

## FieldEX Workshop Field Safety and Preparedness

Finse, 8-13 March 2026

| <b>Sunday</b>    |                                                                                                                                                                                                                                                  |
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| 11:00 - 13:00    | Arrival at research station                                                                                                                                                                                                                      |
| 13:00 - 14:00    | Lunch                                                                                                                                                                                                                                            |
| 14:45 - 15:45    | <b>Introduction</b> (30 min)<br><b>Lecture: Glacier travel</b> (45 min, <i>Regine</i> )                                                                                                                                                          |
| 16:00 - 18:00    | <b>Glacier gear, arresting a fall</b> (outside)<br><b>Walking on a rope</b> (outside)                                                                                                                                                            |
| 18:30 - 19:30    | <i>Dinner</i>                                                                                                                                                                                                                                    |
| 19:30-20:15      | Introduction to Finse station / station safety (station manager)                                                                                                                                                                                 |
| <b>Monday</b>    |                                                                                                                                                                                                                                                  |
| 8:00 - 8:45      | <i>Breakfast</i>                                                                                                                                                                                                                                 |
| 9:00 - 12:15     | <b>Lecture: Health precaution in cold regions</b> (30 min, <i>Inger</i> )<br>• Hypothermia, altitude sickness, snow blindness, sunburn etc<br><b>Lecture: Crevasse rescue</b> (30 min, <i>Greg</i> )<br><b>Knots, building anchors</b> (outside) |
| 12:15 - 13:30    | <i>Lunch</i>                                                                                                                                                                                                                                     |
| 13:30 - 18:00    | <b>Crevasse rescue</b>                                                                                                                                                                                                                           |
| 18:30 - 19:30    | <i>Dinner</i>                                                                                                                                                                                                                                    |
| 19:45-20:30      | <b>Lecture: Glacier safety at NVE</b> ( <i>Liss</i> )                                                                                                                                                                                            |
| <b>Tuesday</b>   |                                                                                                                                                                                                                                                  |
| 8:00-8:45        | <i>Breakfast</i>                                                                                                                                                                                                                                 |
| 9:00 – 12:00     | <b>Lecture: avalanches</b> (30 min, <i>Greg</i> )<br><b>Avalanche safety</b> (outside)<br><b>Snow shelters</b> (outside)                                                                                                                         |
| 12:00 – 13:15    | <i>Lunch</i>                                                                                                                                                                                                                                     |
| 13:15 – 18:00    | <b>Avalanche safety</b> (outside)<br><b>Snow shelters</b> (outside)<br><b>Crevasse rescue competition</b> (outside)                                                                                                                              |
| 18:30 - 19:30    | <i>Dinner</i>                                                                                                                                                                                                                                    |
| <b>Wednesday</b> |                                                                                                                                                                                                                                                  |
| 8:00 - 8:45      | <i>Breakfast</i>                                                                                                                                                                                                                                 |
| 9:00 – 12:00     | <b>Field measurements</b> (in rotating groups, outside)<br>1) UAV and Lidar for snow depths (Ben)<br>2) Snow cores and snow pits<br>3) Skiing with GPS tracking                                                                                  |
| 12:00 – 13:15    | <i>Lunch</i>                                                                                                                                                                                                                                     |
|                  | <b>Field measurements</b> (in rotating groups)<br>1) UAV and Lidar for snow depths (Ben)<br>2) Snow cores and snow pits<br>3) Skiing with GPS tracking (independent)                                                                             |
| 18:30 – 19:30    | <i>Dinner</i>                                                                                                                                                                                                                                    |
| 19:30 – 22:00    | Film showing “Picture a scientist” (on harassment in the field)                                                                                                                                                                                  |
| <b>Thursday</b>  |                                                                                                                                                                                                                                                  |
| 8:00 - 8:45      | <i>Breakfast</i>                                                                                                                                                                                                                                 |
| 09:00 – 12:00    | <b>Harassment / Code of Conduct for field work</b><br>(incl. group work, <i>Inger</i> )                                                                                                                                                          |
| 12:30 – 13:30    | <i>Lunch</i>                                                                                                                                                                                                                                     |
| Afternoon        | <b>Data processing</b> – UAVs for snow depth, comparisons with probe data                                                                                                                                                                        |
| 18:30 - 19:30    | <i>Dinner</i>                                                                                                                                                                                                                                    |

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| <b>Friday</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 8:00 - 8:45   | <i>Breakfast</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 9:00 -12:00   | <b>Field preparedness</b> ( <i>Lecture, group work</i> ) <ul style="list-style-type: none"> <li>- Field work rights</li> <li>- Permitting, regulations</li> <li>- Travel emergency / safety plans</li> <li>- Medical information and privacy</li> <li>- Communication in remote areas</li> <li>- Weather forecasts</li> <li>- Field clothing/gear</li> <li>- Bear safety</li> <li>- River crossings</li> <li>- Helicopters, Snow mobiles</li> <li>- Camps on snow</li> </ul> |
| 12:15 - 13:30 | - <b>Packing, cleaning</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|               | Walk to station (leave earliest with train at 14:00)                                                                                                                                                                                                                                                                                                                                                                                                                         |