INSTRUCTIONS FOR EXPEDITION MEMBERS ON THE POLE OF COLD

It is necessary to have:

- several sets (at least two) of thermal underwear, including socks;

- several pairs of worsted socks;

- knitted woolen hat;

- woolen double-layered gloves and woolen gloves;

- down jacket with a hood (minimum temperature up to – 40 C);

- warm pants (such as ski pants);

- Warm shoes (minimum temperature up to – 40 C) of "Baffin" type with rubberized sole;

- downy sleeveless;

-a few pairs of fleece sweaters or jackets;

- wool scarf;

- optional, but not necessarily - a face-mask (Balaklava helmet).  
    Every member of the Expedition must remember that severe frosts require respectful attitude. And although the program does not provide for being in the open air for more than 2-3 hours, in any case you should not trifle about frosts for – 35 and even – 55 degrees. Such actions, such as walking outdoors without a hat, without gloves and mittens, in light shoes, without warm underwear, etc. can result in very serious consequences.

    Specificity of the expedition is that most of the way you will always be in a car. Your stops will only be for a snack, toilet or taking a picture of the landscape you like. They will be short (except for time for food) and take 10-15 minutes. Unfortunately, the tourist infrastructure of Yakutia is not yet developed enough and during all the trips you will not have the opportunity to take advantage of a warm toilet. Be prepared for the fact that the toilet can be just a nearby snowbank next to the car (on the principle of "girls-to the left, boys-to the right.")

    The temperature in the cabin is quite high, but the floor and walls of the car will always be cold. Therefore, it often happens that you get hot, and your feet get cold. To keep your feet from freezing, you must be dressed in several pairs of socks, one pair of which must be woolen. In this case, shoes should not be cramped. We advise you to have a spare set of warm socks in the warm bag and place it inside the car.

    When the car stops, many tourists see the bright spring sun and the blue sky, and run outside without a hat, with and open coat, etc. But we must remember that despite the appearance of a weather similar to spring, the frost can reach 50 or more degrees. At these temperature, it takes only a few minutes to catch a cold or frostbite your fingers.

     Also, remember that when frost is more than 40 degrees (especially with a small wind), if your face is not closed, you risk literally in 10-15 minutes frost your nose, ears or cheeks. The whitened skin and a slight tingling feeling are the first signs. In this case, it is necessary to immediately rub the frosted place with the reddened woolen mitten or glove so that the blood begins to circulate again.

    The most difficult "expeditionary moment" of your program will be an ice fishing in Oymyakon. On this day you will have to walk for about a kilometer along the snow-covered taiga and the frozen bed of Indigirka river. Walking to one side will take about 20-30 minutes, and then you will reach a tent with a stove where you can warm up and drink hot tea. When you get warm, you can watch the process of ice fishing and take part in it. In any case do not touch the metal surface with wet hands! Your fingers can get stuck instantly!

During the whole fishing process you will be outdoor for about 30-40 minutes. Then you can warm up again and start the way back home. This is your longest stay in the open air, when you can feel like the real Yakutian life !