The Polar Museum is full of objects connected with polar adventure and discovery including penguins, snow goggles, art and clothing. Famous explorers such as Captain Robert Falcon Scott and Ernest Shackleton set out on expeditions to the polar regions, making their way through snow and ice using sledges. Imagine you are setting out to escape the summer heat and have your own polar adventure. What will you pack on your sledge?

Here are some questions to help you decide. Draw some pictures or write your answers in the packages below:

- How will you find your way around? What could you use?
- What things will remind you of home?
- How will you keep warm? What clothes will you need?
- Who is going to pull the sledge?
- What will you eat?
- How are you going to stay cheerful?
- Where will you sleep?
- How will you record your adventure?