<table>
<thead>
<tr>
<th>Day/ Date</th>
<th>Activity</th>
</tr>
</thead>
</table>
| 0 (/)     | 1. Arrival – pick up from Lulea airport  
            2. Accommodated in Porjus Accommodation Centre  
            3. Area orientation  
            4. Course brief/Student Intros  
            5. Kit check  
            6. Fit skis/Issue Equipment  |
| +1 (/)    | 1. Breakfast  
            2. Safety brief (including knife and axe safety brief)  
            3. Dressing for the Cold  
            4. Modular carry brief  
            5. Lunch  
            6. Re-warming drills  
            7. Ice Breaking drills  
            8. Intro. To X-C Skiing  
            9. Evening meal  
            10. Allocation of ‘duty student’ rotation  |
| +2 (/)    | 1. Breakfast  
            2. Move to Wilderness Cabin  
            3. Reading Snow/Ice  
            4. Cabin Routines  
            5. Tool safety brief – Practical Axes, saw and knife use  
            6. Fire Lesson  
            7. Water Acquisition Lesson  
            8. Emergency Signals  
            9. Ice fishing / Nightline construction  
            10. Evening Meal  
            11. Nightline Lesson  |
| +3 (/)    | 1. Breakfast  
            2. Setting nightlines  
            3. Food Acquisition Lesson  
            4. Lunch  
            5. Skiing practice/Area Orientation ‘walkabout’  
            6. Cold Weather Bivvy Routines  
            7. Evening Meal  
            8. Checking and resetting nightlines  
            9. Cold injuries  
            10. Bivvy Out  |
| +4 (/)    | 1. Breakfast  
            2. Setting nightlines  
            3. Lunch  
            4. Introduction to Flora and Fauna  
            5. Hygiene Routines  
            6. Snow Trench Construction  
            7. Evening Meal  
            8. Checking and resetting nightlines  
            9. Sleep in Snowtrenches  |
| +5 (/)    | 1. Breakfast  
            2. Setting nightlines  
            3. Intro. To Tracking  
            4. Snow Shelters  
            5. Lunch  
            6. Survival Equipment Selection  
            7. Evening meal  
            8. Checking and removing nightlines  
            9. Sleep Out  |
| Day 6 (/) | 1. Breakfast  
2. Emergency Aid (Bleeds+Burns)  
3. Constructing Emergency Snow Shoes  
4. Lunch  
5. All natural shelters  
6. Evening meal  
7. Checking and retrieving nightlines  
8. Sleep out |
|----------|--------------------------------------------------|
| Day 7 (/) | 1. Breakfast  
2. Break camp  
3. Move back to Accommodation Centre  
4. Introduction to Snowmobiles  
5. Lunch  
6. Snowmobile Tour  
7. Visit Sami settlement  
8. Packing Pulks  
9. Brief on Next Stage of Course  
10. Sleep in Accommodation Centre |
| Day 8 (/) | 1. Ski out to Intermediate Training area (with Pulks)  
2. Reading Snow/Ice (Cont.)  
3. Skiing with heavy packs in dense forest (Technique)  
4. Visit Muddus National Park  
5. Establish Camp  
6. Field Administration Routines  
7. Celestial Navigation |
| Day 9 (/) | 1. ‘White Out’ Exercise  
2. Break Camp  
3. Ski to Next Location  
4. Establish Camp  
5. Transporting casualties |
| Day 10 (/) | 1. Tracking  
2. Trapping and Snaring  
3. Attracting Attention |
| Day 11 (/) | 1. Advanced Camp Craft  
2. Survival 'challenges' |
| Day 12 (/) | 1. Break Camp  
2. Return to Accommodation Centre  
3. De-service kit  
4. Lecture from Local Sami  
5. End of Course Party  
6. Sami Joik (Traditional Singing) |
| Day 13 (/) | 1. Return to Lulea |