Value of Detailed Medical check- up and Pre Antarctic Training

The value of detailed medical check- up and pre Antarctic training depends upon its members, their involvement, sincerity, experience and expertise. Training in various sectors helps to improve the output.

In general all the participants of any expedition and the organizers, want the best results and best outcome. In spite of all the efforts, the means and the desire, sometimes things may go wrong if the health of the expedition members is affected. The efforts in the pre expedition medical check-up and training are to screen the members for any potential health hazards, inculcate the hygienic habits among the members and to make them aware of preventive health aspects so that they can avoid various diseases and tackle health issues specific to Antarctica. An elaborate psychological assessment is very important specially for wintering team members. It is absolutely necessary to screen and exclude people with damaged psyche or those who may be carrying a psychological baggage to Antarctic expedition. In the opinion of many, an Antarctic wintering is more difficult from psychological aspect in comparison to physical challenges. Pre Antarctic Training, at Auli, acts as a team building exercise and develops a sense of bonding and comradeship among the participants who belong to different areas of our vast country and are often unknown to each other before this event. In this discussion we intend to evaluate the value of Detailed Medical check-up and Pre expedition training along with a glimpse of the future of health care in our Antarctic stations and expeditions.