

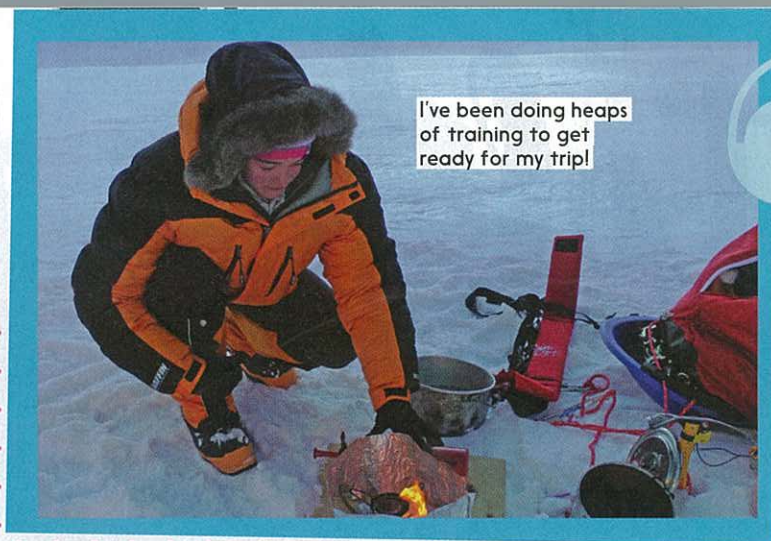
as told by you

"I'M HOPING TO
BE THE

YOUNGEST EVER

POLAR

ADVENTURER."



THE LENGTH OF THE TRIP AND THE MENTAL CHALLENGE WOULD BE THE HARDEST THINGS.



My inspiration for this trip began when I did Everest Base Camp at the age of 12. I met an Icelandic lady who had done the South Pole solo. She told me about the loneliness and her imaginary friends on her trip, and it sounded amazing. It inspired me to start my own polar journey since it's such a great experience – and it's something not many people get to do.

My plan is to cover almost 2,000km over three expeditions – the first is the North Pole, then Greenland [in 2017] and the South Pole at the end of next year. The expeditions are spread apart because I need time to train in between, and the South Pole has age restrictions – you need to be at least 16.

My dad is a big inspiration for me – he's done the Seven Summits. The Seven Summits are the highest mountains of each of the seven continents. His advice to me in training is to just get it done – it's all about the journey and the process. I'll be going with my dad, as well as a guide and a camera man. We'll be on skis and pulling a sled, but it will feel lighter because it'll glide on the ice. There will be a strong wind and sometimes white-out conditions. **The North Pole is different, with constant challenges like open water, climbing over compression zones, and there's the mental challenge of skiing all day.** The length of the trip and the mental challenge will be the hardest things to deal with – in the North Pole, you can pitch a tent but because of the ocean currents, you can drift back to where you started! The scariest thing would be meeting a polar bear.

To get ready, I've been to New Zealand's Tasman Glacier, to feel what it will be like dragging sleds on skis and camping in the cold. In New Zealand, I felt special – we were the only people there and it didn't feel like Earth, really. The second part of my training will be in Svalbard – a four-day camp. My guide has warned me that when you get off the plane in Svalbard, the cold air is like a big smack in the face. When it's really cold, you can get a headache and your skin feels tight.

On expeditions, we eat dehydrated food. To prepare it, you melt the snow, heat that up, put the water in the dehydrated bag and eat it. After a long day of work, it's not too bad. I pee using pee bottles and a funnel! Pee in a bottle freezes in the night, so you have to put it in your sleeping bag, otherwise you can't get it out and you have to carry it around with you all day!

If it works out, I will be the youngest person in history to complete the big three polar expeditions. I want to inspire girls to chase their dreams and show them that anything is possible if you're passionate and work really hard. When I'm adventuring there's a feeling of freedom and it's a bit surreal. I think I will miss my bed and my friends at some point, but mostly, I'll be enjoying it. I've learnt to take my mind to another place and to be in the moment.

Follow Jade's journey at www.jadehameister.com, and on Insta: @jadehameister. #likeagirl