ANTARCTICA

ICE MAIDEN

THE FIRST ALL-FEMALE BRITISH ARMY TEAM TO CROSS ANTARCTICA
THE CHALLENGE

Five British Army women will ski coast-to-coast across Antarctica in October 2017. Made up of both Regular and Reserve personnel they will be the first female military team to make the crossing.

Over a three month period, the Ice Maiden team will cover 1700km using muscle-power alone. Each team member will drag a pulk and battle temperatures of -40°C and wind speeds of over 60mph. They will carry the supplies and equipment they need to survive for up to 600km at a time and utilise only two resupply points en route.

During their expedition they will also conduct medical research into how the female body copes with extreme endurance in polar environments.

INSPIRING OTHERS:

» Inspire a new era of female expeditionary spirit within the military and civilian sectors and promote an active lifestyle to schools and youth groups throughout the UK.
» Provide winter survival skills and qualifications to a number of women throughout the training and selection process, inspiring them to lead their own expeditions in the future.
» Generate a cohort of women with the experience to lead and operate in extreme conditions.

I am delighted to have become Royal Patron of Ice Maiden. Having already demonstrated enormous passion and commitment through the tough selection process this incredible team has developed into a tight-knit, driven and courageous group who I know will face head on the challenges which lie ahead. I am confident that their skills, professionalism and perseverance will ensure the best possible chance of success. These women will not only be setting new records through their endeavours, but will also be carrying out valuable and groundbreaking medical research which will have far reaching future applications, at the same time as being an inspiration to women and girls everywhere.

HRH The Countess of Wessex GCVO
ROYAL PATRON

This pioneering, all-female expedition to the Antarctic epitomises the extraordinary leadership, courage and teamwork for which the British Army is renowned.

Lt Gen Tim Radford CB DSO OBE
Military Patron - ICE MAIDEN
THE ROUTE

1-2: 500km Leverett Glacier › South Pole
2-3: 600km South Pole › Thiel Mountains
3-4: 600km Thiel Mountains › Hercules Inlet

THE TEAM

Tracy Edwards MBE
Skipper of the first all female crew to sail in the Whitbread Round the World Yacht Race.

The Ice Maiden team show that ordinary women, with real drive and determination, are capable of extraordinary things. I hope they will inspire other women to find their passion for adventure, as they inspire me.

Maj Nics Wetherill
Royal Army Medical Corps
Army Doctor
Expedition Leader
The original inspiration behind the Ice Maiden expedition.

Maj Natalie Taylor
Royal Army Medical Corps
Regimental Medical Officer + RIFLES
Expedition Leader
"Girlguiding inspired me to get outdoors."

Maj Sandy Hennis
Royal Signals (Army Reservist)
Civilian Outdoor Instructor
Team Member and Equipment
"I am passionate about getting more women into adventure sports."

Lt Rosanna Baker
Royal Artillery
Cultural Specialist, Defence Cultural Specialist Unit (DCS LU)
Team Member and Comms
"I believe in normal people doing extraordinary things."

Lt Jenni Stephenson
Royal Artillery
Troop Commander 32nd Regiment Royal Artillery
Team Member and Welfare
"I only have one life and joined the Army to have opportunities like this."

LSgt Sophie Montagne
Honourable Artillery Company (Army Reservist)
Civilian Marketing Manager
Team Member and Media
"I want to show that women are capable of far more than they think."

LCpl Rin Cobb
Royal Army Medical Corps (Army Reservist)
Civilian Trainee Paramedic
Team Member and Dietitian
"I want to inspire women to do something that they’ve always thought about but were never brave enough to try."

quoted text: "I am passionate about getting more women into adventure sports."
The Antarctica Ice Maiden expedition offers a unique opportunity to collect medical data specifically for women. They will measure the physiological and psychological effects of extreme polar endurance on the female body.

The team will trial innovative new technology that measures each individual’s vital signs and beams the data from the South Pole to the UK, in real-time. From testing eyesight and hearing before and after the expedition to measuring the change in body composition, this information will help develop future research projects and is supported by the Defence Medical Academic Department.
Follow the ICE MAIDENS:

www.exicemaiden.com

facebook.com/exicemaiden
@exicemaiden
@exicemaiden

EMAIL: 17RLC-ExIceMaiden@mod.uk
TEL: 01276 412122