When Your Life Depends on It Extreme Decision Making Lessons from the Antarctic

By Brad Borkan and David Hirzel. Audiobook read by Dennis Kleinman

Tables and Map to accompany the Audiobook

Firstly, thank you for listening to the audiobook. We hope you find the stories of the early Antarctic explorers to be inspiring.

When Your Life Depends on It is the first book in our Borkan-Hirzel series on decision making. Our books draw on the experiences of heroes from the past to teach us how to make better decisions at a personal and business level. Each chapter of When Your Life Depends on It has an accompanying photograph. These can be seen in the eBook and print editions.

We love hearing from readers and can be contacted via our website: www.extreme-decisions.com. Please join our mailing list. Sign-up details are on our website.

If you enjoyed this audiobook, we would be most grateful for a review on Amazon, Goodreads or any other sites that readers and listeners might visit. Thank you in advance for doing this. It means a lot to us.

Please also check out our newest book: *Audacious Goals, Remarkable Results: How an Explorer, an Engineer and a Statesman Shaped our Modern World.* It is available in audiobook format and is also read by Dennis Kleinman, the voice actor who narrated this audiobook.

Chapter 1: Table: Heroic age expeditions featured in the book

Expedition Name	Dates	Ship	Nationality	Leader	Objectives		
<i>Discovery</i> Expedition	1901-1904	Discovery	British	Scott	Science, discovery and exploration		
Official Name: British National Antarctic Expedition							
Nimrod Expedition Official Name: British A	1907-1909	Nimrod	British	Shackleton	Be first to the South Pole, as well as science and exploration		
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<i>Terra Nova</i> Expedition	1910-1913	Terra Nova	British	Scott	Science, exploration and be the first to		
Official Name: British A	the South Pole						
Norwegian Antarctic Expedition	1910-1912	Fram	Norwegian	Amundsen	Race Scott to the South Pole		
Australian Antarctic Expedition	1911-1914	Aurora	Australian	Mawson	Science, discovery and exploration of 2,000 mile coast of Antarctica		
Endurance Expedition	1914-1917	Weddell Sea side: <i>Endurance</i> Ross Sea side: <i>Aurora</i>	British	Weddell Sea side: Shackleton Ross Sea side: Mackintosh	Be first to cross the Antarctic continent via the South Pole		
Official Name: Imperial Trans-Antarctic Expedition							

Map of the Expeditions

This map shows the relative locations of sites in Antarctica and the paths of the six Antarctic heroic age expeditions cited in this book. Scale is only approximate. A larger version of the map can be found on our website:

https://extreme-decisions.com/additional-book-materials-when-your-life-depends-on-it.

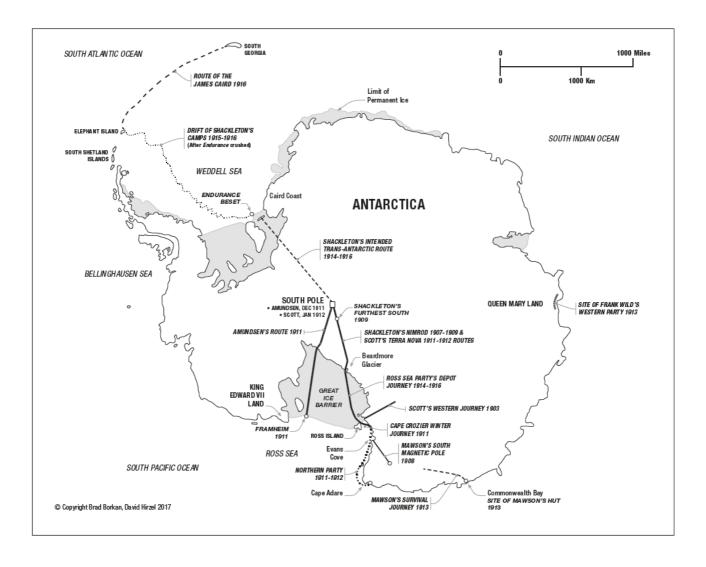


Table: The huts used in the expeditions and what is visible today

Expedition Name/ Date/Leader	Ship	Hut	Hut Location	What is visible today
Discovery Expedition (1901-1904) Scott	Discovery (Relief/rescue ships: Morning and Terra Nova)	Discovery Hut	Hut Point, Cape Evans	Discovery Hut still standing. The <i>Discovery</i> is at Discovery Point which is a museum in Dundee, Scotland.
Nimrod Expedition (1907-1909) Shackleton	Nimrod	Shackleton's Hut	Cape Royds	Shackleton's Hut still standing. The <i>Nimrod</i> sank off coast of Norfolk, England in 1919.
Terra Nova Expedition (1910-1913) Scott	Terra Nova	Terra Nova Hut (also known as Scott's Hut)	Cape Evans Also Northern Party over- wintered at Cape Adare, then went to Evans Cove. Winter Journey went to Cape Crozier.	Terra Nova Hut still standing. The <i>Terra Nova</i> sank off the Greenland coast in 1943.
Norwegian Antarctic Expedition (1910-1912) Amundsen	Fram	Framheim	Bay of Whales, (Ross Ice Shelf)	Framheim no longer exists. The <i>Fram</i> is in the Fram Museum in Oslo, Norway.
Australian Antarctic Expedition (1911-1914) Mawson	Aurora	Mawson's Huts	Cape Denison, Commonwealth Bay Also Western Base Party was based at Queen Mary Land.	Mawson's Huts are still standing. The <i>Aurora</i> sank in 1917 en route from Australia to Chile.
Endurance Expedition Official Name:	Endurance (Weddell Sea side)	The Endurance never landed so no hut was built.		The <i>Endurance</i> was crushed in the ice. The <i>James Caird</i> survived and is on display at Dulwich College, England.
Imperial Trans-Antarctic Expedition (1914-1917) Shackleton	Aurora (Ross Sea Party)	Ross Sea Party used the Terra Nova Hut at Cape Evans as well as Discovery Hut.	ı	The <i>Aurora</i> sank in 1917 en route from Australia to Chile.

Chapter 11

Table: Deaths on the Expeditions

Expedition	Leader	# in Shore Parties	# of Deaths in Antarctica	Approximate Cause of Death
Discovery Expedition	Scott	46	1	Accident: Vince slipped on icy cliff.
Nimrod Expedition	Shackleton	15	0	
Terra Nova Expedition	Scott	31	5	Accident: Evans suspected head injury after a fall.
				Exposure and want: Scott, Bowers, Oates and Wilson of multiple causes including lack of food and oil. Died on their return from the South Pole.
Norwegian Anatarctic Expedition	Amundsen	9	0	
Australian Anatarctic Expedition	Mawson (Frank Wild for Queen Mary Land division)	26	2	Accidents: Ninnis fell in crevasse; Mertz died from accidental vitamin A poisoning after eating dog liver.
Endurance Expedition	Shackleton (Weddell Sea side)	28	0	
	Mackintosh (Ross Sea Party)	10	3	Scurvy: Spencer-Smith, after extended sledging. (Ross Sea Party)
				Accident: On ill-advised trek over sea ice from Hut Point to Cape Evans, Mackintosh and Hayward fell through the ice.
Total		165	11	

Assessment:

- 3 were due to unforseen accidental falls.
- 4 were the result of extended time in the field with insufficient nutrition available.
- 2 have since become avoidable, due to the discovery and understanding of vitamins.
- 2 were entirely avoidable, the result of setting forth on unstable sea ice.

Please note:

Additional tables, as well as a Recommended Reading list, are available in the print and eBook formats of *When Your Life Depends on It*.

Thank you for listening to our audiobook. We hope the stories inspire you.

Best regards,

Brad Borkan and David Hirzel