

# Would you survive?



Your story, our history

You are going on your first  
Antarctic field trip!

Working in Antarctica can be  
dangerous. You must know  
what to expect and what to do  
if things go wrong. Making the  
wrong decision can be fatal.

Have you got what it takes to  
survive in Antarctica? Take this  
test to find out.

# Whiteout

You are working near your field camp. Suddenly you realise you can't see anything.

It is a whiteout.

What should you do?

- A.** Stay where you are.
- B.** Wander around and try and find your tent. You must not get too cold.

**Turn the page for the answer...**

# Answer: A

Stay where you are.

Form a penguin huddle with your companions if you do not have shelter.

It is important you do not lose any of your party when visibility is low. You also need to make sure everyone keeps warm.



# Missing

When the whiteout clears, you are alone.

You don't know where you are.

What should you do?

- A.** Try to find your field camp or other members of your party.
- B.** Stay put. Make lots of noise and try to attract attention to yourself.

**Turn the page for the answer...**

# Answer: B

Stay put.

Make note of any landmarks or features that may identify your location.

Broadcast your position on your radio.

Make yourself as noticeable as possible, by lighting flares, shouting, and using whistles.

Don't forget to stop and listen for the sounds of a rescue team though!

# Hypothermia

One of your co-workers starts to behave strangely – slurring words and complaining of feeling very tired and keep falling over.

What should you do?

- A.** Make sure your co-worker is warm.
- B.** Tell your co-worker to stop mucking about.

**Turn the page for the answer...**

# Answer: A

Make sure your co-worker is warm.

Hypothermia occurs when your core body temperature reaches below 35 degrees Celsius. It can be fatal! Some of the signs of hypothermia include the 'umbles' which means mumbling, stumbling, and fumbling.

The best way to prevent hypothermia is to have a full stomach, wear plenty of layers of dry, warm clothing. Ensure that you have a buddy who can recognise the early stages of hypothermia. You may not recognise them in yourself.



# Frostnip

At the end of the day you realise you cannot feel your fingers. The skin has gone white in places.

What should you do?

- A.** Warm up your hands straight away.
- B.** Ignore it, nobody else is complaining.

**Turn the page for the answer...**

# Answer: A

Take steps to warm up your hands immediately.

You may already have frostnip. If you don't warm up your fingers it may turn into frostbite.

Put your hands under your armpits, on your stomach, between your legs. Ask a workmate to help you.

# Gas

There is a blizzard outside, so you decide to light the gas stove inside the tent to cook your dinner. When you have set up, should you...

- A.** Close the tent up to keep warm?
- B.** Leave the tent open to allow ventilation?

**Turn the page for the answer...**

# Answer: B

Leave the tent flap open. You need fresh air.

Liquid and gas fuel stoves can produce a deadly gas called carbon monoxide (CO) which has no smell.

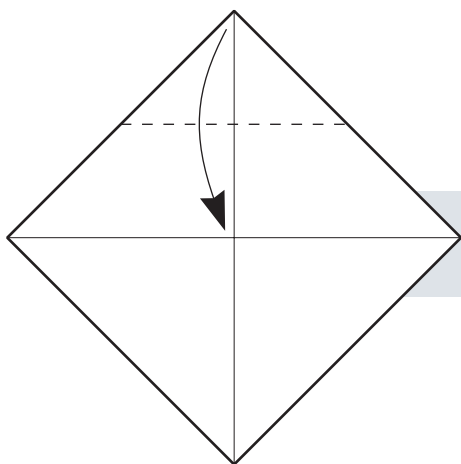
In a small confined space, like a tent, carbon monoxide levels can get so high that you may become unconscious and die.

# Did you make it?

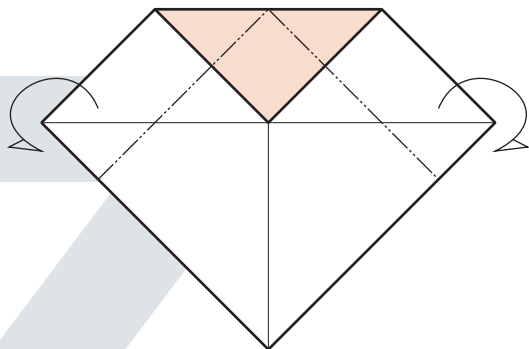
How many questions did you answer correctly?

- 0 – 2:** You probably didn't make it. You definitely did not read your Antarctic field manual. You won't be invited on any expeditions until you learn more about surviving in Antarctica.
- 3 – 4:** You may have survived, but not without help.
- 5:** Congratulations! You are an Antarctic survivor.

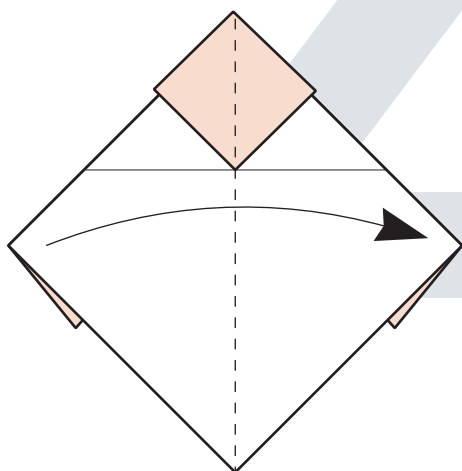
# Paper penguin



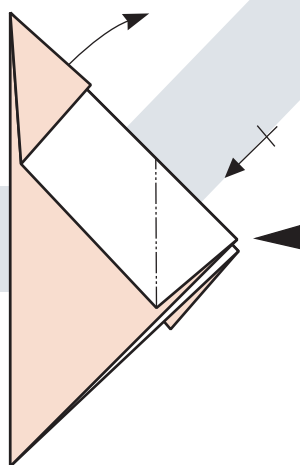
1) Square paper.  
Fold to the centre.



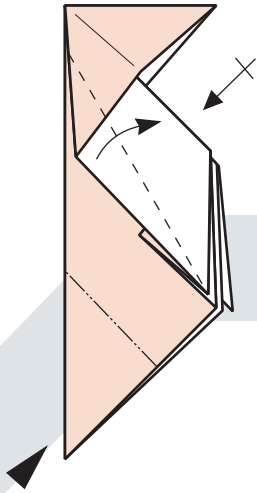
2) Fold backwards.



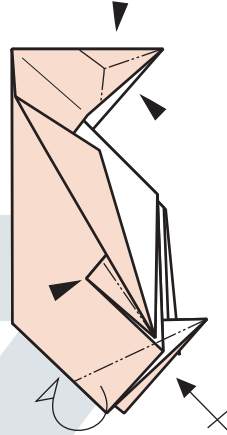
3) Fold in half.



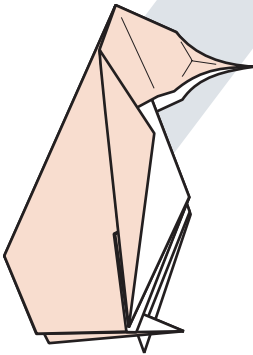
4) Pull out head.  
Reverse-fold flap  
on the right side  
and repeat behind.



5) Complete wings.  
Reverse-fold lower flap.



6) Squash beak.  
Reverse-fold tips of wings.  
Fold inwards to complete feet



7) Finished penguin.



A National Archives of Australia travelling exhibition  
in association with the Australian Antarctica Division and  
Western Australian Museum, supported by Visions of Australia.