

A Typical Day on the Ice

Ann Bancroft and Liv Arnesen will ski across Antarctica over a 100-day period. They will pull sleds, which carry their food and equipment, that weigh 250 pounds (113 kg). To accomplish their goal, Ann and Liv will ski for about eight hours every day. They ski in single file at about one mile per hour (1.6 km per hour). Ann and Liv can cover 15 to 24 miles (24-40 km) per day. If the wind is constant they will be able to use sails. The sails look like parachutes. Ann and Liv use the wind to help travel across the ice. On these days, they will spend up to 14 hours skiing. Using the sails allows the explorers to cover up to 62.5 miles (100 km) in one day!

Ann and Liv take breaks to eat and to drink. They can become dehydrated easily if they are not careful. The breaks are not long because the temperature averages -30°F (-34°C) with winds gusting up to 100 miles per hour (160 km per hour). At the end of the day, Ann and Liv will sleep in their two-person tent in sleeping bags and in most of their clothes. They will try to sleep for six to eight hours every night. This can be difficult because the sun shines all night long!

All of these plans depend on the cooperation of the weather. There may be days that Ann and Liv do not leave their tents because of the weather. It is also possible that they will ski for a few hours and then be forced to set up their tents.

During any time that they are not skiing, eating, or sleeping, Ann and Liv will write in their journals, send email, and communicate with classrooms all over the world!