**Into the big freeze**

**An artic explorer is someone that explorer the artic region**

**Clothing**

**To survive in the artic explorer wear special weather proof clothing to protect them from the harsh weather. They wear lots of layers and thick socks and gloves. They also wear solid helmets and snow goggles. All the fyr clothing can make them look furry and puffy.**

**Habitat**

**You will find an artic explorer living in an igloo which is a type of shelter built of snow. Snow is used because the air pockets trapped in it make it insulated as outside temperatures may be as low as -45 °c but on the inside the temperature can range from -7°c to 16°c when warmed by body temperature alone**

**Feeding Habits**

**Exhibition food is not known for being delicious, they need to provide their bodies with food that us high in fat to stay warm and energized, they do this by eating a mixture of slow burning calories all through the day . For breakfast they eat a solid base of calories such as oatmeal granola freeze dried eggs also a litre of water. For lunch they can,t stop so they need to eat while they having a break or on the go. They usually eat energy balls beef jerky cheese sticks dried fruit chocolate bars pate deep fried bacon peanut butter fish crackers and cookies 5-7 times a day .For dinner they have a 3 course meal or freezer meals which are up to 1000 calories per meal**

**Famous Artic explorers**

**Sir Ernest Shackleton is the most inspirational exploration in history he never reached the South Pole.Robert Peary was an American explorer he was most famous for being the first person to claim they reached the North Pole**

**Conclusion**

**The best artic explorers are intelligent and physically fit they are comfortable working in freezing temperatures and being away from home for a very long time.**