



NOR LRRP SQN *Arctic operations*



44 days self sustained
Where do we go from here?

Military Intelligence battalion

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Exercise Arctic Environment LRRP

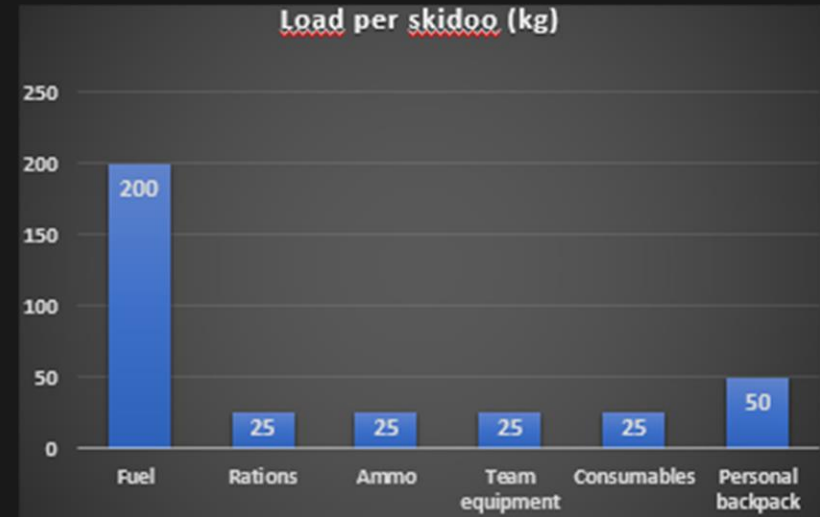
- Requirements for self sustainment according to operational demand
- Physical and psychological effects of long term deep reconnaissance.
- Effects on equipment in continuous use, without the ability to dry and properly clean and maintain.
- How do we build operational stamina by living off the land and using natural shelter.





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Self sustainment and “living of the land”





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Physical and psychological effects

- Substantial fat loss < 20%
 - Slightly decreased muscle strength > 5%
 - Increased endurance
 - Reconditioning
-
- Mental debriefing
 - Hot washup
 - Selection





Food, food, food

- Fat loss
- Ability to use fat
- Composition of MRE
 - To little fat
 - Takes time
 - Stripping
- Live of land
 - Takes to much time





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Changes to SOP





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Allied Training

- Our Experience
- What is an “SME” ?
- Continuous exposure over time
- Build skills
- “Train the trainer”
- Localisation
- Advantage over enemy
 - Russians without clothes





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Where do we go from here?

