

So going to the loo on a polar expedition is a bit of a challenge. So imagine waking up in the morning in the inside of your tent. You have your breakfast, a bit of porridge, and then you have to go to the loo.

So you need to get dressed in all of your clothing before you go outside. And then you unzip the inside of your tent where you find your boots on the porch and you put your boots on.

Zip up the inside of your tent, and then slowly start to open the outside of your tent. And as soon as you start to do that and imagine if it was a bad weather day and the tent is shaking and the wind outside is howling because it's not a very pleasant day. Then as soon as you unzip the tent, the wind starts coming in, the snow starts coming in and you step out into the storm. The next thing you need to do is find some shelter. So you actually grab your shovel and walk around to the back of the tent where you may have built a little wall to protect yourself against the wind.

And you've actually got to go quite quickly because any bare skin would start to freeze in about a minute at -40 with a slight breeze. So you have to be very careful that you don't get frostbite. The next thing you need to do is actually go to the loo and to wipe your bum. You don't carry 50 days worth of toilet paper because you'd have to carry it away with you. You should never litter and throw it away.

But what is there a lot of on a polar expedition you got ice. So actually a triangle of ice will work really, really well to wipe your bum and you can use it three times. So if it's a really soft lump of snow, then that's going to fall apart and be quite messy. So you have to be very selective in a triangle of ice to wipe your bum at -40 is not a pleasant experience. And that's how you go to the loo on a polar expedition.