description just how tough the Journey is. Once again a very warm congratulations on their achievement.”

Ranulph Fiennes

5. Sir Ranulph Fiennes OBE said: “Congratulations, what a fantastic achievement! Walking in Fridtjof Nansen’s footsteps in such a quick time shows the remarkable mental and physical strength of each individual and is also a testament to your ability to work as a team to achieve a shared goal. The fact that no one has attempted this route in twenty years speaks volumes for the difficulty of the crossing. Very many congratulations and I hope you now all enjoy a well deserved rest!”

Participants

6. A list of participants is at Annex A.

Training

7. Expedition members were put through an intensive pre training regime the details of which are at Annex B and C. Training aimed to strengthen, select and prepare participants. Compared to many civilian expeditions the training was lengthy, demanding and detailed. It enabled the expedition leader to select the right team and to identify areas of weakness and strength. The Cairngorms are an ideal area for testing physical preparedness and techniques for living in cold climates. It is useful to remember that the Norwegian Resistance trained in The Cairngorms before entering occupied Norway in their attempt to destroy the Heavy Water plant at Rjukan.

8. Participants needed to be prepared physically, mentally and spiritually. Past commanders have identified the moral component as the most important and as having the largest influence upon outcomes. I agree. Whilst two weeks of skiing and climbing in Rjukan served to prepare us physically and allowed the team to develop, the moral or spiritual component was harder to prepare. All participants attended St Columba’s Church before departure.

9. An audit trail of training was maintained through the minutes of the several planning conferences. Areas highlighted by the High Risk and Remote (HRR) presentation were addressed and the training recorded.

Selection

10. The expedition members were drawn from a variety of units across the UK predominantly Scottish or Scottish based. Selection was based on:

a. Experience

Proven experience within an expeditionary or mountaineering context was required. The expedition accepted risk by involving three relatively inexperienced members. Three members of the expedition had been involved in expeditions to Everest. The remaining three had all taken part in medium scale expeditions or long expeditions to other parts of the Greater Ranges. The expedition leader had personal experience of mountaineering or climbing with all expedition members. Whilst this may have lead to a certain “mates selection” process it did act as a considerable and effective control.

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b. Success

The expedition was successful and the participants were selected for success. Individuals were expected to be proven practitioners in their area of expertise. Whatever they did within the Regular Army, TA or civilian employ they were expected to be in the top 5 %. There was correlation between lack of performance during the expedition and lack of performance in a wider sphere.

c. Application

Individuals had to apply. Those who have run similar expeditions will be familiar with the difficulties encountered when trying to publicise and recruit participants especially given the time commitment between planning and deployment.

d. Technical qualification

The expedition was conducted under the guidelines of Joint Services Adventure Training. Participants were recruited who had the relevant technical qualifications. This however was secondary to the requirement to be successful. We could train technical competence. Altering a mind set would be a product of participation and not necessarily of pre training.

e. Availability

Participants had to be able to commit to the considerable time budget. Not including individual training there were eight weeks of training or expedition and four further long weekends. If individual training is included (TLT for the expedition leader for example), the training time budget was extended to ten weeks or more. Time was also required to manage the extensive staff work to what was a comprehensive expedition.

f. Physical competence

Participants had to be physically competent. Some did not demonstrate a realistic assessment of their own physical ability. Those with a proven track record of physical success were preferred. It was relatively easy to select and assess against physical criteria. It was also readily acknowledged as important by all team members.

g. Mental agility

Those with some form of recognised qualification and learning were preferred. This could be in any field. Those who expressed interest in puzzles, crosswords music or literature were also valued. The specific nature of the challenge and the considerable mental strength required for a long repetitive journey meant that individual resource would be essential.

h. Spiritual: the moral component.

I am convinced that the spiritual or moral component of preparation remains the key to success. It is the element that enables individuals to perform better and stronger. It is no coincidence that those who performed best when the pressure was most were those with a clear sense of purpose and direction. The significance of this in pre training is mostly ignored. It then becomes critical to performance and its absence only demonstrated by failure or reverse.

Scientific research

11. The expedition conducted field research whilst engaged in the crossing of the icecap. This was carried out on behalf of Edinburgh Botanical Gardens, University of Edinburgh and The University of Bangor. The first involved searching for particular species of plant of which none were found. The second involved taking detailed snow samples from pits dug at each camp. This involved considerable extra work for the expedition doctor Jonjo Knott. The third was part of a larger physiological study that involved the team in blood, saliva and urine samples and in monitoring our weight. The further information and preliminary results are at Annex D.

Diary

12. A daily account of the expedition activity is detailed below. Much of this is taken from the expedition leader's personal journal kept during the expedition.

Sunday 3 August 08

Expedition members met at Queen's Barracks BHQ 7 SCOTS in Perth. A complete final equipment check was carried out. The tents were erected, checked and packed. Final additional personal contributions (necessitated by the BIBMTF allocating £900 not the expected £5000 to the expedition) were collected. NOK forms were completed and a final session with a photographer sent from Biss Lancaster, the expedition PR agency. The expedition departed to Glasgow International Airport in time for a delay of four hours. The airline provided a free evening meal that the team enjoyed.

Monday 4 August

Arrived at Reykjavik at 0200 hrs local. The team members made the short transfer to the domestic airport via the local bus service. Onward flight to Greenland was delayed and then cancelled due to fog in Kulusuk. This led to the further cost of an unplanned overnight in Iceland. The expedition funds did not have enough to provide for this. Some fast-talking by the expedition leader achieved a 50% reduction from an hotel.

Tuesday 5 August

Departed for Kulusuk and arrived at 1500 hrs. Met by Nikolas Nikolsan a representative of Greenland Expedition Service (GES). Prepared food, fuel, pulks and personal equipment. Surprised at the lack of harnesses that had been ordered and agreed with GES. The expedition leader spent much of the night arguing about the provision of boats and harnesses. The weather is cold and dry.

Wednesday 6 August

Departed Kulusuk at 0700 hrs in two very laden small boats. Doubts about seaworthiness were misplaced as the expedition arrived at the DOP within 9 hours. This compared well to an original estimate of 36. By 1900 hrs the expedition was established in camp 80m above sea level (ASL).

Thursday 7 August

64 19 78 N 40 58 75 W Alt 340m Distance 3km. Started the day with medical tests. Portage from camp onto the ice from 0800 to 2000 hrs. Members carried three loads a man so actual distance covered is more like 15km.

Friday 8 August

64 21 05 N 41 01 78 W Alt 668m Distance 3.72km. Camped at top of glacier after a morning of carrying and afternoon of pulling. Can see across the ice to first nunatak. Team discussed and decided on poo administration (we will dig a latrine at each camp) and rubbish disposal (we will burn in a pit

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every three days). Also discussed handicapping. Some team members were surprised that if they were performing well they could expect to carry / pull more than others.

Saturday 9 August

64 26 78 N 41 12 90 W Alt 1053m Distance 13.9km. Team up at 0500 hrs and away at 0730 hrs after some delay. Spoke with team about motivation in the morning. Moved well through crevasse fields with successful route choice.

Sunday 10 August

64 30 51 N 41 32 84 W Alt 1291m Distance 17.4km. First day of pulling on ski and not in crevasses. Many of the team are tired and Nigel Williams is feeling it. The weather continues to be great: cold and dry.

Monday 11 August

64 32 56 N 41 55 44 W Alt 1587m Distance 18.4km. Good travelling and good distance with a lot of crevasses. Expedition leader led from the front. Wind is increasing though weather still dry and cold.

Tuesday 12 August

64 33 17 N 42 17 62 W Alt 1929m Distance 17.7km. Weather is getting worse on forecast for tomorrow. Good distance travelled though today. Carried out the medical tests this morning and all are dehydrated. Had prolonged conversations about time and distance with expedition 2IC Magnus Jeffrey. Nigel Williams has a very calming influence on all the team.

Wednesday 13 August

64 30 48 N 42 40 31 W Alt 2206m Distance 18.8km. Wind dropped and the visibility excellent. All expedition members are now experts after only a week! Spoke with Ann Bryant at Biss Lancaster to confirm web blog working.

Thursday 14 August

64 27 60 N 43 06 20 W Alt 2445m Distance 21.4km. First day over the magic 20km. Phyl Scott had a moment today after which he apologised. Jonjo Knott found the going hard and Phyl helped. The team all showed signs of fatigue and some sun and frost damage. All arrived in camp very tired.

Friday 15 August

64 24 94 N 43 35 80 W Alt 2623m Distance 24.3km. Another good day for distance. It is very cold (-25 degrees centigrade) and dry.

Saturday 16 August

64 24 49 N 43 45 80 W Alt 2664m Distance 8.05km. A cold and windy day (-12) still air so -30/-40 degrees centigrade with wind chill. Team stopped when Fraser Philip could no longer feel his feet. Put up the tents and rewarmed everyone. All are in need of some rest and hydration. Fraser Philip needed the tent. He has some frost damage to one toe.

Sunday 17 August

64 21 93 N 44 15 36 W Alt 2742m Distance 24.2km. Another good day with the temperature higher and less wind.

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Monday 18 August

No move today. Team spent the day stormbound on the ice. Worst aspect of this is the visibility that makes it difficult to navigate. Plenty of time to rehydrate and rest. Also time to sit and wonder about the nature of success and failure.

Tuesday 19 August

64 20 56 N 44 45 70 W Alt 2760m Distance 24.5km. A good distance today though hard going in the afternoon. Rich Elder and Jonjo Knott had a set to about pace that went on for hours. Rich Elder made some unhelpful comments about leadership. It is evidence of the team getting tired and some thinking they know more than they actually do. Magnus Jeffrey wants to do more distance than others especially Stu Knight can manage.

Wednesday 20 August

64 19 15 N 45 07 54 W Alt 2696m Distance 17.7km Stopped at 1300 hrs. Warm temperature means sticky snow. Rich Elder demonstrated that he has challenges relating to his communication style. Forecast is for temperature to drop again on Thursday and Friday. Decided to move to night routine starting tonight at 2200 hrs.

Thursday 21 August

64 18 22 N 45 30 01 W Alt 2607m Distance 18.1km. Arrived at 0530 hrs and slept till 1230 hrs. Plan to leave at 2000 hrs. The Norwegian team that has been following us for two weeks passed us this afternoon. Suspect that GES are supporting them too and that we might have facilitated at least half of their journey across the ice. They ski past our camp about 500m away. Feel a little bitter about the hard work the team have done just to act as guides for another team.

Friday 22 August

64 16 24 N 45 58 92 W Alt 2551m Distance 23.6km. We are over the watershed. In the tent at 0530 hrs and slept till 1230 hrs. Last night was hard. Stu Knight finding the pace tough so I decided to stop early. An audit of the team shows that Rich Elder doesn't like the fact that I told him he was going too fast, Stu Knight is knackered and thinks the whole Army expedition is against him, Magnus Jeffrey wants to do more distance, Phyl Scott wants to do more and quicker. Nigel Williams is cool and on the fence. Jonjo Knott wants the expedition to work and Fraser Phylip is knackered and working hard to keep up. John Coogans is steady. James Woodhouse remains concerned about success.

Saturday 23 August

64 14 54 N 46 34 11 W Alt 2414m Distance 28.5km. Our best distance yet.

Sunday 24 August

No move last night due to storm and gale force winds. Have sat in the tent from 0730 hrs Saturday. Will try to move this afternoon at about 1500 hrs. Up this morning to dig out the tent which had drifted in to the depth of the skis.

Monday 25 August (AM)

64 13 11 N 47 10 04 W Alt 2334m Distance 29.2km. Travelled well through a very very cold night. Still air temperature was down to -30/35 degrees centigrade. Thermos flasks froze solid in pulks. The Northern Lights were bright and giving a wonderful display. Arrived at 0600 hrs and very glad to be the sleeping bags. James Woodhouse wore his down jacket, clothes and hat inside the sleeping bag and rested well. Have been using the last brew of the meal in our nalgene bottles as a hot water bottle. Great.

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Monday 25 August (PM)

64 09 91 N 47 44 31 W Alt 2062m Distance 28.3km. Move to day routine Tuesday TBC. Almost 60 km in a 24-hour period.

Tuesday 26 August

64 06 99 N 48 24 60 W Alt 1852m Distance 33km. A great day for distance. Saw the first land of the West Coast. Crossed our first crevasses in descent. Skied downhill for about 10 minutes glide. James Woodhouse spoke with his wife on the SAT phone as everyone in the expedition was allowed to do. Saw some birds. Refreshed all on crevasse rescue technique.

Wednesday 27 August

64 05 77 N 48 57 67 W Alt 1390m Distance 26.8km. Started well and finished hard. Discarded all spare rations today and now have 6 days per person. We have to get out in 6 days. Overtook the Norwegian team in the crevasse fields. James Woodhouse made an error in route finding today. Magnus Jeffrey and Stu Knight again had some vigorous discussion. The effort of carrying Stu Knight is telling on everyone.

Thursday 28 August

64 06 50 N 49 08 81 W Alt 1188 Distance 9.13k. A hard day pulling through crevasses and broken ground. Disagreed with Phyl Scott whether to remove skis. Eventually removed skis and moved better. Phyl Scott led well. The next decision is to pack and not pull.

Friday 29 August

64 08 27 N 49 15 37 W Alt 1077m Distance 6.23km. The culminating point for the expedition leader. A test of route finding, endurance, moral courage and maintenance of momentum. Some of the team especially Phyl Scott disagreed with the route and direction of travel. This was discussed for over an hour and the expedition leader's decision prevailed. A very hard day and one to remember for a long time to come.

Saturday 30 August

64 10 25 N 49 29 77 W Alt 761m Distance 12.2km. Made land at 1700 hrs after an epic journey through a major icefall. Nigel Williams was strength itself. Camped beside a moraine lake with the first sign of vegetation. Whole team happy to be off the ice. This was the hardest mountaineering that some of the team had ever done. The rucksacks are huge.

Sunday 31 August

64 12 77 N 49 42 25 W Alt 419m Distance 8km. At the top of Austamandalen the valley that stretches to the sea. Celebrated Nigel Williams' 52<sup>nd</sup> birthday with a bit of Scottish fire. Phoned GES to arrange pick up for Tuesday.

Monday 1 September

64 12 25 N 50 05 50 W Alt sea level Distance 18.2km. Arrived at Nansen's Tentplatz at 1900 hrs. Another hard day after so many. The journey through the dwarf birch and alder was horrible. Happy to have achieved our goal, and hope others are as well.

Tuesday 2 September

In Nuuk. Walked the final 6km to PUP. The boat to Nuuk was fantastic with a buffet of fruit, beer, chocolate and crisps. Excellent. More medical tests.

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Wednesday 03 September

Still Nuuk. Having difficulty changing the "flexible" flights. No one expected us to be early. Looked round Nuuk and ate a lot.

Thursday 4 September

Still Nuuk. Went to the museum and ate more. The B and B accommodation is interesting. Met up for a team meal this evening where Phyl Scott entertained all with the expedition prize giving. Richard Elder is frustrated and not coping well. Other team members are glad of the rest.

Friday 5 September

Flew from Nuuk to Copenhagen via Kangerlussuaq; not a place to linger. Air Greenland was fantastic and gave as much food and beer as you could ask for. The in-flight movie was really soft porn comedy and not quite what was expected. Phyl Scott has decided to fly to London from Copenhagen and rejoin the team in Glasgow.

Saturday 6 September

Arrived Copenhagen at 0600 hrs. Went to the Park Hotel where 51 (Sc) Bde had booked us in. We were all tired and slept well after a three-course breakfast that was great.

Sunday 7 September

In Copenhagen. Took a boat tour of the city. All ate a lot of ice cream. Hotel is excellent and looks after us very well. Prepared some "lines to take" for the press.

Monday 8 September

Arrive Glasgow at 2045 hrs. Met by expedition joint patron Commander 51 (Sc) Bde David Allfrey and a GMTV news camera team. Collected by 7 SCOTS MT and returned to Queen's Barracks. Carried out more medical tests and equipment checks. Had fish and chips.

Tuesday 9 September

Press call in Perth managed by Biss Lancaster. Interviewed by STV, BBC Radio Scotland, The Sun, Soldier Magazine, Inverness Courier and others. Received a congratulatory note from Sir Chris Bonnington CBE. Welcomed home by expedition joint patron Principal Glenmore Lodge Mr Tim Walker and Dougie McGill. Departed Perth at 1300 hrs. Went home.

Web site

13. The web page is an increasingly important method of communication and publication. The web page for Nansen's Endeavour was managed by the expedition doctor Jonjo Knott and fronted through the Army web site. This was a self-help solution. The expedition did not receive any help in upgrading the look or to make it more visually pleasing. Jonjo Knott uploaded information for the team. Whilst he did an excellent job this was unsatisfactory as it placed too much responsibility on the one individual. There was also no way that people who hit the site could post to it. The expedition leader has received several negative comments as a result of this. People who were supporting and watching the expedition progress wanted to post to that effect. There was not the facility for them to do this.

14. The website was also a crucial link to other information and a marketing tool for sponsorship. The lack of interactivity led directly to some of the difficulties we had in persuading companies to part with their cash and sponsor us. It did look a little home made and not what was expected of a major British Army expedition. The expedition requested help through both 51 (Sc) Brigade and Biss Lancaster and none was forthcoming.



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The same lack of support has contributed to the delay in uploading photos and film from the trip to the web page. This can not really be expected of Maj Knott who is a regular Army RMO with 1 MERCIAN.

Web support should and could have been delivered more effectively for the expedition by either a civilian company or another part of the Army. The expedition just did not have enough influence in the right areas to facilitate this. This is a missed opportunity.

### Media and PR

15. Media and PR exposure were identified by Commander 51(Sc) Bde as being the main effort of the expedition. To that end Biss Lancaster were appointed as the expedition PR consultants. To date an Advertising Value Equivalence (AVE) of £131000 and PR value of £393000 has been made from the expedition. This has to be seen in comparison to the expedition cost of £50000 excluding MTDs, £64000 including MTDs.

16. Involving the media to such an extent was an added demand upon the team. It is not necessarily an area of natural expertise for many Army personnel, mountaineers or climbers. Richard Elder was the expedition member responsible for co-ordinating the PR effort. In reality much of the media and PR work was channelled by Biss Lancaster through the relevant team member after consultation with the team leader. Ann Bryant of Biss Lancaster was an adept and reliable operator. Others within the Army media and PR operation were not. A detailed report of the media and PR exposure is at Annex E.

### Expedition Camera and Digital Recording

17. The expedition leader and others had identified recording the expedition as a key multiplier within the PR framework. To that end and at the request of the team leader Stu Knight was recruited to the team. Stu is a civilian and an amateur expedition cameraman. He is involved with both the Aviemore and Edinburgh Mountain Film Festivals.

18. Stu Knight struggled throughout the pre - training with physical deadlines and communication. It was indeed doubtful whether he would arrive at Perth at the start of the expedition. Whilst on the ice he found the task hard work and lacked the fortitude demonstrated by others within the team. He was prone to tantrums and childish behaviour. Upon return to the UK Stu Knight has not managed to make available the footage that he took to anyone within the team. This is despite the team leader having a personal link to Greg Dyke and a documentary maker actively pursuing the footage with a view to making a documentary for Channel 4.

19. Stu Knight's behaviour has been frustrating to all involved within the expedition. He states that he has struggled with the Army ethos. He has produced and distributed some fantastic still photographs of the expedition and uploaded some of his photography to Google Earth. He seems however to not care about timelines and others' priorities. Stu Knight was recruited to the team as a result of the team leader, James Woodhouse's recommendation. It is interesting to note that there were no others interested in taking part in this expedition to do that which Stu Knight was to do. As this report is published I am still pursuing Stu Knight for his footage and Channel 4 are still interested.

### Guiding

20. Nearly all expeditions across the ice have a paid guide. We as a result of careful recruiting and selection needed no such service. The inclusion of Nigel Williams, Head of Training at Glenmore

Lodge was a huge success. A man with a wealth of experience, maturity and ability paid to take part in an expedition that gained much from his involvement. This expedition was fortunate to have him as a team member. Other Joint Services expeditions would do well to recruit wisely from the professional mountaineering world. It is not sufficient to leave the outcome of major expeditions such as this to the best intentions of supportive unqualified amateurs.

#### Finance

21. As with many expeditions financing becomes a full time job in its own right. Many organisations and trusts are unwilling to provide funds sufficiently in advance to facilitate kit purchase, booking flights, booking accommodation etc. This expedition struggled between being seen as a 51 (Sc) Bde expedition and therefore funded by 51 (Sc) Bde and a 7 SCOTS expedition and therefore being funded by 7 SCOTS. There were also two civilian, two regular Army and five TA members. These Army personnel came from six different units all with their own particular view of the value and necessity of Exercise NORTHERN NANSEN'S ENDEAVOUR and reluctance to part with funding. The expedition has yet to receive any funding from the parent unit of any participant.

22. The projected cost of the expedition was constantly changing. This did not suit those who control access to cash as no one likes to write a blank cheque. This change in projected cost however is a realistic circumstance of a project with a life span of two and a half years. Those who control access to finance also sometimes confuse control of access with decision to spend. This is unhelpful and creates further work for any expedition. Much projected income is set alongside estimated uptake from individual trusts. This expedition was not best served by the BIBMTF. A bid made was £5000 the amount given £900. There was no warning of the difference. This led the expedition leader having to ask for a further £150 per person contribution to cover expedition planned expense making the individual contribution £814. The expedition leader also had to pay for the team accommodation in Iceland when a flight delay enforced an unplanned overnight stay. The team had to cover out of pocket expenses in Greenland.

23. The cost of the expedition excluding MTDs was £49,944.61, and including MTDs at estimate of £65 per person per day, £62,294.61. With five of the expedition TA personnel and the others regular army and civilians only five would qualify for MTDs. Individual contributions averaged £814 and were made by all team members including civilians. Neither civilian has charged the expedition for their services.

At the time of this report the expedition remains £6,698.82 in the red. The cost of O2 bottles abandoned by Everest West Ridge 2006 alone came to £5000. The recent Joint Services Expedition to Makalu lost £20000 worth of equipment.

Raising the money for the expedition has been one of the most time consuming and frustrating processes. We are still a considerable sum short of what we require to make the books balance. The team has made seventy approaches to private companies for support and sponsorship. The individuals have contributed a lot and have spent more money than is represented on specialist equipment e.g. boots that would be difficult to source through the system. The team bought their own skis, boots, poles etc to allow them to pre - train in the winter on the equipment that they would use in the summer. To do this they had to self - fund. This has required considerable commitment from the team and faith on their behalf in the leader to deliver the opportunity to use it. How fortunate it is that this report is written on the back of success.

Much of the difficulty of raising funds has been about convincing people of the difference between possible and probable. A complete break down of the expedition finances is at Annex F.

## Rations

24. The expedition was rationed for 35 days with CILOR. This money was paid to GES who were responsible for providing the rations of 4,500kcal a day comprising dehydrated Real Field Meals, biscuits, chocolate, peanuts, salami, cheese and butter. They proved to be excellent value and apart from some small personal preferences were enjoyed by all. The cheese especially was eagerly anticipated each day. This anticipation did not extend to the butter which when eaten by the 80g portion is a little nauseous. The rations were allocated between tent groups of three and each tent was responsible for managing their own food intake.

Off the ice team members had to spend their own money to ration themselves during the time in Nuuk. Whilst in Copenhagen the team were fed centrally and the cost covered by 51 (Sc) Bde. Each team member travelled to the expedition area with 2 x 24 ration packs that were adequate. A complete breakdown of the rations per day is at Annex C.

## Logistical Support

25. Greenland Expedition Services (GES) were employed to deliver the in - country logistical support. This was comprehensive the bill for which represented over half of the total cost of the expedition. Their services covered aspects that with the benefit of hindsight we could have purchased individually cheaper. They did however have access to services that we required that we would have been unable to source from the UK. They managed applications for icecap permits, radio permits and insurance. They provided the EPIRB, shotgun and critically a manned HQ in Switzerland through which the expedition communicated during the time on the ice.

26. GES provided the rations pre - bagged into tent groups of three. This meant that there was a lot less time required by the expedition to prepare the rations themselves. This was fortunate, as due to the delay in flights there was only 15 hrs in Kulusuk rather than the planned two days. The mixture of rations provided and importantly the quality of fuel was first class. We had no problems with stoves or fuel during the 27 days on the ice. This is itself remarkable.

27. The critical service that was unavailable to us purchasing from the UK was the provision of boats to transport the expedition to the start point on the East Coast. The journey of 200km in what can only be described as Norfolk Broads pleasure boats was exciting. The fishermen employed knew their stuff however and we were dropped in the right place, which facilitated access to the ice. Upon arrival on the West Coast the boat pick up was punctual and service palatial. It was fantastic that the boat was in the right place at the right time as requested.

28. Biss Lancaster made regular updates to the web site after receiving e-mails from the GES HQ in Switzerland. These were the forwarded text messages from the expedition SAT phone. This service whilst having some limitations kept all informed of the progress and safety of those on the expedition.

29. Matt Spensley of GES attended the High Risk and Remote presentation in HQ 2 Div and was involved in the planning of the expedition from the outset. This led to the service received being satisfactory in all but one respect. This was the failure to provide pulk harnesses. GES have refunded £315 in light of this error. After the fact their absence was not noticed as we all managed with a home made solution using our rucksacks. However it could have been serious if one of the team had injured their back as a result or we had broken one of the rucksacks.

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The British Army at the time of this report still owes just under £2500 to GES. They have been extremely patient with the time it has taken to pay them. The delay is to a certain extent as a result of negotiations between the expedition leader and GES about details and cost of the service provided.

30. In general Matt Spensley and GES worked hard to ensure that what had been requested was provided and what was required was suggested. Their involvement with the planning at an early stage meant that we identified training requirements and kit needs early. The expedition leader would use GES again for another similar expedition. Their service was no nonsense, professional and adequate and can be contacted at [info@expeditiongreenland.com](mailto:info@expeditiongreenland.com).

### Equipment

31. A comprehensive equipment report is at Annex G.

### Medical

32. A complete medical report is at Annex H. In general however the expedition was extremely fortunate and there were no major medical problems. Diarrhoea, minor frost damage and sunburn were the most demanding. There was one case of moderate snow blindness. Jonjo Knott and the team are to be congratulated on this excellent display of preparation, physical robustness and administration in the field.

### Sponsorship and Help for Heroes

33. Sponsors giving through their web site raised £1600 for Help 4 Heroes Charity. St Colomba's Church donated £250 of this. Ten percent of the monies raised from the raffle are also to be given to the same charity.

### Command and Control

34. James Woodhouse was originally brought on to the team of an expedition called Exercise NORTHERN SCOTTISH CAPERCAILLIE as training officer. A 6 SCOTS officer was fronting the expedition. In the first months this officer withdrew and he suggested that James Woodhouse should take over the lead. This suggestion was channelled via 51 (Sc) Bde to 7 SCOTS and sanctioned by Maj P Sherrard COS 51 (Sc) Bde. Since then there has been a new Brigade Commander, three Brigade COS, two COs 7 SCOTS, two TMs 7 SCOTS and so on. Each has brought his own particular view or angle to the expedition. The expedition leader spent much of his time briefing, debriefing and rebriefing each successive incumbent of each role. Whilst many of these officers have been supportive and encouraging they are not versed in the art of the possible in mountaineering or expedition terms. Throughout this the responsibility for financial support has been passed back and forth.

35. The one constant in all of this has been Dougie McGill at HQ 2 Div. He has been excellent, supportive and absolutely convinced of the expedition's value and viability. Brigadier David Allfrey also stated that he had no doubt that we would succeed. He was right.

### Time

36. To plan, recruit, train, lead, maximise and report on a major expedition takes a lot of time. The demands to do more, e mail more, share more documents, prepare more briefings, and make more funding applications never go away. It is a five-hour round trip by road for the expedition leader to

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attend a briefing at 51 (Sc) Bde. The expedition leader made upwards of fifty telephone calls before the flights were booked. The expedition has been back two months and we are still seeking the funding to close the gap. This month the expedition leader will do four presentations about the expedition to various audiences.

The above is not a complaint but a description. Any one wishing to do something similar should be aware that there is enough staff work involved to keep many full time employees busy. It is unrealistic in my experience to expect this of a part time employee of any organisation regardless of experience or dedication. There is simply too much expected.

### Conclusion

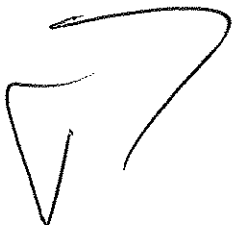
24. The expedition was successful. Put simply we skied across Greenland via the Nansen route and with Biss Lancaster's help have told a lot of people about it. This reflects well on the team, the TA and British Army as a whole. This was achieved at a cost of £64000 (including MTDs) with the loss of one shovel and three ice screws. We did not do well in the selection and recruiting of a cameraman who would understand the need for swift action on return. We have struggled (and still are) with raising enough money. There have been difficulties of ownership.

Thank you

25. There have been a great number of people who have worked very hard to deliver this success. I thank my Team for their patience and endurance. I thank Commander 51 (Sc) Bde David Allfrey for agreeing to be joint patron, his support and recognition of the possible. I thank Dougie McGill for his continued and unstinting enthusiasm for the team and idea. I thank the Principal Glenmore Lodge Tim Walker for his quiet direction. I thank Ann Bryant of Biss Lancaster for doing what she says she will do.

"Great things are done when men and mountains meet  
Not by mere jostlings in the street"

W Blake



JC WOODHOUSE

Maj

OC Exercise NANSEN'S ENDEAVOUR

ANNEXES

- A. Exercise participants
- B. Pre training Norway
- C. Pre training UK and Rations
- D. Science
- E. Media
- F. Finance
- G. Equipment
- H. Medical
- I. Web page

Distribution:

External:

Info:

GOC 2 Div  
SO2 G3 PAT 2 Div  
Comd 51(Sc) Bde  
COS 51 (Sc) Bde  
SO2 SPS 51 (Sc) Bde  
CO 1 MERCIAN  
CO 3 SCOTS  
CO 6 SCOTS  
CO 72 Engr Regt  
CO QOY  
Mountain and Arctic Warfare Cadre, Royal Marines  
Principal Glenmore Lodge  
Chairman, Army Mountaineering Association Maj C Davis MBE  
Operations Director Ulysses Trust Wing Co R McCluskey  
Trustees HRFCA  
Trustees Army in Scotland Trust  
Trustees Bridge of Don and Glencorse Trust fund  
Trustees Perth Social Forces Fund  
Trustees, Berlin Infantry Brigade Memorial Trust fund  
Biss Lancaster, Mrs Ann Bryant  
GES, Mr Matt Spensley  
Mountaineering Council of Scotland, Mr K Howett  
Scottish Arctic Club  
Royal Scottish Geographical Society  
University of Bangor  
University of Edinburgh  
Danish Polar Centre  
All exercise participants

## EXERCISE RESTRICTED

Internal

Action

QM

RAO

Info

CO

Trg Maj

C Coy PSAO

B Coy PSAO





# EXERCISE RESTRICTED

ANNEX A TO  
JCW 2310/01  
DATED 23 OCT 08

## PARTICIPANTS EXERCISE NORTHERN NANSEN'S ENDEAVOUR

Name	Rank	Unit	Role
James Woodhouse	Maj	7 SCOTS	Leader
Magnus Jeffrey	Capt	6 SCOTS	2ic
Phyl Scott	Capt	RE	3ic
Jonjo Knott	Maj	RAMC	MO
Richard Elder	Capt	7 SCOTS	Media and PR
John Coogans	Cpl	QOY	Fitness and conditioning
Fraser Philip	LCpl	7 SCOTS	Equipment
Nigel Williams	N/A	Glenmore Lodge	Rations
Stuart Knight	N/A	N/A	Cameraman



## EXERCISE RESTRICTED

ANNEX B TO  
JCW 2310/01  
DATED 23 OCT 08

### PRE - TRAINING NORWAY 16- 29 FEB 08

#### General

1. Two weeks pre - training were carried out in Norway during the above dates. This was an independent exercise in its own right Exercise NORTHERN NORWAY NANSEN'S ENDEAVOUR and a detailed PXR has already been written for it. The exercise served to train, select, prepare and develop team members for the Greenland crossing.

#### Activities

2. The two main activities undertaken were skiing and winter climbing. Whilst there was no steep ice climbing anticipated during the crossing of Greenland the exercise leader is convinced of the use of steep ice climbing to assist individuals in demonstrating moral and physical courage. At the end of this period of training two individuals were deselected from the team. Both were assessed to not have the physical or mental wherewithal to effectively participate in the Greenland crossing. The skiing whilst non-glacial was sufficient for those with limited skiing experience to learn. Some members of the expedition had not skied before. It is to their credit that they were able to demonstrate sufficient expertise after two weeks to take part in the main expedition.

3. The pre - training expedition was a 7 SCOTS adventure training expedition. The pre training of the Greenland team was attached to it to utilise instructors and accommodation. Thanks go to the then CO 7 SCOTS Lt Col C Campbell TD for allowing and facilitating this crucial pre - training event.

#### Focus

4. The focus of the ski training was on ski touring not downhill technique. The expedition leader had several vigorous discussions with the ski instructors who wished to focus on downhill technique before ski touring. Whilst this may be the established progression within a Joint Services framework it did not suit our requirements nor the interest of the team. The nature of the ground crossed in Greenland had ten minutes of downhill glide in twenty-seven days. The expedition leader was convinced at the time and is as convinced now of the futility of developing downhill technique for a ski crossing of Greenland. You need only to be able to stay upright and in control over the most gentle of slopes.

5. There was no overnight hut to hut ski tour or longer multi day journey. There was not the money to pay for accommodation twice both the huts and the valley base. In an ideal fully funded circumstance some element of hut to hut touring or snow holing expedition could have been included. However for reasons of funding it was not. There were no negative outcomes of this lack of multi day preparation that there was not enough time to deal with whilst on the ice cap.

#### Ice breaking training

6. Whilst in Norway the team made a round trip journey of sixteen hours to undertake ice breaking training with the Royal Marines. This prepared us for falling through the ice and what to do if

## EXERCISE RESTRICTED

this happened. This did in fact happen on three occasions to the same (and heaviest) person. Whether he remembered the drills at the time is unclear. However it was a confidence building exercise to know that full immersion was not life ending but rather uncomfortable. The Royal Marines of the M and AW Wing were helpful and welcoming with a great lunch offer!

### Conclusion

7. A journey as long as a ski crossing of Greenland allows for considerable improvement over time. The team were thus able to hone their skiing, pulling, living in cold conditions, use of stoves, tent administration etc during the expedition. They also became fitter, better, quicker over the five weeks. The team was well enough fed and hydrated to become stronger over the longest concentrated period of physical activity that many would ever undertake. The crux therefore of the pre - training was not provision of technical skills but the selection of the right people. The training was primarily a selection process not one of technical development.

**EX NANSEN'S ENDEAVOUR PRE TRAINING AND RATION REPORT**

Pre-Training

1. Cairngorms: Jan 08.

Winter Mountain Proficiency Course. This was the first training event for the team and was focused at those members who had limited or no winter mountain experience. The Northern Cairngorms were used as a training location due to the unique nature of the elevated plateau and the challenging conditions found there. All participants were required to put in long, hard mountain days and then administer themselves in snow holes during the night. Training of this nature allowed the exercise leader to have a good look at the potential team members and also provided great preparation for operating in cold and snowy conditions. Subjects covered during training included:

- a. Winter navigation (day and night).
- b. Security on steep ground.
- c. Use of ice axe and crampons.
- d. Emergency snow shelters.
- e. Safe conduct in cold conditions.
- f. Recognition of cold injury.
- g. Construction and use of snow holes.
- h. Field administration in cold conditions.
- i. Avalanche awareness.

2. Weekend 1: 11-12 Apr 08.

The first training weekend was held at the National Outdoor Training Centre in Glenmore Lodge. The content of the weekend was heavily influenced by the requirements outlined in the High Risk and Remote presentation. Good conditions on the Cairngorm Plateau also allowed a day of ski touring and equipment familiarisation. The following subjects were covered.

- a. River crossing – discussion on techniques, SOPs, and contingency planning.
- b. River crossing – practical techniques in local river.
- c. Crevasse rescue:
  - (1) Self-help techniques rehearsed in climbing wall.
  - (2) Hoist techniques practiced in open hall.
- d. Planning meeting.
- e. Ski touring.

3. Weekend 2: 31 May – 1 Jun 08.

The second training weekend was held in Inverness. The Saturday was spent doing full individual equipment checks and preparing bulkier equipment (skis, poles, boots, roll-mats) for freight. To break up the day the team went for a 2 hour log run at the Fort George Ranges. The day concluded with a planning meeting. On Sunday morning the team all attended church in Grantown on Spey. The remainder of the day was spent discussing medical issues and operating in cold conditions under the lead of the exercise Doctor.

## EXERCISE RESTRICTED

### 4. Weekend 3: 14-15 Jun 08.

The third training weekend was a mountain marathon held to the West of the A9 in the Pass of Drumochter. The route was planned to visit most of the peaks in the area, and be comparable in length to a B/C Class event. A mid-way camp was held on the Saturday night. The main purpose of the event was to put the team members under two successive days of physical duress in a mountain environment and to encourage the "fast and light" principle. Teams ran and camped in the tent groups they would be in on the icecap and this helped individuals to get to know each other better while doing hard training.

### 5. Weekend 4: 12 – 13 Jul 08.

The final training weekend was to complete the Great Glen Way (GGW) from Fort William to Inverness. The principle of "fast and light" was again encouraged. The task was also intended to reflect the coast to coast nature that the team would aim to achieve in Greenland. The GGW route is fairly uninspiring but the intent was for the team members to simply keep going, with a short overnight bivi, to demonstrate their endurance ability despite the mundane nature of the task and the physical discomfort of sore feet and legs and minimal food. This event was held a bit too close to deployment to Greenland as some individuals did not have enough time to let their feet recover fully

## RATION REPORT

### General

6. Rations for the exercise were provided by GES. The break down of daily rations were as follows:

- a. Dehydrated Meals. These were produced by either Real Field Meals or Mountain House. Main meals were about 800Kcal and Breakfasts around 620Kcal. There was a good menu variety and the meals were very good, both in terms of taste and satisfaction (feeling full). The Real Field Meals were more compact as they were vacuum packed, and the pack sizes were smaller which meant less of a "soup effect" such as occurs when the foil pack is oversized (e.g. with the Mountain House breakfasts). The meals were often bulked up with packet soup and / or supernoodles.
- b. Chocolate / Cereal Bars. There would be three bars a day, and this usually came as two bars of chocolate and one cereal bar.
- c. Salami. Every second day each tent team would have a large salami to split into three parts; one per person. This would be a block of approximately 100g. The salami was a keenly anticipated treat and helped get some fat into the diet.
- d. Cheese. Every team member was given a large portion of cheese at the beginning of the crossing, and then again on day 15. Like the salami, the cheese was a treat and a welcome break from sweet snacks. As it was often partially frozen it was good to slice into the dehydrated meals.
- e. Biscuits. Each team member would get a packet of biscuits per day. These ranged from good (chocolate) to bad (carrot oatmeal). For the energy provided these were bulky, and their tendency to crumble meant that they were awkward to eat while wearing gloves.

## EXERCISE RESTRICTED

They tended to be very dry and so had to be taken with a water bottle close to hand. The oatmeal biscuits were often used crumbled into the dehydrated meals. This was to bulk up the meals, but also because they were dry and unappetising to eat separately. It would have been better to have extra chocolate / cereal bars instead of biscuits, both for their appeal and for ease of eating in cold conditions.

f. Butter. Each tent team was given approximately 16 x 250g bars of Lurpack to add calorific value to the dehydrated meals. Each tent team managed their allocation differently but one method was to divide each bar into 3 and add directly to the meals before the boiling water was poured on. Using this measurement the taste of the meal was not noticeably affected. The storage and transport of butter was an issue during the portage stage on the East coast due to the warm temperatures at low levels, and some butter was ruined due to melting.

g. Nuts and Raisins. Each individual was given a large bag of nuts and raisins every three days. These were a welcome savoury snack instead of chocolate, and they were not susceptible to freezing like the chocolate and cereal bars. They could be quite awkward to eat with gloves on but one possible solution was to use a spoon and eat like cereal.

h. Individual Snacks. Many of the team members brought additional snacks to help ease the transition onto exercise rations during the energy-intensive portage stage. This certainly proved useful and extra bars of chocolate, pepperamis or energy gels gave individuals a much needed energy boost during the late stages of these long days.

i. Beverages. The coffee provided by GES was filter coffee and was therefore rarely used. Fruit teas were popular, and could also be used to flavour cold water if desired. Hot chocolate was a mainstay in thermos flasks and mugs, and was also added to dehydrated deserts. There was little use of energy powders due to the residue they leave in receptacles.





ANNEX D TO

JCW 28 10/01

DATED 28 OCT 08

**Scientific research report**

Physiology

1. Aim: Body composition and physiological effects during endurance exercise whilst in calorie deficit on a prolonged, arduous expedition. It is hoped this will contribute to wider work the School of Sport, Health and Exercise Medicine at Bangor University are carrying out into the effects of and performance in endurance exercise.
2. Field work: Daily diet and fluid intake recording. Pre, post and regular (5-7 days) measurement of height, weight, and body composition including percentage fat and body water using a Bodystat® 1500 impedance machine. At the same time capillary blood samples were taken for blood glucose, measured at point of sample, and for stress hormones, including cortisol, stored on DNA saver cards. Saliva samples were also taken, collected in plastic vials over 6 minutes. The intention was to store these frozen, but logistics eventually made this impractical, so they were brought back in liquid form. Finally urine samples were collected and analysed at source for osmolality. This provided real time data on expedition members' levels of hydration, so we were able to increase our hydration strategies accordingly.
3. The fieldwork was complex and difficult to carry out under the expedition conditions, especially as we had no fixed base, and there was constantly a time pressure to keep moving. The experimental protocol was lengthy and difficult to fit around the morning or evening routine depending on the order different samples needed to be collected and the time relationship to meals. Overall, however, compliance was good, and we were able to make most of the data collection satisfactorily. Team members did very well as they could appreciate that this added another dimension to the expedition. Transport of samples did prove difficult when we had to transfer all weight to rucksacks alone towards the latter stages. This meant continuing to carry the lightweight polystyrene box filled with ice that was being used to store the saliva was not possible. If this work was to be carried out again, specific time would need to be set aside in the expedition schedule to ensure more accurate data collection and a complete dry run of the protocol should be tested during the planning stages to ascertain the time to set aside. One of the greatest problems was accurate weighing of expedition members. The digital scales we had with us depended on a very flat surface to be accurate which was hard to achieve. We mostly used the wooden boards from the base of the sledges, or skis.
4. Results: Pending.
5. Contact details: Dr Sam Oliver; [s.j.oliver@Bangor.ac.uk](mailto:s.j.oliver@Bangor.ac.uk); 01248 383965.

## EXERCISE RESTRICTED

### Psychology

6. Carried out on behalf of the Psychology Department of Bangor University.
7. Aim: to study the changing motivations and attitudes to both the endurance aspect of the expedition, and their own physical state over the course of the expedition, as well as to their home, family and work life.
8. Fieldwork: the following questionnaires were completed, pre, post and during the expedition:

Twenty Item Toronto Alexithymia (TAS-20)

Sensation Seeking Scale Form V (SSS-V)

Personal Agency in Interpersonal Relationships Scale (PAIR)

Recovery-Stress Questionnaire for athletes (RESTQ-52)

Overall these were relatively straightforward to complete, but did require some pondering over.

9. Results: Pending
10. Contact: Dr Sam Oliver; [s.j.oliver@Bangor.ac.uk](mailto:s.j.oliver@Bangor.ac.uk); 01248 383965.

### Glaciology

11. Aim: Snow pack structure transect of the ice sheet to record density changes.
12. A project exists to measure the rate of loss of the ice sheet using satellite infrared recording of height loss of the surface. This is complicated by the snow pack in the outer margins of the ice sheet becoming denser as melt water refreezes. This research aimed to quantify this process to add to data collected from more frequently studied areas in the west to see if this process is indeed taking place.

### Fieldwork

13. Snow pits: each night a 1-metre deep snow pit was dug at the camp. Within this snow pit, the different layers of snowfall and ice were identified, thickness measured, and density readings made of each layer, as well as snow crystal examination, and hardness measurement.
14. Depth transect: we attempted to measure snow depth using an avalanche probe at multiple points each day. Unfortunately, results were too varied to be useful with this experiment, possibly as we used a ski pole rather than a standard probe.
15. Snow samples: approximately 100g of snow was collected 10 cm below the surface of each snow pit. These were to be brought back in double plastic bags. Unfortunately, these samples did not survive the journey off the ice cap, despite being kept in a Tupperware tub.

## EXERCISE RESTRICTED

This may be because of small tears caused in the bags when the snow is placed in them, as well as the pressure changes as we descended off the ice cap. In future, solid plastic jars would be preferable.

16. Results: Pending

17. Contact details: Dr Pete Nienow, Senior Lecturer, Institute of Geography, Edinburgh University. 0131 650 9139; [Peter.Nienow@ed.ac.uk](mailto:Peter.Nienow@ed.ac.uk)

### Botanical

18. Aim: Collection of samples and mapping of populations of *Koenigia Islandica*. This is an important alpine plant found in Arctic regions. The Royal Botanical Gardens Edinburgh is currently running a project of world-wide mapping of this plant and currently has very little data from the East Coast of Greenland.

### Fieldwork:

19. Sample searching: we were to search on our route on the East Coast from sea level to the snow line.

GPS recording: of any populations found.

Photography: of groups and individual plants.

### Sample collection

20. Samples: Whole plants, a few cms tall, were to be collected for DNA analysis to be linked to other population groups.

21. Permit: Obtained from the Ministry of Infrastructure and Environment of the Greenland Home Rule.

22. Contact: Elmer Topp-Jørgensen ([ELJO@gh.gl](mailto:ELJO@gh.gl))

23. Specialist storage bags with desiccant from the RBGE.

24. Unfortunately we were unable to find any samples of the plants, but this was not unexpected.

25. Contact details: Peter Hollingsworth; Royal Botanical Gardens Edinburgh; [p.hollingsworth@rbge.org.uk](mailto:p.hollingsworth@rbge.org.uk)

### Conclusion

26. Overall all of the research we either attempted or achieved was worthwhile even before the results, if any, are known. It added another aspect to the expedition for all members and forged links with civilian scientific organisations all of which would be happy to work with military expeditions again. It attempted to push the boundaries of what can be

**EXERCISE RESTRICTED**

done with field research and on expeditions of this nature. The expedition will also be presenting both at Bangor University and Edinburgh University helping to cement those links.

For any further information please contact the expedition doctor, Maj Jonjo Knott RAMC;  
[DoctorKnott@hotmail.com](mailto:DoctorKnott@hotmail.com)



ANNEX E TO  
JCW 2310/01 DATED  
23 OCT 08

# **THE ARMY IN SCOTLAND NANSEN'S ENDEAVOUR COVERAGE AND ACTIVITY OVERVIEW**

- **57 pieces of coverage generated to date**
- **Reaching 10,715,460**
- **With an AVE of £131,025**
- **And a PR value of £393,077**

## ACTIVITY OVERVIEW

- There were two distinct periods of activity: pre and post expedition
- Pre expedition activity included the following:
  - Writing and issuing initial announcement release that the Expedition was being undertaken
  - Attending pre-expedition training in the Cairngorms
  - Selling-in the Norway training to The Sun with the result that a journalist and photographer went on the trip for three days
  - Constant sell-in, follow-up and arranging of telephone interviews with all team members following the announcement and before they embarked on the expedition
  - Securing photography of the team at Perth TA Centre before they left for use in media sell-in
  - Interview with Major James Woodhouse and The Sun immediately before the team left
- During the expedition, we were updated on a daily basis with regards to the team's progress which we then uploaded onto the Expedition blog
- Post-event activity included the follow:
  - Filming with GMTV at Glasgow Airport the night the team flew back in
  - Press call at Perth TA Centre for face to face and telephone interviews
  - Photography at Perth TA Centre which was then issued to local media
  - Securing congratulatory messages for the team from Sir Chris Bonington and Sir Ranulph Fiennes

## RESULTS OVERVIEW

- To date, 57 pieces of coverage have been achieved as follows:
  - 29 x press
  - 4 x TV
  - 8 x radio
  - 16 x online
- To date, the audience reached through the campaign is
- The total AVE to date is £131,025
- The total PR value to date is £393,077





To: The Nansen's Endeavour Team

Congratulations, what a fantastic achievement! Walking in Fridtjof Nansen's footsteps in such a quick time shows the remarkable mental and physical strength of each individual and is also a testament to your ability to work as a team to achieve a shared goal. The fact that no one has attempted this route in twenty years speaks volumes for the difficulty of the crossing. Very many congratulations and I hope you now all enjoy a well-deserved rest!





Delighted to send a congratulatory message. It's a real achievement and I should say every bit as tough and in many ways a lot more rewarding than climbing Everest by the standard routes which are both over crowded and fix roped from bottom to top. A good friend of mine, Jim Lowther, made the crossing some years ago, and I know from his description just how tough the Journey is. Once again a very warm congratulations on their achievement.





06/03/2008	Guide & Gazette (Broughty Ferry)	Announcement of Nansen's Endeavour		tbc	tbc	tbc
06/03/2008	<a href="http://www.fifetoday.co.uk">www.fifetoday.co.uk</a>	Announcement of Nansen's Endeavour	4, 1, 3, 3, 3, 5, 1, 2, 1	£479	£1,437	39,916
07/03/2008	Fife Herald	Announcement of Nansen's Endeavour	4, 1, 3, 3, 3, 5, 1, 2, 1	£408	£1,224	13,116
27/03/2008	The Scottish Sun	Feature on Nansen's Endeavour training exercise in Norway	5, 3, 1, 3, 5, 3, 3, 3, 3, 3, 5, 1	£8,000	£24,000	401,319
28/03/2008	The Scottish Sun	Second and final part of feature on Nansen's Endeavour training exercise in Norway	2, 5, 3, 3	£8,000	£24,000	401,319
28/03/2008	Dumfries & Galloway Standard	Announcement of Nansen's Endeavour	3, 4, 1, 2, 1	£88	£264	27,257
29/04/2008	Press & Journal	Nansen's Endeavour focusing on Richard Elder	4, 4, 5, 1, 3, 1, 2, 1	£1,418	£4,254	91,956
29/04/2008	<a href="http://www.pressandjournal.co.uk">www.pressandjournal.co.uk</a>	Nansen's Endeavour focusing on Richard Elder	4, 4, 5, 1, 3, 1, 2, 1	£2,100	£6,300	210,000
02/05/2008	Aberdeen Evening Express	Nansen's Endeavour - interview with Richard Elder	5, 4, 3,	£1,354	£4,062	54,740
30/05/2008	Dumfries & Galloway Standard	Nansen's Endeavour - interview with Fraser Philip	3, 1, 3,	£696	£2,088	27,257
30/05/2008	<a href="http://www.icdumfries.icnetwork.co.uk">www.icdumfries.icnetwork.co.uk</a>	Nansen's Endeavour - interview with Fraser Philip	3, 1, 3,	£177	£531	8,823
07/06/2008	Edinburgh Evening News	Nansen's Endeavour	1, 3, 5, 5, 3, 5, 5, 3	£4,635	£13,905	53,674
07/06/2008	<a href="http://www.living.scotsman.com">www.living.scotsman.com</a>	Nansen's Endeavour	1, 3, 5, 5, 3, 5, 5, 3	£12,077	£36,231	3,019,292

THE ARMY IN SCOTLAND									
COVERAGE LOG									
Key code:									
1	Mentions of Army/British soldiers								
2	Army in Scotland/Scottish soldiers								
3	TA/Territorial Army								
4	TA100								
5	Royal Regiment of Scotland, x SCOTS, specific regiments								
Date	Media	Subject	Message Content	AVE	PRV	CIRC			
15/02/2008	BBC News Online	Announcement of Nansen's Endeavour	1, 2, 3	£3,093	£9,279	61,876			
15/02/2008	Dundee Evening Telegraph	Announcement of Nansen's Endeavour	5, 1, 3, 4	£79	£237	24,633			
20/02/2008	The Herald	Announcement of Nansen's Endeavour	1, 2, 3, 4, 3, 5, 1, 3, 1, 2	£994	£2,981	66,429			
21/02/2008	Moffat News	Announcement of Nansen's Endeavour	1, 5, 3, 1, 3, 4, 1, 3, 3, 1, 5, 1, 1, 3, 2, 1, 5	£245	£735	1,151			
20/02/2008	<a href="http://www.strathspey-herald.co.uk">www.strathspey-herald.co.uk</a>	Announcement of Nansen's Endeavour	1, 5, 3, 1, 3, 4, 1, 3, 3, 1, 5, 1, 1, 3, 2, 1, 5	£1,758	£5,275	97,678			
21/02/2008	Annandale Herald	Announcement of Nansen's Endeavour with pic of Fraser Phillip	4, 3, 2, 1, 3, 1	£440	£1,320	3,172			
21/02/2008	Moffat News	Announcement of Nansen's Endeavour	4, 3, 2, 1, 3, 1	£440	£1,320	2,202			
25/02/2008	<a href="http://www.eveningtelegraph.co.uk">www.eveningtelegraph.co.uk</a>	Announcement of Nansen's Endeavour	5, 1, 3, 4	£560	£1,680	46,698			
28/02/2008	Dumfries Courier	Announcement of Nansen's Endeavour		tbc	tbc	tbc			

09/09/2008	Scotland Today	Return of Nansen's Endeavour team	2, 3, 2	tbc	tbc	400,000
09/09/2008	Edinburgh Evening News	Return of Nansen's Endeavour team	4, 5, 1, 5, 3, 1, 5	£5,794	£17,381	53,675
09/09/2008	Talk 107	Return of Nansen's Endeavour team	4, 3, 1	£1,800	£5,400	35,000
09/09/2008	<a href="http://www.edinburghnews.scotsman.com">www.edinburghnews.scotsman.com</a>	Return of Nansen's Endeavour team	4, 5, 1, 5, 3, 1, 5	£12,077	£36,231	3,019,292
10/09/2008	Dundee Courier	Return of Nansen's Endeavour team	2, 2, 5	£394	£1,181	73,485
10/09/2008	<a href="http://www.thecourier.co.uk">www.thecourier.co.uk</a>	Return of Nansen's Endeavour team	2, 2, 5	£180	£540	99,930
11/09/2008	Sheffield Star	Return of Nansen's Endeavour team	3, 2, 5, 3	£2,870	£8,609	56,363
11/09/2008	<a href="http://www.thestar.co.uk">www.thestar.co.uk</a>	Return of Nansen's Endeavour team	3, 2, 5, 3	£4,514	£13,543	322,447
11/09/2008	Dumfries & Galloway Standard	Return of Nansen's Endeavour team	3, 1, 3, 2, 4	£476	£1,429	10,574
11/09/2008	Moffat News	Return of Nansen's Endeavour team		£36	£109	1,202
11/09/2008	<a href="http://www.dgstandard.co.uk">www.dgstandard.co.uk</a>	Return of Nansen's Endeavour team	3, 2, 3, 2, 4	£250	£750	7,500
12/09/2008	Dumfries & Galloway Standard	Return of Nansen's Endeavour team	3, 3, 4	£1,286	£3,858	16,683
12/09/2008	Garrison FM	Return of Nansen's Endeavour team	4, 1	£960	£2,880	50,000
12/09/2008	Inverness Courier	Return of Nansen's Endeavour team	1, 1, 3	£3,660	£10,980	30,383
13/09/2008	Aberdeen Evening Express	Return of Nansen's Endeavour team	4, 5, 3,	£7,995	£23,985	53,384
16/09/2008	<a href="http://www.the-sun.co.uk">www.the-sun.co.uk</a>	Return of Nansen's Endeavour team	2, 5, 1	tbc	tbc	172,350
16/09/2008	The Scottish Sun	Return of Nansen's Endeavour team	2, 5, 1	£4,000	£12,000	401,319

07/06/2008	<a href="http://www.bbc.co.uk/scotland">www.bbc.co.uk/scotland</a>	Nansen's Endeavour	1, 3, 3	£3,093	£9,279	61,876
25/06/2008	Good Morning Scotland	Nansen's Endeavour	1, 4	n/a	n/a	n/a
26/06/2008	Strathspey & Badenoch Herald	Nansen's Endeavour	1, 3, 1, 4, 1,	£213	£638	4,844
27/06/2008	Fife Herald	Nansen's Endeavour	1, 4, 3,	£302	£907	13,116
27/06/2008	<a href="http://www.fifetoday.co.uk">www.fifetoday.co.uk</a>	Nansen's Endeavour	1, 4, 3	£479	£1,437	39,916
13/07/2008	Moray Firth Radio	Nansen's Endeavour	1, 3	£145	£434	108,000
31/07/2008	GMTV Scotland	Nansen's Endeavour	3	£5,000	£15,000	19,456
Aug-08	Soldier Magazine	Nansen's Endeavour	4, 5, 3	£106	£318	89,000
06/08/2008	The Scottish Sun	Nansen's Endeavour	3, 5,	£8,000	£24,000	401,319
06/08/2008	<a href="http://www.the-sun.co.uk">www.the-sun.co.uk</a>	Nansen's Endeavour	3, 5	£6,894	£20,682	172,350
08/09/2008	Radio Scotland (Highlands)	Return of Nansen's Endeavour team	3, 1, 3, 1	£240	£720	n/a
09/09/2008	Good Morning Scotland	Return of Nansen's Endeavour team	3, 1, 2	n/a	n/a	n/a
09/09/2008	Radio Forth	Return of Nansen's Endeavour team	1	£160	£480	277,000
09/09/2008	Radio Scotland Newsdrive	Return of Nansen's Endeavour team	2, 1, 3	£480	£1,440	n/a
09/09/2008	GMTV Grampian	Return of Nansen's Endeavour team	3	£5,000	£15,000	19,456
09/09/2008	North Tonight	Return of Nansen's Endeavour team	2, 3, 2	£6,320	£18,960	tbc

19/09/2008	Fife Herald	Return of Nansen's Endeavour team	1, 4, 3	£672	£2,016	13,116
19/09/2008	<a href="http://www.fifetoday.co.uk">www.fifetoday.co.uk</a>	Return of Nansen's Endeavour team	1, 4, 3	£589	£1,767	39,916
Key code:				£131,025	£393,077	10,715,460
1	Mentions of Army/British soldiers					
2	Army in Scotland/Scottish soldiers					
3	TATerritorial Army					
4	TA100					
5	Royal Regiment of Scotland, x SCOTS, specific regiments					



★ EURO RSCG BISS LANCASTER

**Client:** The Army  
**Publication:** new.bbc.co.uk  
**Date:** 15<sup>th</sup> February 2008  
**Circulation:** 61,876

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## **Soldiers to attempt arctic trek**

**A team of 10 drawn from the regular Army and Territorial Army in Scotland are preparing to recreate a century-old crossing of Greenland.**



Team members training in the Cairngorms

Exercise Nansen's Endeavour will see them attempt to retrace Norwegian explorer Fridtjof Nansen's route across the ice cap in 1888.

Team members, who have already trained in the Cairngorms, are to head to Norway next week...

Their expedition is expected to take about 35 days, starting in August.

Wearing skis, they will pull 80kg sleds 450 miles from the east to west coast.





## ARMY TEAM EXPEDITION IN GREENLAND

RUSH

---

FOR: EURO RSCG BISS LANCASTER

SARAH MILNE

PROG: NEWS

SERVICE: RADIO SCOTLAND (HIGHLAND)

DATE: 8.9.08

TIME: 1654

DURATION: 55 SECONDS

SERIAL: 091759

---

### ANDREW THOMPSON

A team of soldiers who've crossed the Greenland icecap to raise money for charity are flying back to Scotland today. The team, which includes Territorial Army soldiers from the Highlands, have been retracing the steps of the Norwegian explorer Nansen. Craig Anderson reports.

### CRAIG ANDERSON, Reporter

The nine man team made up of regular and TA soldiers included Inverness College Forestry student Fraser Philip and John Coogan who is a lecturer at the UHI in Inverness. Both men set out a month ago hoping to complete the east to west trek across Greenland in record time. The original crossing by Nansen and five others in 1888 took 43 days, 120 years later the army team pulling sleds weighing 85 kilos completed the 450 mile crossing in just 27 days. After flying into Glasgow Airport this evening the team will travel on to Perth's TA Centre tomorrow. They have been raising money for the Help for Heroes charity for wounded servicemen and women.

ANDREW THOMPSON

## ARMY TEAM EXPEDITION IN GREENLAND

RUSH

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FOR: EURO RSCG BISS LANCASTER

SARAH MILNE

PROG: NORTH TONIGHT

SERVICE: STV

DATE: 9.9.08

TIME: 1800

DURATION: 2 MINUTES

SERIAL: 091784

---

### KIRSTIN GOVE

A Scots Army team are back on home soil after conquering a gruelling coast-to-coast expedition across Greenland. Following in the footsteps of intrepid explorer Fridjof Nansen the Scottish team shattered the record the Norwegian set 120 years ago. Lynn Rankin has been to meet them.

### LYNN RANKIN, Reporter

Happy to be home, Major James Woodhouse is reunited with his wife Morag and nine month old son Adam at the Territorial Army Centre in Perth. He led a nine-strong group on a coast-to-coast crossing of Greenland in record time. The voyage was first made by Fridjof Nansen and his team of five 120 years ago. The Norwegian explorer's record of 43 days has never been broken, until now. Tackling the treacherous terrain in subzero temperatures and pulling 80 kilogram sleds across the icecap the Scottish Army team smashed the historic record, completing the exhausting challenge in just 27 days, eight days ahead of schedule.

### MAJOR JAMES WOODHOUSE, Expedition Leader

Low temperatures, pressure ridges, crevasses, the fact that the

ARMY TEAM EXPEDITION IN GREENLAND

RUSH

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FOR: EURO RSCG BISS LANCASTER

SARAH MILNE

PROG: GOOD MORNING SCOTLAND SERVICE: RADIO SCOTLAND

DATE: 9.9.08 TIME: 0854 DURATION: 2 MINS 50 SECS SERIAL: 091761

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GILLIAN MARLES

Now, in June we heard from a team of Territorial Army soldiers training to cross Greenland by foot and they were using Gullane Sands in East Lothian to simulate the Arctic wastes. They've arrived back and Major James Woodhouse led the expedition, he joins us now. Morning to you, Major, how did you get on?

MAJOR JAMES WOODHOUSE, Expedition Leader

We got on very well, we completed the first British crossing of a Nansen route and we did it in 27 days, so it's a considerable first for the British Army and especially for the British Army in Scotland.

GILLIAN MARLES

And just tell us about the experience, how was it?

MAJOR JAMES WOODHOUSE

It was cold and hard work.

GILLIAN MARLES

There we go!

Favourite meal, the favourite time was the cheese and salami time, we took some fresh cheese and salami and you had a little ration of that every day, so the favourite time of day was the salami time of day.

GILLIAN MARLES

And did everybody stay healthy during this time?

MAJOR JAMES WOODHOUSE

Everybody is healthy, everyone's fit, we were very, very fortunate and very well prepared and so everyone has come back with all their fingers and toes and, you know, with everything that they set out with.

GARY ROBERTSON

And have you come back the same weight because normally when people do something like this they bulk up before they go in the expectation that they'll lose weight while they are there?

MAJOR JAMES WOODHOUSE

Oh yes, we were all eating pies before we went, one of the lads lost just over 2 stone, 2 stone 5 lbs, so that's quite a lot of weight to lose - I think he had a wee bit to lose anyway maybe.

GILLIAN MARLES

I think I'm planning a trip to Greenland. So tell us, the training in East Lothian it helped then obviously, did it?

MAJOR JAMES WOODHOUSE

Yes definitely, I mean the best thing to simulate pulling togs, putting tyres on sand, so we'd all, sort of, wherever we were staying in Scotland we were trying to get out and pull a couple of tractor tyres or tyres behind us, so it's definitely, definitely the training, you train hard, train hard and I suppose cross easy but the training paid off.

## ARMY TEAM EXPEDITION IN GREENLAND

RUSH

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FOR: EURO RSCG BISS LANCASTER

SARAH MILNE

PROG: NEWSDRIVE

SERVICE: RADIO SCOTLAND

DATE: 9.9.08

TIME: 1744

DURATION: 3 MINS 50 SECS

SERIAL: 091765

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### BILL WHITEFORD

Now, it's a route that was first conquered 120 years ago and very few have even attempted it since but now an Army team from Scotland has completed a treacherous crossing of Greenland in record time. The team of nine were made up of both regular soldiers and members of the TA. Andrew Anderson caught up with a couple of them following their 27 day trek across the icecap.

### ANDREW ANDERSON, Reporter

I'm at the Queen's Barracks in Perth with a couple of the guys who have just completed the trip across Greenland, Major Jonjo Knot and Captain Magnus Jeffrey. First of all, Jon, tell me just how challenging was this crossing of Greenland?

### MAJOR JONJO KNOT, Territorial Army

It was very tough indeed, it was 27 days of constant toil, so every man, every member of the team has to make every step the whole way across and going from sea level to sea level and up to 3,000 metres almost in the middle.

### ANDREW ANDERSON

CAPTAIN MAGNUS JEFFREY

Well, it was very varied really. The first few days we had to portage all the kit to get the height up onto the icecap, so lots of shuttling with heavy rucksacks through a crevasse terrain. Once you're up on the icecap itself the terrain was fairly straightforward in that it was flat and snowy to an extent and then once we started to go down the other side, as Jon just said, it was very heavily crevassed and even once you got off the glazier there was lots of rocky terrain to contend with and then three days of bushwhacking to get out through a valley really.

ANDREW ANDERSON

Any dodgy moments, any moments when you...what a stupid question, I'm sure there were quite a few!

CAPTAIN MAGNUS JEFFREY

There were several, certainly the ice of the terrain in the ice field on the way back down was fairly eye opening and certainly for the guys who hadn't been on a glazier before it was very much a baptism of fire, but we got through it and everyone came back, so a successful trip.

ANDREW ANDERSON

Why, why did you want to do it, Jon?

MAJOR JONJO KNOT

It's the crushing agreement it's one of the world's great journeys really and certainly one of the world's great ski journeys, so that was something that drove all of us to achieve that and also 120 years since it was first done and been done very few times since then. We also...other aims as well to try and raise the profile of Help for Heroes, the charity to help injured servicemen and women, and also to do some scientific research along the way, to look at the melting of the icecap and also some physiological research on how us, ourselves would respond to the endurance as we went over.

ARMY TEAM EXPEDITION IN GREENLAND

RUSH

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FOR: EURO RSCG BISS LANCASTER SARAH MILNE

PROG: GMTV GRAMPIAN SERVICE: STV

DATE: 9.9.08 TIME: 0638 DURATION: 40 SECONDS SERIAL: 091760

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GERRY CASSIDY

A group of TA soldiers are celebrating after completing a gruelling trek across Greenland more than week ahead of schedule. The men dragged huge sleds across the ice for 300 miles in aid of Help for Heroes for just 27 days. They arrived back in Scotland last night.

MAJOR JAMES WOODHOUSE, Expedition Leader

It was cold, it was dry, it was hard work and it was 15 hours a day of physical activity. You would wake up in the morning and you'd melt snow for two hours to make your cup of tea or to make your dehydrated rations, you'd then do it for 12 hours or 15 hours, then melt the snow for two hours and then sleep.

\*\*\*\*





★ EURO-RESC BISS LANCASTER

**Client:** Army Scotland  
**Publication:** Moffat News  
**Date:** 21<sup>st</sup> February 2008  
**Circulation:** 2,202

# Fraser joins challenging 450-mile ice cap trek

A FORESTRY manager from Lockerbie is preparing for the challenge of a lifetime. Fraser Barrie Morgan Philip is training for a gruelling expedition to Greenland this summer to mark the 100th anniversary of the Territorial Army.

The 21-year-old, who is a member of the TA, will be taking time out from his job with Kronospan at Steven's Croft, Lockerbie, to take part in the 450 mile Nansen's Endeavour trek across the ice cap.

He will be part of a group of ten regular territorial soldiers from across Scotland who will follow in the footsteps of Norwegian Arctic explorer Fridtjof Nansen, who completed the route in 1888. Fraser and co are hoping to cross from the east coast to the west coast in 35 days, ten days less than Nansen, and are currently training in the Cairngorms, from where they will go to Norway for two weeks' preparation.

The trip is expected to test them to the maximum and be physically demanding and at times treacherous.

Joint expedition patron Brigadier David Jeffrey said: "In the Army we have a long standing tradition of undertaking gruelling challenges which are designed to test the physical fitness and mental stamina of our soldiers (both regular and TA) while at the same time showcasing different aspects of training."

Nansen embarked on this expedition 26 years ago. Very few people have since followed in his footsteps, with more people attempting to climb Mount Everest than mark on this treacherous route.

Fraser's father is an Army officer and he grew up with a good understanding of the military and became interested in the TA while at the Strathallan boarding school. A primary student, he is on a placement year at Lockerbie.

To follow the team's progress log on to [www.nansensendeavour.co.uk](http://www.nansensendeavour.co.uk)



**ARTIC TREK** ... Fraser Philip is training for a gruelling trip to Greenland

★ EURO RSCG BISS LANCASTER

Client: Army Scotland  
Publication: Annandale Herald  
Date: 21<sup>st</sup> February 2008  
Circulation: 3,172

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**ARTIC TREK** ... Fraser Philip is training for a gruelling trip to Greenland



EURO RSCG BISS LANCASTER

**Client:** Army Scotland  
**Publication:** eveningtelegraph.co.uk  
**Date:** 25<sup>th</sup> February 2008  
**Circulation:** N/A

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25 February 2008

## Dundee man to trek across ice cap

A Dundee man is preparing to trek 450 miles across the Greenland ice cap, from the east coast to west coast, following the route of Norwegian explorer Fridtjof Nansen.

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**Lt Richard Elder**, of 7th Battalion, The Royal Regiment Scotland, will participate in the expedition in August, which has been organised by the Army and Territorial Army to mark the 100th anniversary of the TA.

Richard lives in Broughty Ferry and works as a construction project manager for Morgan Est in Portlethen, and commands an infantry platoon in Aberdeen.

Ten other people from across Scotland will participate.

Terms and Conditions



EURO RSCG BISS LANCASTER

**Client:** Army Scotland  
**Publication:** Evening Telegraph  
**Date:** 25<sup>th</sup> February 2008  
**Circulation:** 24,633

## Dundee man to trek across ice cap

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**Client:** Army Scotland  
**Publication:** Press & Journal  
**Date:** 29<sup>th</sup> April 2008  
**Circulation:** 91,956

# Scots to follow explorer Nansen in month-long Greenland trek

GRUELLING ICE-CAP EXPEDITION WILL MARK CENTENARY OF TA

BY LEANNA MACLARTY

A TEAM of outdoor enthusiasts are preparing for an expedition to mark the centenary of the Territorial Army.

The gruelling 450-mile trek across the Greenland ice cap from east to west follows the same route as Norwegian adventurer Fridtjof Nansen in 1888.

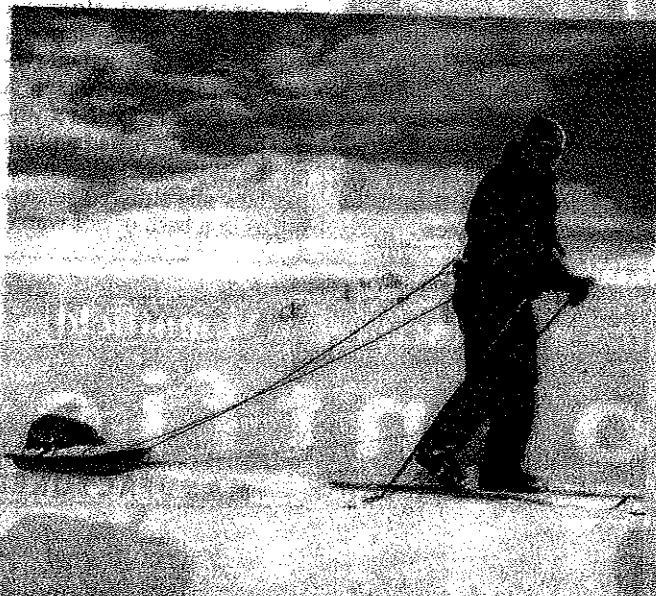
The month-long expedition, which is dubbed Nansen's Endeavour, has been attempted by only a handful of people.

## PLATOON

Lieutenant Richard Elder, who commands an infantry platoon in Aberdeen with 7th Battalion, Royal Regiment of Scotland, is among the Scots taking part in the expedition.

He was born in Dundee and works as a construction project manager at Portlethen when he is not travelling the country to indulge his passion for mountaineering.

The 33-year-old said he was relishing the opportunity to follow the Norwegian's original route and looked forward to honing his ski-ing



Lieutenant Richard Elder gets in some practice in Norway

and alpine skills at the same time.

The nine team members vary in age and experience but have all gone through military training with either the regular Army or the TA.

Joint expedition patron Brigadier David Allfrey said: "In the Army we have a long-standing tradition of undertaking gruelling challenges which are designed to test the physical fitness and mental

stamina of our soldiers, while at the same time showcasing different aspects of their training.

"Following in the footsteps of Fridtjof Nansen will be a first not only for Scottish soldiers but also for the British Army as a whole."

The Nansen's Endeavour team has just returned from a rigorous two-week training session in Norway to prepare for the expedition in August.

**Client:** Army Scotland  
**Publication:** The Press and Journal  
**Date:** 29<sup>th</sup> April  
**Circulation:** 210,000

# The Press and Journal

Wednesday 6 August 2008

## Scots to follow explorer Nansen in month-long Greenland trek

GRUELLING ICE-CAP EXPEDITION WILL MARK CENTENARY OF TA

By ~~David~~ **DAVID MACLARTY**

P1 18

Lieutenant Richard Elder gets in some practice in Norway

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### Platoon

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**Client:** Army Scotland  
**Publication:** Evening Express  
**Date:** 2<sup>nd</sup> May 2008  
**Circulation:** 54,740

# No chance of cold feet in Greenland expedition

By Catherine Shanks

WASHING with baby wipes and eating dehydrated meat is what one man will be doing for 35 days.

Richard Elder, commander of an infantry platoon based in Aberdeen with the Seventh Battalion Royal Regiment, is taking part in a 450-mile trek across Greenland.

The trip is to celebrate the 100th anniversary of the Territorial Army and will follow

## Team takes part in epic ice trek

the route Norwegian scientist and explorer Fridtjof Nansen took in 1888 across the Greenland ice cap from east to west.

Civil engineer Richard, who worked as a project manager for Morgan Est at Portlathan for the last two years, has now taken a career break to concentrate on his work with the TA.

He will carry a pack weighing 100kg for the duration of the 35-day trek.

Meals will contain as many calories as possible to make up for the amount of energy lost through skiing.

Water will be provided by melted snow and ice.

Richard said: "We will be using baby wipes but we will all be in the same situation."

The team of 10 recently took part in a training trip to Norway where they learnt survival skills.

The 34-year-old said: "Falling through the ice is probably the scariest thing you could do, remembering you have skis on your feet and are attached to quite a lot of weight."

Tackling the white wasteland will mean the team could experience extreme temperatures of -40C to -50C.

But for the most part, Richard expects the team to be skiing in pleasant temperatures.

The trek, which starts on August 2, will take place during the summer months.

**TRIP:** Lt Richard Elder took part in a training exercise to prepare himself for the trek.

cshanks@all.co.uk





EURO RSCG BISS LANCASTER

**Client:** The Army  
**Publication:** Dumfries and Galloway  
Standard  
**Date:** 30<sup>th</sup> May 2008  
**Circulation:** 27, 257



## Fraser's on thin ice

**HOLIDAYS** are a relaxing time for many, but one student will be spending his summer trekking hundreds of miles across the Greenland ice cap.

Fraser Philip is following in the footsteps of legendary Arctic explorer Fridtjof Nansen, who crossed the ice cap from east to west 120 years ago.

The 22-year-old, who is in the Territorial Army (TA)

**EXPLORER:** Fraser Philip is hoping to follow in the footsteps of Arctic explorer Fridtjof Nansen when he and his army friends tackle the Greenland ice cap.

has been living in Dumfries while carrying out a work placement as part of his degree, and has been busy preparing for the expedition, which gets underway in early August.

"We'll be following the route Nansen took in 1888, and no expedition has done this since 1988, so with the melting of the ice caps the conditions could be very different from the last time it was done," he said.

"We'll be skiing and pulling 80kg sledges called pulks for around 30 days and expect to face different conditions because it's difficult to know exactly what the weather will bring."

The expedition, organised by the army, will be made up

of both regular and territorial soldiers, and if they complete the feat it will be the first time a British team has done so.


They will also be entirely self-supported and rely on muscle power alone to make the crossing.

Fraser said: "It's the challenge of taking part in an incredible expedition that only a handful of people will have the opportunity to do that I'm looking forward to."

"It really is a once in a lifetime chance and it will be physically straining, but also mentally, because we'll be living in such close proximity to each other."

For more information about the expedition visit [www.nansensendeavour.com](http://www.nansensendeavour.com)



 **EURO RSCG Biss LANCASTER**

**Client:** Army Scotland  
**Publication:** Soldier Magazine  
**Date:** August 2008  
**Circulation:** 89,000

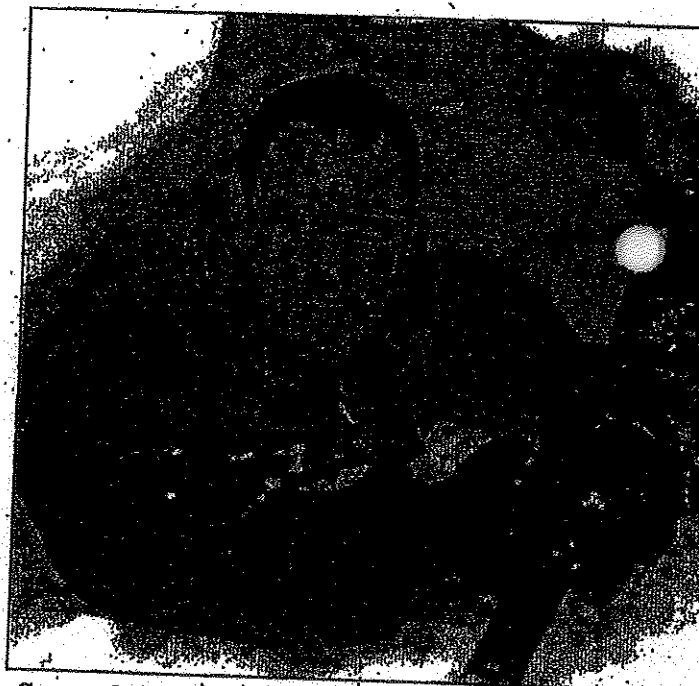
#### **IN BRIEF**

● TEN soldiers are to attempt a 450-mile trek across Greenland's ice cap this month to mark the 100th anniversary of the Territorial Army. The route, pioneered by Norwegian polar explorer Fridtjof Nansen 120 years ago, is so treacherous that fewer people have attempted it than have climbed Everest. The Scotland-based soldiers, led by Maj James Woodhouse, 7 Scots, plan to complete the expedition from east to west coasts in under 35 days, ten fewer than Nansen. TA team members include a construction project manager, a forestry student, sports and leisure lecturer and a doctor.

★ EURO RSCG BISS LANCASTER

Client: Army Scotland  
Publication: Fife Herald  
Date: 27<sup>th</sup> June 2008  
Circulation: 13,116

# John in training for Arctic adventure



Corporal John Coogans pictured during training in the Ca

PREPARING for an Arctic army expedition is proving an adventure in itself for a former Cupar man.

Corporal John Coogans (36) is training for a 450-mile trek across Greenland in August that will follow the route taken by Norwegian explorer Fridtjof Nansen in 1888.

The group trip will mark the 100th anniversary of the Territorial Army (TA), which Cpl. Coogans joined in 1990 while living in Cupar.

He told the *Fife Herald* the TA had offered him great diversity of training as well as the chance to travel to places such as Hong Kong, Estonia and Germany.

## TACKLE

Educated at St Columba's Primary School and Bell Baxter High School, Cpl. Coogans later studied at Elmwood College and Abertay University and still has strong family ties to Cupar.

Now a sport and exercise lecturer at Inverness College UHI, he also works for the Scottish Institute of Sport doing sports conditioning with the men's hockey squad.

About a year ago he was asked if he was interested in joining the group of 10 to tackle Nansen's Endeavour, aiming to

by Janet Howle  
janet.howle@fifetoday.co.uk

complete the rarely-attempted east-west route in 30 to 35 days.

"The uniqueness and the magnitude of the challenge was something that appealed to me," he said.

Planning for the challenge began almost at once and has included a range of individual and group training exercises as well as working through all the logistical details.

## ENDURANCE

Hill walking, running and endurance work with a tyre harness for extra drag have formed part of his solo training while team trips to Norway and the Cairngorms have developed skills such as ski mountaineering and ice breaking.

Cpl. Coogans said the ice climbing in Norway proved the most challenging — "Enjoyable, but challenging" — having to combine the technical and vertical aspects of climbing with the inevitable cold and wet conditions.

As well there has been plenty to organise including packing his main kit, due to be sent off this month.

"Things are definitely escalating in terms of preparations," he said.

"I'm looking forward to getting on the ice and getting on with it."

★ EURO RSCG BISS LANCASTER

**Client:** Army Scotland  
**Publication:** Moffat News  
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# Moffat News

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**A YOUNG** Lockerbie forestry manager has become a record breaker.

Fraser Barrie Morgan Philip has just returned from a Scottish Army expedition across the Greenland ice cap.

The 400-mile Nansen's Endeavour trip followed in the footsteps of Norwegian Arctic explorer Fridtjof Nansen, who completed the journey in 1888.

And the nine-strong Army team, including 22-year-old Fraser, finished the east-west trek in record time - 27 days.

Territorial Army member Fraser is a forestry student and is currently on his placement year working as a forest manager for Kronospan in Lockerbie.

He took time out from his post to take part in the Nansen's Endeavour trek to mark the 100th anniversary of the Territorial Army.

## Fraser in Greenland adventure

An expedition spokeswoman said yesterday: "The Nansen's Endeavour team smashed the 120-year old record for crossing Greenland, east coast to west coast.

"The original crossing by Fridtjof Nansen and a team of five took roughly 43 days.

"The Scottish Army team, in the first attempt at the crossing in 20 years, completed it in just 27 days - their original target was to do it in 35 days.

"Fraser and the rest of the team have now headed home to their families to have a well-deserved rest."

**Client:** Army Scotland  
**Publication:** Dumfries & Galloway Standard  
**Date:** 10<sup>th</sup> September 2008  
**Circulation:** 27,257

# Breaking the ice record

**A DUMFRIES man has broken a 120-year-old record for crossing the Greenland ice cap.**

Fraser Morgan, a TA soldier, was part of a team which completed the 450-mile route in 27 days.

The nine-strong team shattered the previous record set by legendary Norwegian explorer Fridtjof Nansen by 16 days.

And 22-year-old Fraser is the youngest man in history to have made the crossing.

He was accompanied by eight other members of the Regular and Territorial Army in the expedition.

The men followed the same route as Nansen, who

crossed the ice cap from east to west over a century ago.

Fraser said: "It's a fantastic team achievement, everyone of us worked together and worked for each other."

**By Trisha Lewis**

"At times we didn't think it was going to happen but we pulled together and worked as a team and did it."

They are the first Scottish army team to attempt the crossing in 20 years.

He and his companions took up the challenge to celebrate the TA's 100th anniversary.

Before setting off across the ice cap, Fraser and his

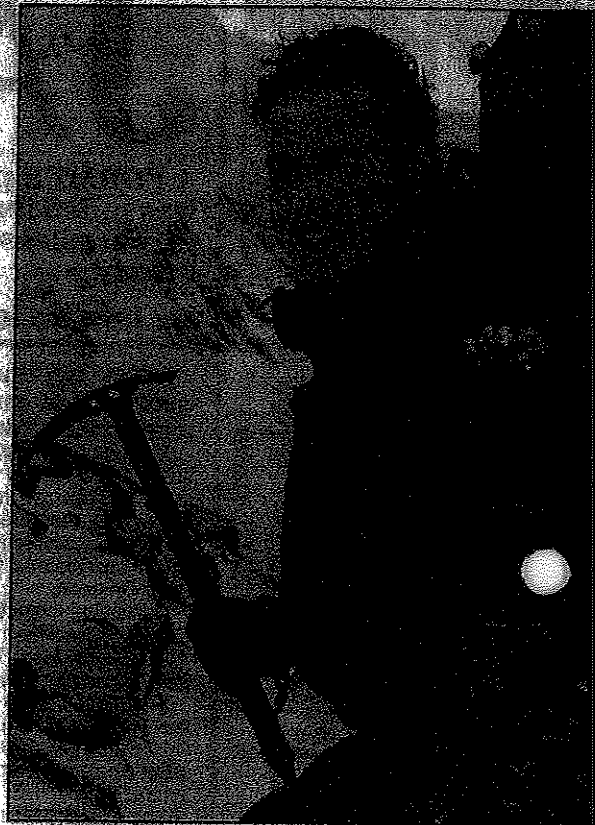
team underwent specialist training including mountain marathons, crevice rescue training and ice climbing.

And the training came in to its own on several occasions during the expedition according to Fraser. "I went through the ice a few times. I was scrambling around for bits of ice to grab onto. Luckily one of the team pulled me up in time."

Despite several close calls, Fraser said he was still glad to have taken up the challenge.

He said: "It was the most challenging event in my life, perhaps the greatest."

"I was very, very privileged to be given the opportunity to do something of this calibre."



**ICE BREAKER:** TA soldier Fraser Morgan, was part of a team which broke the record for crossing the Greenland ice cap.

★ EURO RSCG BISS LANCASTER

**Client:** Army Scotland  
**Publication:** Dumfries & Galloway Standard  
**Date:** 5<sup>th</sup> March 2008  
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**IN THE MOUNTAINS:** Fraser Morgan.

## Snow man

A TERRITORIAL Army soldier is taking part in a 450-mile trek across the Greenland ice cap.

Fraser Morgan, who lives in Dumfries, is one of 10 people from across Scotland preparing to embark on the Nansen's Endeavour expedition, a venture involving regular and territorial soldiers, to celebrate the TA's 100th anniversary.

The 21-year-old will follow in the footsteps of legendary Norwegian explorer Fridtjof Nansen, who crossed the ice cap from east to west 120 years ago.

Joint expedition patron Brigadier David Allfrey, Commander 51 (Scottish) Brigade said: "In the Army we have a long-standing tradition of undertaking gruelling challenges which are designed to test the physical fitness and mental stamina of our soldiers, while at the same time showcasing different aspects of their training.

"Following in the footsteps of Fridtjof Nansen will be a first not only for Scottish soldiers but also for the British Army as a whole."



# Former Cupar soldier set for Greenland trek

by Janet Howie

janet.howie@fife today.co.uk

A FORMER Cupar man will trek 450 miles across Greenland as part of an expedition marking the 100th anniversary of the Territorial Army (TA).

Corporal John Coogans, who attended Bell Baxter High School, is one of 10 people from across Scotland who will tackle Nansen's Endeavour — an expedition in August by the army and TA that will follow the route of Norwegian Arctic explorer Fridtjof Nansen.

## EMULATE

In 1888 Nansen crossed the Greenland ice cap from east to west and few people have attempted to emulate him the last crossing being 20 years ago.

The Scottish team, which has been training in the Cairngorms and Norway in preparation for the trip,



Corporal John Coogans pictured during training in the Cairngorms.

hopes to complete the route within 30-35 days, 10 days fewer than Nansen.

Cpl Coogans now lives and works in the Highlands

as a regimental physical training instructor and as a crew commander, combat vehicle reconnaissance tracked.

As part of the TA, Cpl. Coogans has travelled to Hong Kong, Estonia and Germany.

He said Nansen's Endeavour would be a physical and psychological challenge.

"This appeals to me, in part because Fridtjof Nansen was a physiologist and my personal interest is in sport and exercise physiology."

## OPPORTUNITY

Preparing for the expedition, which involved winter mountaineering and skiing was "an opportunity to learn new skills while on an expedition of a lifetime".

Joint expedition patron Brigadier David Allfrey, Commander 51 (Scottish) Brigade, said the army had a long-standing tradition of undertaking grueling challenges designed to test the physical fitness and mental stamina of soldiers.

"Following in the footsteps of Fridtjof Nansen will be a first not only for Scottish soldiers, but also for the British Army as a whole," he said.

★ EURO RSCG BISS LANCASTER

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**Publication:** Fife Herald  
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**★ EURO RSCG BISS LANCASTER**

**Client:** Army Scotland

**Publication:** Dumfries & Galloway Standard

**Date:** 12<sup>th</sup> September 2008

**Circulation:** 27,257

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# Braving the elements

A DUMFRIES TA soldier is on top of the world after his record breaking journey across Greenland.

**By Sarah Ade**

As we highlighted in Wednesday's paper, Fraser Barrie Morgan Phillips became the youngest man to make the crossing.

And the 22-year-old and his team shattered the previous record for time taken to make the crossing by 16 days.

Fraser, a Territorial Army soldier, took up the challenge to celebrate the TAS 100th anniversary.

His team of nine were the first to complete the crossing in 20 years.

The trek was also a charity mission, aimed at raising awareness of the national charity Help for Heroes - a group which raises funds to help wounded servicemen and women.

And as part of the ar-

duous journey the group was carrying out scientific research, looking into the melting of the ice cap and also monitoring how their bodies were responding to the trek.

Pictured are some striking images from Fraser's trip, illustrating the gruelling nature of the journey and the dramatic scenery in this little seen area of the world.

**ABOVE:** Fraser and his team make their way across the Greenland ice cap at sunset.

**BELOW:** Fraser and the team get ready to face the day's challenge.



**RECORD BREAKERS:** The group celebrate making their magnificent journey and breaking the record.





★ EURO RSCG BISS LANCASTER

**Client:** Army Scotland  
**Publication:** Strathspey and Badenoch Herald  
**Date:** 25th June 2008  
**Circulation:** 4,844

# 'Wrong way' team Greenland-bound

A CRACK team of Army adventurers plan to follow in the footsteps of an intrepid Arctic explorer the "wrong way" across the ice cap of Greenland this summer without enough food for their treacherous journey.

Although their 450-mile crossing of the frozen island is scheduled to take 40 days, the 10-strong team will only be able to carry supplies for 35 days on their backs.

They plan to follow the route taken by Norwegian explorer Fridtjof Nansen, who crossed Greenland from east to west in 1888 at the height of summer, when the glaciers covering the island produce unpredictable lakes and rivers of

melt water.

If successful, the Territorial Army expedition will become the first in more than 20 years to follow the treacherous route and the first from the British Army.

Among the team's number will be Nigel Williams, head of training at Glenmore Lodge and a former officer in the Royal Hampshire Regiment and the Prince of Wales Royal Regiment.

"We will be investigating issues around dehydration," he said. "We will be doing eight hours work in arctic conditions and carrying as much as possible."

The team do not want to take advantage of any technology that was not available to Nansen in 1888, which means they will have

By GERARD BURKE

to carry everything they need on their backs.

At the start of the expedition members will have to take a portion of their equipment, fuel and food rations on their backs as they march forward for two hours.

They will drop this at a camp site before trekking back to their starting point to collect another load before returning to the advance camp and then repeating the exercise for a third time with the final portion.

"That means we will be working all day to make two hours progress early on until we consume enough to make the load more man-

ageable," Mr Williams said.

"One of the big challenges we will face will be navigating the rivers and lakes on the ice and making sure we are on the right side of the melt water channels, so we may do a lot of the walking at night, where there is less water.

"Most people who cross Greenland do it from north to south at winter, when there is more ice, but we want to follow Nansen's route."

The "Nansen's Endeavour" expedition team will set out at the start of August to help mark to 100th anniversary of the creation of the Territorial Army in 1908.

Nansen himself took more than 40 days to make the crossing but, with too

little food to allow themselves to take that long, the Army team will have to beat his record.

"It will be very exciting to follow in the footsteps of so many great people, from Nansen himself to others who last did this more than 20 years ago," Mr Williams said.

"It should take us about 40 days but we will only be able to carry 35 days food so will either have to be fast or decide how we are going to seek out the food if we get delayed because there is nothing up there to hunt or forage.

"It will be very challenging to have nothing but the white horizon all around to see for eight hours before we get back into the tents."





EURO RSCG BISS LANCASTER

**Client:** Army Scotland  
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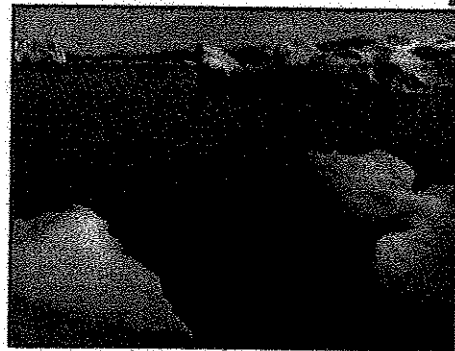
## Army ice cap expedition under way

**A team of regular and territorial Army soldiers is now a week into an expedition to cross an ice cap.**

Exercise Nansen's Endeavour is an attempt to retrace Norwegian explorer Fridtjof Nansen's route in Greenland.

The team - which includes members from the Highlands - set out on the trek on 8 August after a day's delay because of flight problems.

They aim to complete the task in 35 days and raise money for armed forces charity Help for Heroes.



The team set out on the Greenland trek on 8 August

1000

1000



## EXERCISE RESTRICTED

ANNEX F  
JCW 2310/01  
DATED 23 OCT 08

### FINANCIAL BREAKDOWN

#### Income

Source	Amount
Army Mountaineering Association	2500
Perth Social Forces Fund	500
Army in Scotland Trust	1650
Army in Scotland Trust (2)	1500
Ulysses Trust	5750
Berlin Infantry Brigade Memorial Trust Fund	900
Personal Contribution	7330
HQ 2 Div	1150
Raffle	1254
Highland Reserve Forces and Cadet Association	3000
Bridge of Don and Glencorse Trust Fund	500
Highland Coaching	500
CILOR	3611.79
Kit Refund	400
Flights 51(Scottish) Brigade	12,700
Income expected	
Mountaineering Council of Scotland	1000
Queens Own Yeomanry	500
Total	43245.79

#### Expenditure

GES	30,029.33 (27,590 paid, 2,439.33 to pay)
Freight	230
CO2 Bal	223.25
Sat Phone	40.03
Equipment	6722
Flights 51 (Scottish) Brigade	12700
Total	49944.61

\* At time of writing the expedition remains 6698.82 in the red. There is one external creditor to pay who is owed 2439.33. This is included in the total sum in the red.





## EXERCISE RESTRICTED

ANNEX G TO  
JCW 2310/01 DATED  
23 OCT 08

### EQUIPMENT REPORT

#### General

1. The choice of equipment is always subjective; there is a range of opinions on most items. However we all managed well no matter what the variations were and no one was obviously let down by their own or the team equipment. All the equipment supplied by Bicester was appropriate, we recognised where there were limitations to this and sought other equipment and sponsors where necessary.
2. The expedition equipped for cold dry weather. However we were south of the Arctic Circle and although the ice cap rises to 3000m we were starting and finishing on the coast giving a lapse rate variation of up to 15 degrees C. We could go from Scottish summer, warm and wet to arctic winter bitter cold and wind.
3. We had been warned of the potential of warm weather – ice marshes and raging rivers on the ice and / or smooth blue ice, awkward for crampons yet impossible on foot without some form additional grip. We actually had none of it. No smooth ice, no rivers to cross that required anything other than a big step. Crevasses were the only real hazard along with the cold.

#### Ski Equipment

4. The most important pieces of personal equipment were our skis and boots. Availability and cash flow limited us. Cairngorm Mountain sports were happy for us to borrow skis for Norway training in February and to purchase them at a later date when our funds allowed. We decided on Fischer "Sbound" Nordic touring skis, heavy but solid, we had heard stories and seen photos of ski soles down to the wood. Also downhill skiing was likely to be the challenge for the non skiers so we thought we would be better getting skis with a waist and not worry about grip and glide. The skis were fishscale and this was also the right choice, waxing would have been a very difficult due to the temperature range during the day. We used a Rotafella cable binding as it provides the greatest stability, is almost foolproof and can be repaired or botched easily. We took wide full-length skins which was excessive in the end, but the idea of pulling 85kg up hill we were erring on the side of maximum grip. In the end they were more useful in helping some of the team control their skis amongst the crevasse fields.
5. In retrospect there was no downhill and the uphill was gentle enough for the fishscales. If we were to repeat the trip we would try to get hold of Asnes skis with the new NNN back country binding, short skins that fit just under the centre of the ski and Norwegian military leather Alpha boots with probably a Yeti gaiter. This is what the Norwegians used. However it is unlikely they will be easily attainable in the UK. Bicester does not currently hold suitable equipment.
6. We used Garmont Excursion Extreme boots with a thermo fit inner. The boot was good the inners however proved to be troublesome. Two of the team had the normal inner and had no problems. Those with the thermo inners were constantly cutting chunks out of their boots to relieve pressure sores and blisters. Despite some very cold temperatures, once moving cold feet were not really an

## EXERCISE RESTRICTED

issue. I don't think other boots would necessarily be any warmer. Swix Mountain ski poles were excellent and with the addition of homemade pogies attached to the top hands were also kept warm.

### Tents

7. We used Hilleberg a Swedish company that specialises in winter tents. The Keron 3 GT proved excellent. With 3 per tent, they do a four-person option that is worth considering for a future trip, providing a little more space but adding weight. We took an extra pole per tent but this was not required. We took 4 snow pegs per tent that were good. Pegging though was generally done using ice axes and skis, plus on hard ice we used our ice screws. JSMTTC purchased the tents on our behalf.

### Cookers

8. We used the Primus Omnifuel stove from Bicester. This was very good indeed as we had good quality white fuel. I don't think any tent really had to dismantle and clean their cooker in 27 days. We found some 3 litre Optimus pots with a heat exchanger on the bottom that was excellent. The military standard pots were inadequate for the volume of water we needed to melt for a tent of 3 each day.

We were also given some special thermal insulation mats from Proctor Group to prevent the cookers melting down into the snow. These worked well and are insignificant in terms of weight and bulk. We also used the wooden boards that stiffened the pulks.

9. We estimated on having 3 litres to carry each day at various rates of cooling. Most had something like a 1 ltr Nalgene bottle, a second 1 Litre Nalgene bottle in a thermal cover and a 75ml Thermos. At each stop we worked our way through the 3 litres leaving the most thermally efficient container till last. Some also had a thermos mug that has its advantages such as a hot brew at the first stop. Each tent could benefit from a measuring jug for filling the bags of dried food with the correct amount of boiling water. A measuring jug provides as a mug, enables one to monitor how much fluid you are taking in and usually means you get a much fairer share of the brew water! Having a hot drink is good but actually you usually want to throw a lot of liquid down so a small thermos mug is not necessarily the best mug option.

### Sleeping mats

10. Proctor Group supplied mats. These had a combination of foam mat and air mattress and proved popular, though some preferred a Thermarest or Exped air mat. A large sheet of bubblewrap to provide a double layer on the floor of the tent is really worthwhile for extra insulation and comfort. (Small bubbles "off the roll" from B&Q).

### Balaclavas

11. These were supplied to us from Proctor Group and really did cover the head and face and incorporated a special breathing filter to help warm the air we breathed. Though a heavy item compared to a fleece balaclava they proved to be much better.

### Sleeping bags

12. These were mainly provided by Bicester and were very good but any 4-season bag would do. Those with down bags against the sides of the tent did get progressively wet at times. Hence the comment above about 4 person tents being a consideration. However a bivi bag was a necessary addition.

## EXERCISE RESTRICTED

### Gloves.

13. There was a variety within the group. Several pairs of inner gloves are essential with a good pair of mountain outer gloves / mittens. The pogies on the ski sticks made a huge difference because they kept the wind off. Most carried down mitts but in the end had little requirement for them. Ibex offered us some mittens where the finger end area folded back to allow the fingers to be used for fiddly jobs, a magnet in the back of the glove and the back of the finger tips was used to hold the flap back out of the way. The magnets affect the use of a compass in the hand.

### Sun Protection

14. Ski goggles and sunglasses were essential and we were sponsored by Uvistat with SPF 50 cream and lipsalve. Do not go with anything less.

### Compass board

15. In order to navigate and ski we used a commercial compass board from Snowsled, a company in Gloucester specialising in equipment for arctic travel. Using a GPS and a standard compass we were able to navigate effectively.

### Electronic Equipment

16. The GPSs were fine both military loan and other personal ones. The satellite phone worked satisfactorily however the military recharging solar panel was heavy, bulky and effectively useless. A cheap, light, commercial one taken for cameras saved the day.

### Technical Equipment

17. Crampons were loaned to us by Cairngorm Mountain Sports and were Grivel Alloy 10 point New Matic which were fine and one of the few crampons that would fit our Ski boots as well as the wide variety of light semi rigid soled mountain boots we were all using. The one issue with them was the fiddly nuts and screws that had to be undone to change the size. It got a lot of folk quite annoyed however the system has I think been changed now. CMS also loaned us lightweight ice axes that were more used as tent pegs than anything else.

18. We had two shovels – I think a third might have been useful – one per tent but not essential. We had 1 snow saw that was not essential but it proved a handy tool from time to time.

The climbing kit we took was as listed in the equipment annex. Whilst we had little need for it I would not go without it.

### Pulks and harnesses

19. The Pulks we used were the basic plastic bucket type sledge with a wooden stiffening board. They were very good; the stiffening board is essential and also proved very good for creating seats within the porch of the tents and as a cooker platform. We used two pulks each for the 85kg we needed to pull. Two pulks is the way to go one tends to roll over all the time. It is also much easier to man - handle around difficulties than one heavy one. Snowsled pulk bags are really good and some bungee cord with some small karabiners that can be managed with mittens on is all that is needed to secure it.

## EXERCISE RESTRICTED

We attached the pulk to our rucksacks with plastic floating line about 6mm and some 5mm cord. Whilst this worked we had expected to use harnesses. We were perhaps fortunate not to incur any damage to rucksacks that in the end we were totally dependent on to carry around 30kg plus for the last few days. A big rucksack 80 plus litre with plenty of additional straps is necessary with a few bungee cords as well.

### Other clothing

20. For undergarments many used Ibex as the company offered us a discount on their products and they proved to be excellent.

A down jacket was essential and was always thrown over the top for our 10-minute breaks. Various mid layers and outer layers were used. Soft-shell proved to be good for trouser and mid or top layer with a Gore-Tex jacket as an extra layer if it rained which it did in the last days. The Paramo Aspira jacket also proved to be very good as a single garment for all conditions.

In the end most of us wore the same thermal vest and same trousers the whole way across. Probably two pairs of pants with a spare pair kept for the end. Socks were the one item that folk liked to change but 4 pairs was probably the maximum needed. We could have packaged up some "back to blighty" clothes at Kulusuk and had them posted to Nuuk post office to be picked up on our arrival there.

### Summary

21. The equipment we had for the conditions we experienced did the job. There was no specific uniformity working on the basis that psychologically if you believe in the clothing and layer system you have opted for it will work for you.

Our total loss and damage for the whole trip amounted to a three ice screws and a shovel. A truly remarkable result for such an arduous expedition. The shovel came off the top of a pulk that went into a crevasse.

## EXERCISE EQUIPMENT LIST

Below is the expedition equipment list. This is the equipment we actually took with responsibility allocated within the team to deliver or source respectively.

1. The following points must be considered:
  - a. All items freshly cleaned and fully serviceable.
  - b. Exercise logos stitched on where appropriate.
  - c. All items packed in two bags to the following specifications:
    - (1) Hold Luggage – Rucksack – 20kg limit.
    - (2) Hand Luggage – Dry sack – 5kg limit.

## EXERCISE RESTRICTED

- (3) Hand luggage to contain no liquids, gels, aerosols that are more than 100ml as per standard airline regulations. Any such substances less than 100ml to be carried as hand luggage must be sealed inside a small transparent zip-lock bag.
- (4) Lighters and matches must be carried on the person.

### 2. Personal Equipment List.

#### a. Health and Hygiene.

- (1) 3 x lipsalve (Uvistat Factor 50 – to be collected on arrival in Perth).
- (2) 1 x Suncream (Uvistat Factor 50 – to be collected on arrival in Perth).
- (3) Wetwipes for duration (non-alcoholic recommended).
- (4) Toothbrush.
- (5) Toothpaste.
- (6) Foot powder (in bag for spillage-free application).
- (7) Hand / Face cream.
- (8) 1 x tub of Vaseline.
- (9) Compeed.
- (10) Personal First Aid Kit (Issued by exercise MO in Perth).
- (11) Hand cleaning gel (non-alcoholic).
- (12) Urination bottle (clearly marked).
- (13) Insect repellent.
- (14) Pack towel.
- (15) Personal medication.
- (16) Glasses instead of contact lenses.
- (17) Uvistat sun exposure eye drops.
- (18) Roll of zinc oxide foot tape.

#### b. Food and Water.

- (1) Hydration system (at least 2 litres with thermal insulation).
- (2) Thermos flask.
- (3) Thermal mug.
- (4) 2 x spoons.
- (5) Lighter.
- (6) Thermal cooking mat.
- (7) 1 x packet of safety matches (from 24hr ration pack).
- (8) 48hrs boil-in-bag meals for boat move Kulusuk to Drop Off Point.

#### c. Sleeping.

- (1) Sleeping Bag.
- (2) Bivibag / sleeping bag cover.
- (3) Rollmat (freight - to be picked up on arrival in Kulusuk).
- (4) Ear plugs.
- (5) Eye covers.

#### d. Clothing.

## EXERCISE RESTRICTED

- (1) Gore-Tex jacket (or equivalent)\*.
- (2) Gore Tex trousers.
- (3) Gaiters (with long strap to fit both ski and mountaineering boots).
- (4) Down jacket\*.
- (5) Body warmer / gilet (**blue team gilet is required for photo in Perth**).
- (6) Heavyweight fleece / soft-shell jacket\*.
- (7) 2 x thermal top.
- (8) 2 x thermal bottoms.
- (9) Windstopper / soft-shell trousers.
- (10) 1 x underwear (optional).
- (11) 4 x socks.
- (12) 1 x Gore-Tex socks.

\* It is recommended that certain items such as jackets have extended zip-pulls on them for ease of use with gloves on.

### e. **Extremities protection.**

- (1) Sunglasses (with neck strap and nose cover / Cat' 4 lenses).
- (2) Goggles (with nose cover).
- (3) Facemask / balaclava.
- (4) Hat system for cold conditions.
- (5) Hat system for sun (to include neck cover).
- (6) Buff.
- (7) 2 x Contact gloves.
- (8) Mid-weight gloves.
- (9) Down mitts.
- (10) Midge head net.
- (11) 2 x ski pole muffler (to be issued at Perth).

### f. **Mountaineering Equipment.**

- (1) Alpine mountaineering boots (lightweight with good insoles).
- (2) 1 x aluminium crampons pair (size pre-fitted to boots in (1)).
- (3) 1 x ice axe (freight - to be picked up on arrival in Kulusuk).
- (4) Length of cord for ice axe leash.
- (5) 2 x ice screw.
- (6) 3 x snap-link karabiner.
- (7) 2 x screwgate karabiner.
- (8) 3 x prussic loops.
- (9) 1 x 8ft sling.
- (10) 1 x belay device.
- (11) Climbing harness.
- (12) Rubber ice treads for boots.

### g. **Ski Equipment.**

- (1) 1 x Ski pair (freight - to be picked up in Kulusuk).
- (2) 1 x poles pair (freight - to be picked up in Kulusuk).

## EXERCISE RESTRICTED

- (3) 1 x ski boots pair (freight – to be picked up in Kulusuk).
- (4) 2 x skins pair.

### h. Load-carrying Equipment.

- (1) Rucksack (minimum 60litre)
- (2) Immersion / dry bags (including 1 x 50 litre / sufficient for all equipment and rations).
- (3) Bungees (to strap sledge / shotgun / skis / poles to rucksack).
- (4) 2 x compression straps.

### i. Repair kit.

- (1) Leatherman / penknife.
- (2) Small roll of tape (“black nasty / gaffer tape”).
- (3) Ski-binding repair tool (on length of cord to attach to jacket).
- (4) 5 x cable ties.

### j. Miscellaneous.

- (1) Compass.
- (2) Headtorch and batteries (lithium).
- (3) Book.
- (4) Diary and pen / pencil.
- (5) Wrist watch with alarm.
- (6) Camera / spare batteries / spare memory card.
- (7) MP3 or equivalent (optional).

### k. Documentation.

- (1) Passport.
- (2) European Health Insurance Card.
- (3) Credit card.
- (4) Debit card.
- (5) MoD 90 (Army personnel only).
- (6) Danish currency (paper only - optional).
- (7) Emergency Procedures Laminated Card (2IC to issue at STARTEX).

## 3. Group Equipment / Individual Responsibilities.

### a. Camping Equipment.

- (1) 3 x tents.
- (2) 1 x spare set of poles.
- (3) 3 x pulk bags.
- (4) 12 x viper snow pegs.
- (5) 12 x snow pegs.
- (6) 3 x snow shovels (freight – to be picked up in Kulusuk).

## EXERCISE RESTRICTED

b. **Technical Equipment.**

- (1) 2 x climbing ropes 60m x 10mm (freight – to be picked up in Kulusuk).
- (2) Canes and ribbons for route marking (freight – to be picked up in Kulusuk).

c. **James Woodhouse.**

- (1) GPS and battery supply.
- (2) Maps for East and West Coast.
- (3) 2 x Motorola radios and AA Lithium batteries for duration.
- (4) SATPHONE and solar charger kit.
- (5) Mobile phone.

d. **Jonjo Knott.**

- (1) GPS.
- (2) Group Medical Pack.
- (3) Royal Botanical Gardens laminated photo and specimen bags.
- (4) University of Edinburgh snow sampling tools and sample bags.

e. **Magnus Jeffrey.**

- (1) GPS and battery supply.
- (2) Binoculars.

f. **Phyl Scott.**

- (1) Binoculars.
- (2) Stove repair / maintenance kit.

g. **Nigel Williams.**

- (1) East and West coast imagery pack.
- (2) Compass board.
- (3) Snow saw (freight – to be picked up in Kulusuk).
- (4) Binoculars / monocular.
- (5) 1 litre fuel bottles x 6.
- (6) 2 x carbon fibre ski poles.

h. **Stu Knight.**

- (1) Stills camera.
- (2) Video camera.
- (3) Memory storage device.
- (4) Solar charger for cameras in (1) and (2).
- (5) Ski and binding repair kit.

i. **Tent Groups.**

- (1) 1 x sewing kit (to include material patches).



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- (2) Large cooking pot.
- (3) Small cooking pot.
- (4) 1 x omnifuel stove.

j. **Miscellaneous.**

- (1) 15 x bamboo cane markers (freight – to be picked up in Kulusuk).
- (2) 2 x telescopic trekking poles.
- (3) 3 x ice hammer (freight – to be picked up in Kulusuk).

4. The following will be issued by the Greenland Expeditions Specialists (GES) on arrival in Kulusuk:

- a. 9 x pulks and harness.
- b. 2 x shotguns and cases.
- c. Ammunition for shotguns.
- d. 1 x EPIRB (emergency beacon).
- e. 24hr sledge rations x 35 days x 9 people.
- f. Fuel per person for 35 days.



ANNEX H TO

JCW 2810/01

DATED 28 OCT 08

**MEDICAL REPORT**

Planning

1. Prior to training starting, all expedition members were asked to complete a questionnaire about their medical histories. This allowed timely resolution of any issues that may have affected their health on the expedition, or influenced particular items to be carried in the med pack. Particular attention was paid to previous cold injury.

Medical Intelligence Brief:

2. Lt Col Ken Roberts, SO1 Environmental Health Policy at AMD prepared this and was able to confirm that no inoculations or documentation were needed in addition to those required in the UK. Rabies inoculation was only advised if we were specifically planning to spend time with sled dogs. The risk was perceived to be small; however, obviously remoteness from post exposure treatment would be an issue for any future expedition using dogs so prior inoculation would be recommended. Contact Details: Lt Col Roberts, Department of Environmental Health, HQ AMD, FASC, Slim Road, Camberley, GU15 4NP. [occmmed@amd.mod.uk](mailto:occmmed@amd.mod.uk) 01276 412931

In country medical facilities

3. Information was kindly provided by Hans Christian Florian through a personal contact. Hans is a doctor living and working in Tassilaq. He attends many of the helicopter evacuations initiated from the East Coast. He also runs an outfitter ( Mount Forel Expedition Supplies) based at the Nansen Hotel. Tassilaq has a well run and equipped 17 bedded hospital with full trauma and resuscitation facilities. Transfer to the airstrip at Kulusuk is 30 minutes by boat or five minutes by helicopter. Nuuk has a larger facility. Initial evacuation off the ice cap would be to the nearer of these two facilities. Contact details: Hans Christian Florian Sorensen: Sygehuset, DK-3913, Tasiilaq, Greenland: 00299 981 320 or 981211 [hcflorian@hotmail.com](mailto:hcflorian@hotmail.com)

Control Drugs – Permission for carriage

4. The med kit contained 10 x 10mg vials of morphine. Expeditions of less than three months no longer need permission from the Home Office to export and import controlled drugs. This was subject to carrying the confirmation letter issued by the Home Office. To

## EXERCISE RESTRICTED

accompany this I carried proof of medical status as a doctor and a copy of full GMC registration certificate. Wendy Wiles at the Home Office confirmed this information. Contact details: [www.drugs.homeoffice.gov.uk/drugs-laws/licensing](http://www.drugs.homeoffice.gov.uk/drugs-laws/licensing) Wendy Wiles: 020 7035 0467

5. Permission was granted from the Danish National Health Board to import and export from Greenland No additional procedures were required at customs at any of our transfers. For security I carried the morphine with the other injectable drugs in a non-crushable container in my hand luggage. Contact details: Danish National Health Board: 0045 7222 7400; CD Importation: 0045 4488 9393; Greenland department: 00299 345000/[maab@GH.GL](mailto:maab@GH.GL).

### Evacuation

6. This would be initiated by calling the Rescue Co-ordination Centre Greenland at Sondrestrom. Contact: 00299 841201 or 841135 or 841034; [rcc@naviair.dk](mailto:rcc@naviair.dk) A follow up call would be made to the British Embassy in Copenhagen to initiate a NOTICAS/PUBLINTCAS Contact: 0045 2060 7866 (24hr); Defence attaché: 0045 3544 5209; Embassy Sgt: 0045 3544 5211

### Compassionate

7. The Joint Casualty and Compassionate Centre, Innsworth, Gloucestershire (JCCC) would handle compassionate evacuation / notification. All team members were issued with a contact details card to give to NOK in the event a team member needed to be contacted urgently. These are available from Unit Admin Offices. Whilst the JCCC would have organised / funded injury evacuation for the two civilian members of the team it was made clear that compassionate evacuation for these team members would not be covered by the military. The JCCC required a NOK contact list for all team members including civilians (not possible through JPA) prior to departure via the email address below. JPA was also updated with the same information. Contact: JCCC 01452 519951 (24hr); SO3 JCCC, Mr David Reid: [JCCC@SPVA.mod.uk](mailto:JCCC@SPVA.mod.uk)

8. If we were unable to make a satellite telephone call we also carried an Emergency Position Indicating Radio Beacon (EPIRB). This was a stipulation of our insurance and of the Danish Government of mounting an expedition. It was hired from Greenland Expedition Services (GES). The signal would have been picked up by the Rescue Co-ordination Centre Greenland at Sondrestrom and rescue initiated in the normal way.

9. It was planned that we would inform HQ 2 DIV of our progress each day through GES HQ in Switzerland via satellite telephone call. We discussed within the team whether to have a fall back mechanism whereby evacuation was initiated if we had not made contact for a certain period of time. It was decided, however, that this would far more likely be due to failure of communications, rather than a true emergency, thereby risking unnecessary

## EXERCISE RESTRICTED

activation of the rescue services. Our pick up on the West Coast also relied on contacting GES via satellite phone when we had reached Nansen's Tentplatz. If we had a comms failure the fall back plan was to travel north on the East Coast until we reached a village we could make contact from. The EPIRB was to be used in an emergency only.

### Training

10. Cold injury & hypothermia Prior to training in Norway we discussed the risks and prevention of cold injury, shared peoples' various military and expedition experience and discussed treatment methods. Particular attention was paid to alerting less experienced members of the team to the speed with which cold injury can take affect and the insidious nature of onset.

11. We would be carried and practised with the following devices:

a) Kendrick Traction Device<sup>®</sup> (KTD): <http://www.in123.com/medixchoicecom/page3.html>

b) Stiffneck<sup>®</sup> collar: <http://www.laerdal.co.uk/dcoument.asp?subnodeid=12584662>

c) SAM Splint<sup>®</sup>: [http://www.sammedical.com/sam\\_splint.html](http://www.sammedical.com/sam_splint.html)

112. All members were individually briefed on the contents of their personal med pack to ensure correct use of medications. As a group, we discussed the contents of the team med pack to ensure all the team were aware of the limitations and be reassured that we would be able to cope with most situations.

### Equipment

13. Each team member had a small med kit for personal use. The aim was to give them enough doses of some medications to start a course if needed when access to the group kit was not possible.

Contents:

- Superglue
- Tetracaine eyedrops
- Ciprofloxacin
- Loperamide
- Ibuprofen
- Paracetamol
- Cocodamol 30/500
- Tweezers

## EXERCISE RESTRICTED

Green needle for puncturing blisters or drilling subungal haematomas

Dequadin throat lozenges

SPF 50 lip salve and sun cream

### Procurement

14. Hard wear & consumables: The majority, including dressings, were from a personal supply of excess stock from previous expeditions. Medications were bought directly from the University Health Service Pharmacy in Edinburgh, invoicing 2 Div Medical Cell. Contact details: Maj Coy, SO2 Med Policy & Plans; HQ 2 DIV, Craighall, South Queensferry, West Lothian, EH30 9TN. 94740 2597. A specialist module for expeditions is now available through the Med Supply chain

### Transport

15. I carried the entire medical pack with me as hand luggage to ensure none of it was lost, damaged, or tampered with en route. This also ensured the security of the morphine. We chose not to split the med kit during the expedition to avoid confusion if it was required in a hurry except when descending through the icefall on the East Coast.

16. Apart from the KTD, all the items fitted into three medium sized 'Tupperware' boxes and a small rucksack pouch (three litres). Total weight was 2.8 KGs. Fortunately temperatures were never low enough to freeze the injectable drugs during the day, and I stored them in the tent over. During the night moves this was a risk and difficult to manage but fortunately did not occur.

### Cases

17. We were fortunate to have very few medical problems on the trip, testament to the team's preparation and good field craft, as well as toughness during the final few days through the icefall. Presented here are summaries of the cases that we did deal with.

18. One team member suffered with snow blindness, presenting as intermittent, brief spells of severe pain in both eyes, as well as a reduction in visual acuity. This occurred on the descent of the ice cap, after the switch back to travel by day. Although the team member had been wearing sunglasses, it is thought frequent removal to take photographs and video may have been the cause. It was treated effectively with frequent use of tetracaine eyedrops and by using double eye protection (sunglasses and goggles) for the rest of the expedition.

19. One team member suffered diarrhoea early in the expedition, possibly contracted whilst in Kulusuk where toileting and wash facilities were basic. At one point this did become bloody. This cleared quickly with ciprofloxacin. Fortunately, it was not severe enough to cause dehydration to a severe extent or significantly hamper progress. The rest of

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the team remained free of D & V the whole trip by good personal hygiene drills and judicious use of baby wipes and alcohol hand gel. This should be used rather than water based antibacterial gel that freezes. This was discovered by one team member trying to look after his delicate skin.

20. Two team members succumbed to hypothermia at different times. Both were near the highest point on the ice cap at roughly 2800m, where still air temperature was as cold as -20 degrees centigrade. The first case was during the morning, on the third leg of the day. The team member had not warmed up in the previous two hours of hauling, despite wearing his down jacket after a particularly cold start. We were also moving quite slowly due to difficult conditions. He had slept poorly the night before and been unable to eat a full breakfast that morning. On this third leg, he was moving more and more slowly, and complained that he had been unable to warm his hands or feet since the start of the day. At that point, we halted and erected the tents. Whilst this was being done, I used passive warming for the team members hands within my own down jacket as well as keeping moving, marking time etc to maintain warmth. Within ten minutes, the team member was in his sleeping bag, with hot drinks and food. We rested for the rest of that day with the affected team member spending it sleeping, eating and drinking plenty. He suffered a mild frostnip to a small area of one great toe the numbness from which continued for the rest of the trip but with no tissue loss. This incident highlighted to the team the potential for hypothermia and cold injury.

The second case was later in the trip whilst moving at night during the coldest conditions we experienced. On the final leg of nine that night, one team member slowed considerably and was unable to maintain the hauling pace. When questioned, he appeared rather euphoric and a little confused, but did not complain of cold. We swiftly set up camp and again the team member was soon in sleeping bag with warm food and drink and sleeping soundly soon after that. The temperature when we had stopped at 0200 hrs was -22 degrees centigrade. The team member had no further problems. Moving at night obviously carried more risk of incidents of cold injury and was slightly more difficult to manage in the dark when stopping to feed and water. We felt it was necessary, however as later in the trip, afternoon snow conditions became very heavy.

21. One team member suffered this to one hand having fallen asleep with it outside of the sleeping bag overnight. It presented with a degree of numbness and altered sensation with some intermittent pins and needles particularly on warming. This was exacerbated by a degree of anxiety the hyperventilation of which may well have been increasing the peripheral P&Ns. There was no evidence of any actual or threatened tissue loss, and this was managed simply by constant glove wearing for the remainder of the expedition. Sensation returned to normal after five days.

## EXERCISE RESTRICTED

22. Medical kit contents were:

Kendrick Traction Device<sup>®</sup>,

Stiffneck collar<sup>®</sup>, adjustable

SAM splint<sup>®</sup>

Clingfilm

Super glue

Compeed<sup>®</sup>

Steristrips

5 x small dry dressings

5 x medium Tegaderm<sup>®</sup>

1 x large crepe bandage

1 x medium Elastoplast bandage

2 x 18 G Medicut cannulas

6 x cannulas, assorted sizes

6 x green needles

6 x orange needles

4 x 10ml syringes

4 x 5ml syringes

Ortlieb foldable basin

2 x large granuflex colloidal dressings

5 x small granuflex colloidal dressings

5 x small mepore dressings

2 x burn bags

4 x eye patches

Assorted plasters

### Suture kit

2 x 5ml syringes

2 x orange needles

2 x surgical blade

2 x stitch cutter

2 x 4.0 Ethilon suture

1 x 5.0 Ethilon suture

Scissors

Needle holder

Tweezers

2 x small crepe bandage

4 x 5ml 2% lignocaine

### Injectable drugs

10 x 10mg morphine

10 x 400mcgs naloxone

5 x 50 mg cyclizine

5 x 500mg hydrocortisone

5 x 10mg chlorphenamine

4 x 2g cefotaxime

4 x 10ml water for injection

### Oral drugs

Ciprofloxacin 500mg x 30

Flucloxacillin 500mg x 56

Co-amoxiclav 625mg x 42

Loperamide 200mg x 30

Dequadin lozenges x 40

Dispersible aspirin 300mg x 16

Flourescein eye drop x 3

Tetracaine eyedrops x 6

Chloramphenicol x 4

Cetirizine 10mg x30

Diclofenac 75mg x 56

Co-codamol 30/500 x 100



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50 mls iodine

10 x paranet gauze dressings

10 x inadine dressings

Transpore tape

Guerdel airway size 3

Naso pharyngeal airway size 7

Flamazine ointment

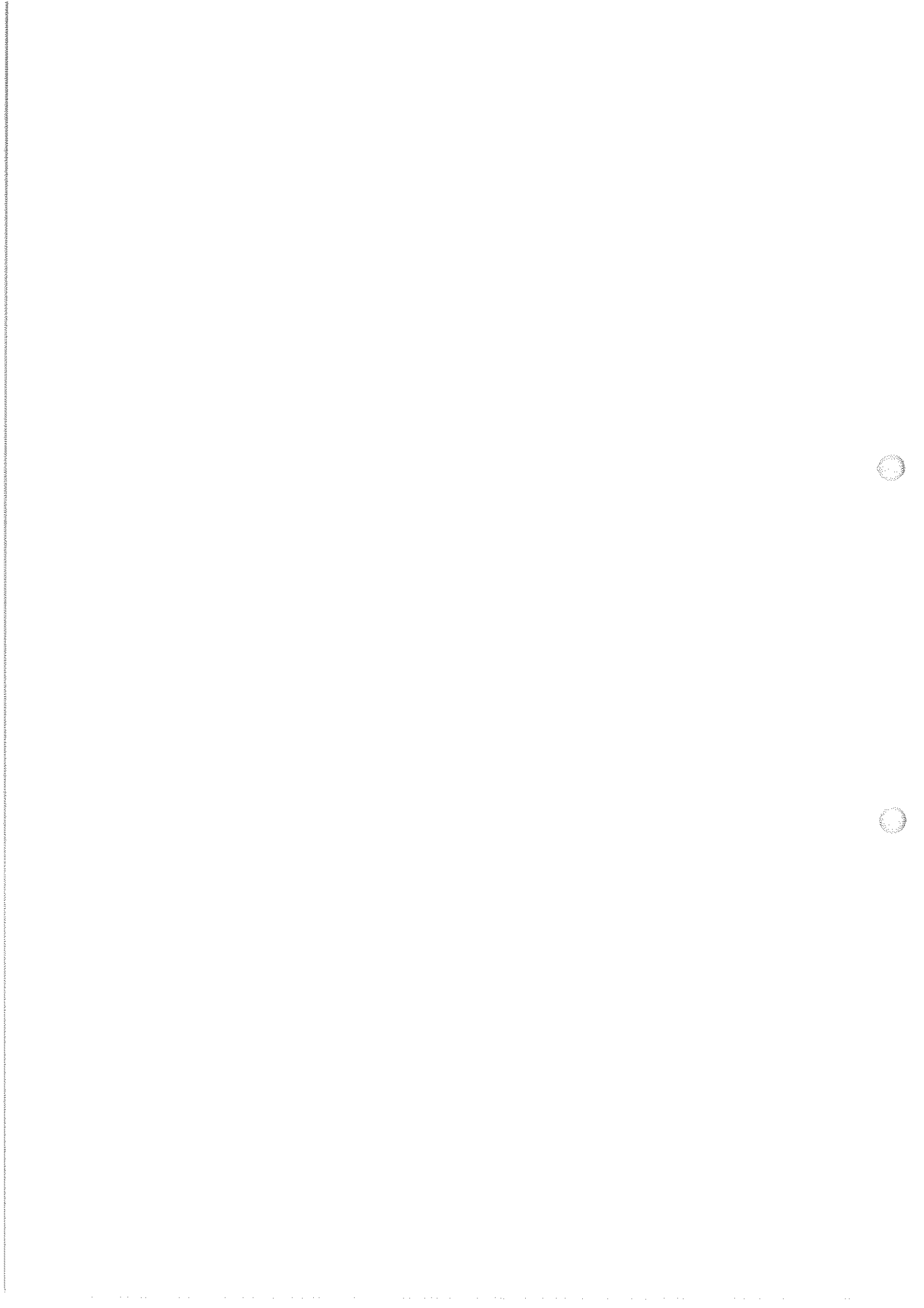
### Dental kit

Angled mirror

Mixing cement

Mixing tray

Filling dabber



ANNEX I TO

JCW2810/01

DATED 28 OCT 08

## WEBSITE

### General

1. Building and managing a website for the expedition was made much easier by Jonjo Knott already being the Web Master for the Army Mountaineering Association (AMA). We purchased two URL addresses and redirected them towards the site within the AMA site at Army Web at:

[http://www2.army.mod.uk/sportandadventure/clubs/ama/contents/expeditions/nansens\\_endeavour/index.htm](http://www2.army.mod.uk/sportandadventure/clubs/ama/contents/expeditions/nansens_endeavour/index.htm).

The site will be archived here.

2. URL addresses are [www.NansensEndeavour.co.uk](http://www.NansensEndeavour.co.uk) & [www.NansensEndeavour.com](http://www.NansensEndeavour.com). Registration via [www.123Reg.co.uk](http://www.123Reg.co.uk) is quick, easy and cheap costing £6.56 for the '.co.uk' annually + £21.13 for the '.com' annually.

### Site hosting

3. AMA website @ <http://www2.army.mod.uk/sportandadventure/clubs/AMA/index.htm>.

### Web management

4. As AMA Web Master Jonjo Knott already had author rights via: Army Content Management System (ACMS): <http://www.acms.mod.uk/>.

### Blog

5. This was hosted through the hosting package at [www.123Reg.co.uk](http://www.123Reg.co.uk) costing: £4.69 monthly. Updating was relatively straightforward by a third party.

6. We did not activate comments posting but in future would be a good feature.

7. During the expedition Jonjo Knott directed the '.com' to the blog, whilst the '.co.uk' remained directing to the main site within the AMA site on Army Web.

### Email

8. This was included as part of [www.123Reg.co.uk](http://www.123Reg.co.uk) hosting package. It was set up on auto forward to [AMASWebMaster@armymail.co.uk](mailto:AMASWebMaster@armymail.co.uk) from [Info@NansensEndeavour.co.uk](mailto:Info@NansensEndeavour.co.uk).

Questions

9. Any questions or for future help with expedition websites, please contact  
[AMASWebMaster@armymail.mod.uk](mailto:AMASWebMaster@armymail.mod.uk).