



VITAL MENTAL MEDICINE



## INTRODUCTION

### WELCOME TO THIS COLLECTION OF INSPIRATIONAL QUOTATIONS AND SAYINGS, SOURCED FROM SHACKLETON DEVOTEES WORLDWIDE IN THE FIRST HALF OF 2018.

Like many ultra-marathon runners (Ian) and ocean sailors (Martin), we've both found ourselves at very low ebbs on occasion, gripping tightly onto the personal mantras rattling around inside our own heads. It has been wonderful to discover that almost every adventurer has their own and that so many have been good enough to share theirs with us.

Ernest Shackleton was a poet and diarist of some skill, holding a keen sense of the importance of words to the human spirit. His favourite author was Browning, but we know from the framed copy of "If..." in his cabin that Kipling was also very dear to him, and his bookshelf shows a wide taste that stretched as far as Dostoyevsky. He encouraged his men to take along a book when they had to abandon ship, showing an intuitive understanding that hearts starve as well as bodies and, if the slimmest chance of survival is to be seized, require equal nourishment. To put it in his own words, optimism is the true moral courage.

We are hugely grateful to Tim Lawler for compiling this journal and to Dr Nathan Smith for writing the foreword. The words that follow are unvarnished verbatims and indeed may appear somewhat unstructured: we have resisted the temptation to overly curate and edit the contributions, preferring to preserve the impact they had when first landing in our inbox.

The purpose of our enterprise is to inspire and equip the modern pioneer. We sincerely hope you find inspiration for your next adventure whilst reading the words within. We will be adding more and more stories of modern-day endeavours to our website in the coming months. Be sure to tell us about yours.

ONWARDS.

**IAN HOLDCROFT & MARTIN BROOKS,  
CO-FOUNDERS.**

ShackletonLondon.com

COMPILED BY:  
**TIM LAWLER**

PRODUCED BY:  
**FRED RAISHBROOK**

DESIGNED BY:  
**THE CLEARING**

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“The directing mind is that which wakes  
itself, adapts itself, make itself of whatever  
nature it wishes, and makes all that  
happens to it appear in the way it wants”

MARCUS AURELIUS  
MEDITATIONS



## FOREWORD

It is an honour to be writing this append to the Vital Mental Medicine collection produced by the Shackleton Company. For several years, I have dedicated my time and effort to understanding human performance and health in extreme environments. During this period, I have worked with a range of extreme populations, including expeditioners, military, humanitarian medics and astronauts. What I have learnt from these people is that human beings have an incredible capacity for endeavour, coping with stress and emerging stronger for it.

The excellent response by the Shackleton community to the Vital Mental Medicine project has been nothing short of instructive and echoes a spirit of exploration that remains alive and well. The collection of quotes, stories and insights in the journal should be a source of inspiration and energy for your next great adventure, whether summitting peaks, crossing deserts or rowing oceans.

What never fails to amaze me is the power that thoughts and words can have on a person's psyche.

I think deep-down we all realise that the mental make-up of an individual is every bit as important as physical fortitude in determining success and survival when the going gets tough. In extreme environments, where we have limited control, the process of self-talk and the words we choose to say to ourselves have an almost supernatural power to galvanise resolve and effort, not just to inspire the start of great endeavours but to sustain it in the very darkest of times.

Those words that we use reflect a coping style aligned to our values and the philosophies that we hold dear. Over the years, our studies with mountaineers, polar expeditioners, Antarctic scientists, astronauts, Mars simulation participants and Special Forces have highlighted the importance of being courageous and creative, contributing to something bigger than oneself and valuing the team. These findings align closely to Sir Ernest Shackleton's own drivers and leadership style, echoing the importance of being unselfish, brave and cheerful in the face of adversity.

Shackleton's gifts as writer, poet and orator made him completely aware of the crucial power of words to inspire his crew; his use of these talents in times of crisis may well have saved their lives. The words you choose are equally as powerful.

DR NATHAN SMITH, PHD, FRGS  
UNIVERSITY OF MANCHESTER, SUMMER 2018



## 01

CONTRIBUTOR:  
IAN HOLDCROFT

“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.”

THEODORE ROOSEVELT





## 02

CONTRIBUTOR:  
THERESA CUTTS

“Someday we’ll look back on  
this and it will all seem funny”

BRUCE SPRINGSTEEN



—

## 03

CONTRIBUTOR:  
JASON COX

“I am putting myself to the fullest possible  
use, which is all I think that any conscious  
entity can ever hope to do.”

HAL, 2001: A SPACE ODYSSEY

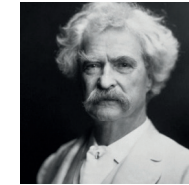


## 04

CONTRIBUTOR:  
JOHN LEYDEN

“It’s not the size of the dog in the fight,  
it’s the size of the fight in the dog.”

MARK TWAIN



—

## 05

CONTRIBUTOR:  
MATTHEW SHAW

“You cannot have a proud and chivalrous spirit  
if your conduct is mean and paltry, for whatever  
a man’s actions are, such must be his spirit.”

DEMOSTHENES



## 06

CONTRIBUTOR:  
LEON MCCARRON

“The Bedouin here have a saying:  
‘Give without remembering,  
take without forgetting.’”

A YOUNG BEDOUIN CALLED  
SULEIMAN IN SOUTHERN JORDAN



I've always made a habit of collecting quotes and stories that inspire and encourage me; over the last 15 years, I've gathered nearly two hundred. They are mostly from the famed and much-respected writers and thinkers that we may expect, but some of the collection is original, gathered from interactions on my own journeys. In southern Jordan I met a remarkable young man called Suleiman, who passed on the wisdom above. What I love most about it is that it is a reminder of how as humans we are generally much more similar than we are different, and that so many of us hold on to the same values. As I've continued to travel around the world on expeditions since I often reflect on this sentiment, and find it to provide infinite encouragement.

LEON MCCARRON



**07**

CONTRIBUTOR:  
JON CLAYDON

“Av it”

PETER KAY



—

**08**

CONTRIBUTOR:  
ROB LAW

“What I lack in ability, I  
must make up in tenacity!”

ROB LAW

—

**09**

CONTRIBUTOR:  
MARTIN BROOKS

“Success is not final, failure is not fatal: it  
is the courage to continue that counts.”

WINSTON CHURCHILL



**10**

CONTRIBUTOR:  
MATTHEW SHAW

**MEN WANTED**

for hazardous journey, small wages,  
bitter cold, long months of complete  
darkness, constant danger. Safe re-  
turn doubtful, honor and recognition  
in event of success.

ERNEST SHACKLETON  
(SO THE LEGEND GOES)

—

**11**

CONTRIBUTOR:  
JENS NOTROFF

“Man cannot discover new oceans unless he  
has the courage to lose sight of the shore.”

ARISTOPHANES

—

**12**

CONTRIBUTOR:  
JACK TOULSON

“You never know what worse luck  
your bad luck has saved you from.”

CORMAC MCCARTHY



**13**

CONTRIBUTOR:  
EDWARD MASON

“Life is what happens to you while  
you're busy making other plans”

JOHN LENNON



—

**14**

CONTRIBUTOR:  
MICHAEL HILLARD

“It’s not supposed to be easy.  
Anyone who finds it easy is stupid.”

CHARLIE MUNGER

—

**15**

CONTRIBUTOR:  
PHILLIS JONES

“Life is either a daring adventure or nothing”

HELEN KELLER



**16**

CONTRIBUTOR:  
STEVE WALLBANK

“A Scout smiles and whistles  
under all circumstances”

ROBERT BADEN POWELL



—

**17**

CONTRIBUTOR:  
MICHAEL HILLARD

“It’s not whether you get knocked  
down, it’s whether you get up.”

VINCE LOMBARDI

—

**18**

CONTRIBUTOR:  
MICHAEL HILLARD

“Do, do not. There is no “try.”

YODA





## 19

CONTRIBUTOR:  
VIRGINIA HOFFMAN

“In the end, only three things matter. How much you loved, how gently you walked the earth, and how graciously you let go of what was not meant for you.”

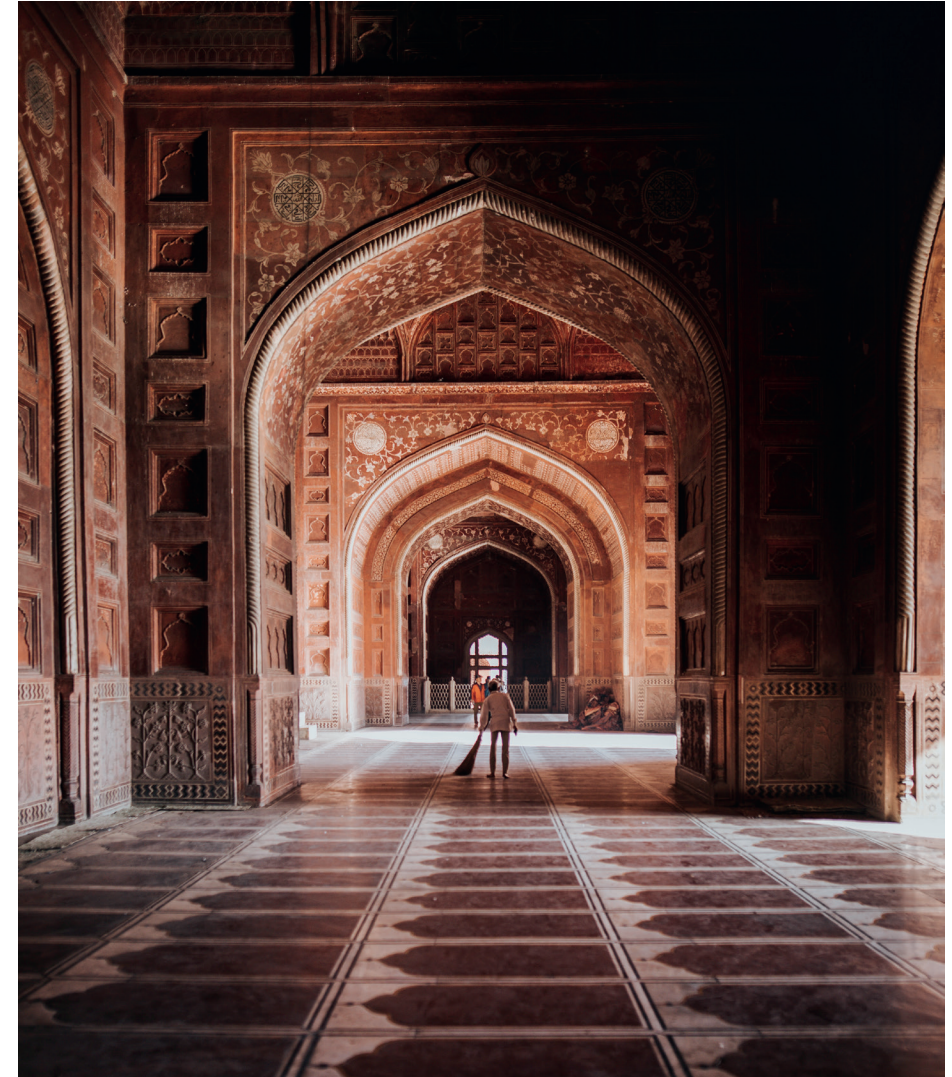
BUDDHA

“Whatever you do, or dream you can do, begin it. Your boldness will have magic, power, and genius in it”

GOETHE

“Let me live in my house by the side of the road. Where the race of men go by; They are good, they are bad, they are weak, they are strong. Wise, foolish – so am I. Then why should I sit in the scorner’s seat. Or hurl the cynic’s ban? Let me live in my house by the side of the road. And be a friend of man.”

SAMUEL WALTER FOSS



I see life as an adventure and usually find several in a day. I’ve had wonderful adventures in Nepal, Tibet, China and India. India especially occupies a deep place in my heart.

In my work as a clinical psychologist at Southern Illinois University, I had so many wonderful adventures; sometimes too many, too fast. I was a forensic state expert witness for the Court and I had adventures doing that type of “marathon”. Some I’d like to forget!

As a practitioner or a supervisor training in the Medical School, I often heard myself saying, “act as if you’re going on an adventure”. I still feel that way about my life.

VIRGINIA HOFFMAN

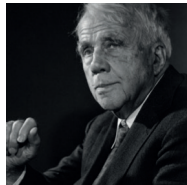


## 20

CONTRIBUTOR:  
DAVID ELLIOTT

“I took the road  
less travelled by.”

ROBERT FROST



Without this sterling advice, I'd have never found the one-horse, one-room museum in Punta Arenas dedicated to the Boss and his epic Antarctic endeavours; gone El Trauco hunting on Chiloe; searched for tree frogs on Hekla and skinny-dipped at Geysir, hit a six on the Jungfrauoch. Or on a gully scramble on Scafell Pike, away from the lemmings on the tourist route, enjoyed the best Father / Son bonding ever.

So, get off the beaten track. Put some untrodden grass beneath your boots. As Frost says, “that has made all the difference.” It certainly has.

DAVID ELLIOTT



## 21

CONTRIBUTOR:  
WENDY SEARLE

“We came here to fight,  
not to surrender.”

CAPTAIN LAWRENCE ‘TITUS’ OATES



I love Captain Oates' much less famous but rather more pugilistic words. In the Boer War, when he was one of the last of two men, lying in a dried-up river as scant cover, and the enemy waved a white flag, he shouted across and continued the battle. It's a mantra I often mutter to myself when times are tough - I can talk myself into all sorts with that in my head!

WENDY SEARLE



**22**

CONTRIBUTOR:  
**LEVISON WOOD**

“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”

MARK TWAIN

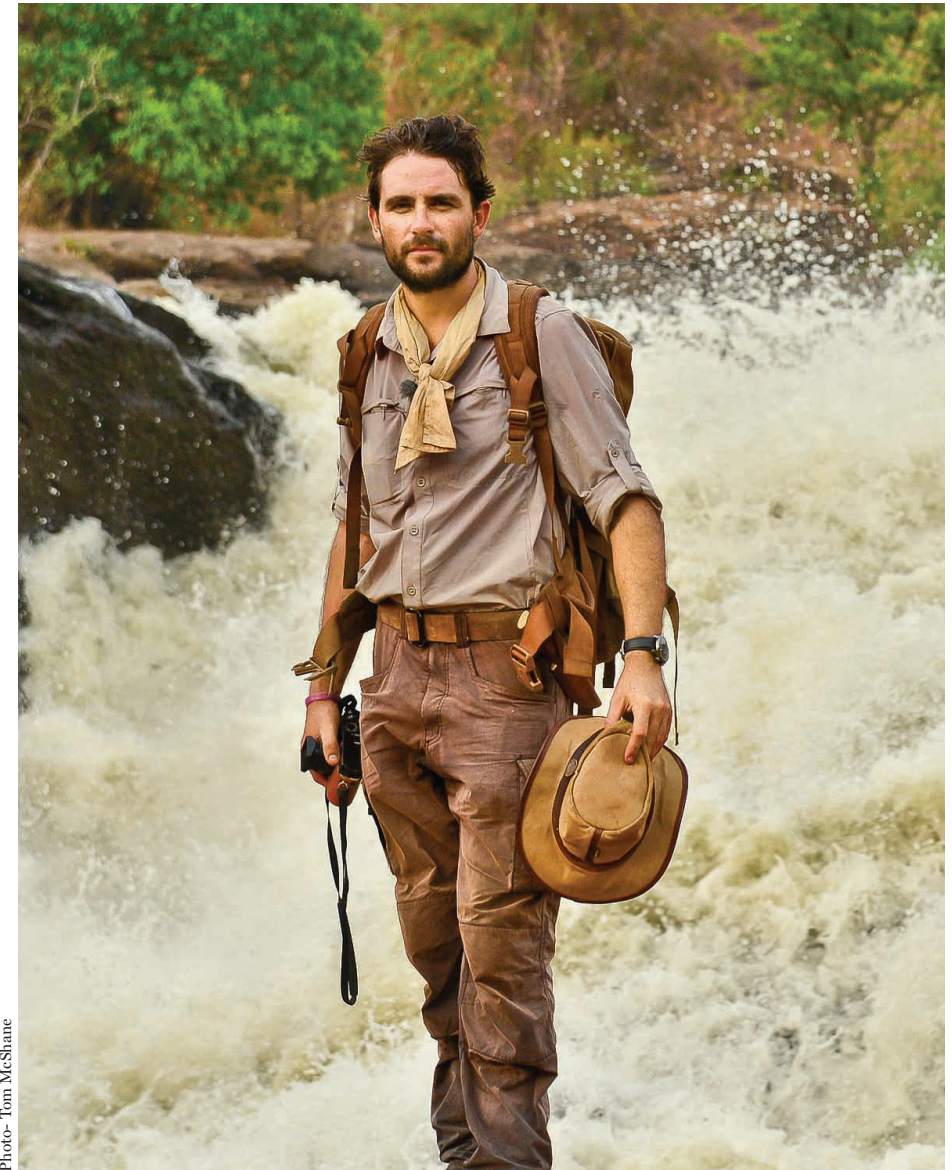


Photo- Tom McShane

When I started out as a young backpacker at the age of 18 I swore by these words. They inspired me to travel and take calculated risks and push myself to my mental and physical limits and in the intervening years I’ve done just that, following my boyhood dream to travel and see the world on my own terms. In doing so, I’ve enjoyed more than my fair share of adventures along the way.

LEVISON WOOD



## 23

CONTRIBUTOR:  
MATT WHITFIELD

“Ambition leads me not only farther than any other man has been before, but as far as I think it possible for man to go”

CAPTAIN JAMES COOK



—

## 24

CONTRIBUTOR:  
ROSS MCDONAGH

“Onward”

LT COL HENRY WORSLEY



## 25

CONTRIBUTOR:  
MALCOLM MCGREGOR

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

MAYA ANGELOU



—

## 26

CONTRIBUTOR:  
SCOTT SEARS

“Excellence is perseverance in disguise.”

NIGEL SEARS





**27**

CONTRIBUTOR:  
**NEIL KEWN**

Do not go gentle into that goodnight,  
Old age should burn and rave at close of day;  
Rage, rage against the dying of the light.  
Though wise men at their end know dark is right,  
Because their words had forked no lightning they  
Do not go gentle into that goodnight.

—  
DYLAN THOMAS



These words inspire me to keep going through any adversity  
that life throws up, especially as we all grow older.

I work in a harsh environment (commercial diver) and sometimes the  
darkness, the cold, loneliness and the environment itself can be testing.

It's also a reminder that even though I'm getting older,  
it doesn't mean I'm ready to slow down or give up.

NEIL KEWN



**28**

CONTRIBUTOR:  
ROBBIE HUDSON

“In the midst of winter, I found there was,  
within me, an invincible summer.”

ALBERT CAMUS



—

**29**

CONTRIBUTOR:  
THOMAS HOLLINSHEAD

“Don’t look back in anger.”

OASIS

The words in this song say to me always  
move forward and never look back in life.

THOMAS HOLLINSHEAD



**30**

CONTRIBUTOR:  
SCOTT GREGSON FRGS

“Sorry, but I have a long-haired  
friend to play with now.”

TOM CREEAN



—

**31**

CONTRIBUTOR:  
JOE N F HARRISON

“While there is life, there is hope, and  
where there is a will, there is a way.”

CAPTAIN JOHN CLAUS VOSS

I believe this quote is not only adequate for mariners  
in peril but for anyone facing difficulties.

JOE N F HARRISON



## 32

CONTRIBUTOR:  
NEIL BURNSIDE

“If you’re going to be  
a bear, be a Grizzly!”

WO2 CLEGG,  
PARACHUTE REGIMENT



This was a favourite saying of our CSM, WO Clegg, when I was serving with the Parachute Regiment. Every time he thought you needed that little bit of extra motivation his dulcet tones, sounding something similar to a Grizzly suffering from piles, would be sure to have you digging that little bit deeper and pushing on that little bit further. In hindsight I’m not sure if it was motivation or fear, but either way it worked!

NEIL BURNSIDE



## 33

CONTRIBUTOR:  
TIM LAWLER

“We see things not as  
they are, but as we are.”

IMMANUEL KANT  
(AND THE TALMUD, VIA ANAIS NIN)



My own deeds have included building a London fringe theatre from scratch and writing the plays to fill it, both epic undertakings, but there’s a more obvious example from a century ago. It’s theoretically impossible to sail to South Georgia in that boat, in those seas, then cross its mountain range with no equipment – if you see ‘it’ as it objectively ‘is’. But nothing objectively ‘is’. It’s all about how you approach it.

So if ‘we see things as we are’, and things aren’t going well, first change the ‘we.’

TIM LAWLER



## 34

CONTRIBUTOR:  
CAPT L RUDD, MBE

“We are the pilgrims,  
master, and we shall go  
always a little further.”

JAMES ELROY FLECKER,  
THE GOLDEN JOURNEY TO SAMARKAND



To be able to push that little bit more at the end of a hard day has become my mantra over the years. However, there have been occasions where I failed to fully honour this edict fully and came to regret it.

It's 2011 and I'm on an 800-mile unsupported journey to the South Pole with Lt Col Henry Worsley, MBE, Polar Medal. It is the centenary of the original journeys of Roald Amundsen and Capt Scott, and Henry and I are following the Norwegian's route.

We'd just finished a long hard day skiing and had arrived at the base of the Axel Heiberg. Amundsen's diary mentioned a nearby cairn he'd made as a marker for a larger depot of provisions and dog food further down. He'd used the main depot on the return journey, but there was no reference to them returning to the cairn.

We didn't have the exact co-ordinates but, exhausted as we were, Henry decided he wanted to go look for it. I urged him not to go alone as I'd promised his wife Joanna I wouldn't let him go off and do anything foolish! However, he was like an excited puppy and I could see I wasn't going to talk him out of it. So, we came up with a plan whereby he'd ski out with a warm jacket and some basic safety stores and I'd stay with the tent. If he hadn't returned within four hours I would load up a pulk with rescue kit and follow his tracks. After five hours I headed out with a sense of dread. I'd only gone about 50m when out of the swirling mist emerged Henry, arms waving frantically shouting 'I f\*cking found it!'

My angry rebuke of 'you're late' fell on deaf ears as he excitedly recounted his story and showed me the incredible pictures of the moment he discovered the cairn, removed a rock from the side and found the rusted tin of fuel and matches that had been sat there undisturbed for 100 years: the only known artefacts left behind from Roald Amundsen's original journey. For Henry, this was the crowning achievement of the expedition. For me, it was a moment to regret not going 'Always A Little Further'.

CAPT L RUDD, MBE



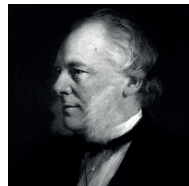


## 35

CONTRIBUTOR:  
JO CANTELLO

“Nothing creditable can be accomplished without application and diligence. We must not be daunted by difficulties, but conquer them with patience and perseverance.”

SAMUEL SMILES



This motto has had pride of place on my noticeboard and become pockmarked with drawing pin holes since the very early days of setting up Wolfson. There's nothing quite like being your own boss and I count myself very lucky to work in such an inspiring field with a wonderful team of explorers and adventurers. Like the people we represent, Smiles' wise words keep me motivated whenever I'm faced with major challenges or obstacles.

JO CANTELLO



## 36

CONTRIBUTOR:  
RYAN HARVEY

“Life is a storm, my young friend. You will bask in the sunlight one moment, be shattered on the rocks the next. What makes you a man is what you do when that storm comes.”

ALEXANDRE DUMAS



I may not have achieved any specific grand deeds attributable to that particular quote. But rather, it's words of motivation for everyday difficulties, as well as grander ones.

And as we well know, difficulties are just things to overcome.

RYAN HARVEY

**37**CONTRIBUTOR:  
**ASH BHARDWAJ**

“It’s a dangerous business, Frodo,  
going out your door. You step  
onto the road, and if you don’t  
keep your feet, there’s no knowing  
where you might be swept off to.”

|  
**J.R.R. TOLKIEN**

It was Tolkien’s work that set the fire of adventure in my belly. The magical worlds that he crafted, which we discover in ever-growing wonder and awe alongside the protagonist, Frodo are so detailed and believable. In Frodo, he created a hero that we can identify with: someone who prefers his creature comforts and being at home, but through his trials and tribulations is forced to grow, develop and achieve more than he ever thought possible. All whilst making new friends and seeing the world. As soon as I read it, I wanted to see the world that Tolkien wrote about, to walk across mountains and through forests, to kayak along rivers and visit distant nations. After a few years of travel I found myself in New Zealand, where Peter Jackson filmed his epic films. And it was there that I began learning the skills of outdoorsmanship and the joy of long-distance walking journeys.

**ASH BHARDWAJ**

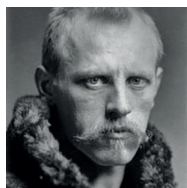


**38**

CONTRIBUTOR:  
**ALEX COLE**

“Never stop because you are afraid - you are never so likely to be wrong. The difficult is what takes a little time; the impossible is what takes a little longer.”

FRIDTJOF NANSEN



—

**39**

CONTRIBUTOR:  
**MARGARET POWELL**

“The most effective way to do it, is to do it.”

AMELIA EARHART

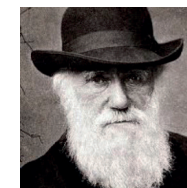


**40**

CONTRIBUTOR:  
**SIDNEY ROBERT**

“It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change”

CHARLES DARWIN



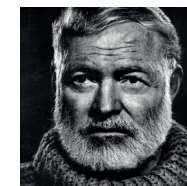
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**41**

CONTRIBUTOR:  
**JACK HUDSON**

“But man is not made for defeat. A man can be destroyed but not defeated.”

ERNEST HEMINGWAY





## 42

CONTRIBUTOR:  
MARCUS CARNEY

“Begin each day by telling yourself: Today I shall be meeting with interference, ingratitude, insolence, disloyalty, ill-will, and selfishness – all of them due to the offenders’ ignorance of what is good or evil. But for my part I have long perceived the nature of good and its nobility, the nature of evil and its meanness, and also the nature of the culprit himself, who is my brother; therefore none of those things can injure me, for nobody can implicate me in what is degrading. Neither can I be angry with my brother or fall foul of him; for he and I were born to work together, like a man’s two hands, feet or eyelids, or the upper and lower rows of his teeth. To obstruct each other is against Nature’s law – and what is irritation or aversion but a form of obstruction.”

MARCUS AURELIUS



I first read this during a 15-month military deployment to Iraq in 2007.

MARCUS CARNEY



## 43

CONTRIBUTOR:  
PHOEBE FRANCES

“Knowing what must be done does away with fear.”

ROSA PARKS



—

## 44

CONTRIBUTOR:  
FRED RAISHBROOK

“Adventure isn’t all about climbing mountains or rowing oceans; adventure in its purest form is simply a way of thinking.”

SEAN CONWAY



## 45

CONTRIBUTOR:  
SARAH ROBERTS

“The way I see it, if you want the rainbow you gotta put up with some rain”

DOLLY PARTON



—

## 46

CONTRIBUTOR:  
HANNAH APPLETON

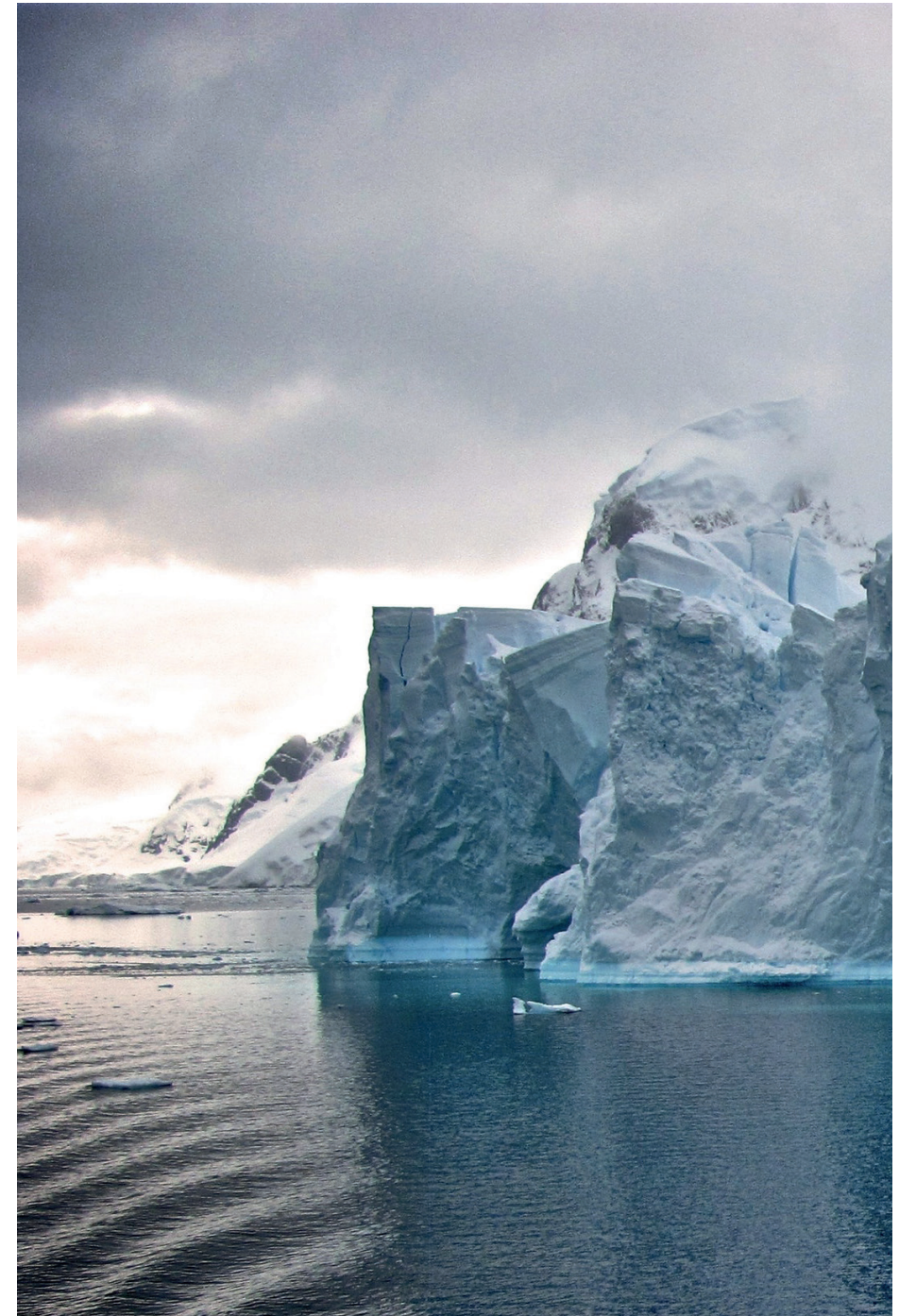
“Without stories, we wouldn’t be human beings at all.”

PHILIP PULLMAN

**47**CONTRIBUTOR:  
**BAZ GRAY**

“For each and every person, young or old, boy or girl, Adventure has a different meaning. It can be Inspirational or to Inspire, exciting, remote, dangerous, hazardous, a perilous voyage, a personal quest or a simple goal. It can be fun and easy or tough and hard. You can do it in a day or journey for a year.

Whatever your adventure be sure of this, you all have one in you. Seek it out, search for it and grab it with both hands. Don't look back, only move forward. Achieve your dream, Have your adventure!”

|  
**BAZ GRAY**



**48**

CONTRIBUTOR:  
**ROBIN JONES**

“If I had not some strength of will I  
would make a first class drunkard”

**ERNEST SHACKLETON**

—

**49**

CONTRIBUTOR:  
**OLIE HUNTER SMART**

“A man should live thinking he  
might die tomorrow but learn  
as if he would live forever.”

**MAHATMA GANDHI**

—

**50**

CONTRIBUTOR:  
**BRYAN STONE**

‘With Vigilance and Courage’

**COWBRIDGE GRAMMAR SCHOOL**



**51**

CONTRIBUTOR:  
**MARTIN HARTLEY**

“I hold that a man should strive to  
the uttermost for his life’s set prize.”

**ROBERT BROWNING**

—

**52**

CONTRIBUTOR:  
**HANNAH APPLETON**

“Differences of habit and language  
are nothing at all if our aims are  
identical and our hearts are open.”

**J K ROWLING**

—

**53**

CONTRIBUTOR:  
**GRAHAM GILBERT**

“Ignorance is the parent of fear”

**HERMAN MELVILLE**



**54**

CONTRIBUTOR:  
**JERRY PURVIS**

“The world is big and I  
want to have a look at it  
before it gets dark”

—  
**JOHN MUIR**



Everest base camp (2004)

Summited Kilimanjaro (2009)

Then in 2011 on my 50th Birthday I compiled a '50 List' of 50 things I wanted to do. Not so much a bucket list, more a 'get out there and do it' list. Since when:

'Completed' the Munros (2011); went to Scott and Shackleton huts on Ross Island, Antarctica (2012); walked along the Skeleton Coast, Namibia; flew a plane across the Namib Desert (2013); Climbed on Antarctic Peninsular, visited Elephant Island, attempted Shackleton's crossing of South Georgia (weathered off with 60 knot winds), skinny-dipped in Crean Lake, paid homage at The Boss' grave at Grytviken, fulfilled a childhood ambition of visiting Easter Island (2016); visited St. Kilda (2017)

**JERRY PURVIS**



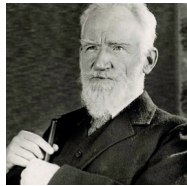


## 55

CONTRIBUTOR:  
ALEX BESCOBY

“This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being thoroughly worn out before you are thrown on the scrap heap; the being a force of Nature instead of a feverish selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.”

GEORGE BERNARD SHAW



I had it pinned up on my desk for years while I struggled to make my documentary *We Were Kings* against all the odds, and still think about it when planning all of my adventures.

ALEX BESCOBY

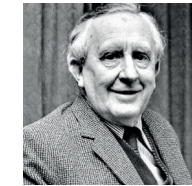


## 56

CONTRIBUTOR:  
TIMOTHY SCHULZ

“It is not our part to master all the tides of the world, but to do what is in us for the succour of those years wherein we are set, uprooting the evil in the fields that we know, so that those who live after may have clean earth to till. What weather they shall have is not ours to rule.”

J. R. R. TOLKIEN



The stirring deeds this inspires me to do are simply to use my honourable virtues in the time I have to leave the world a better place for my family, the love of my life, and my community. Always meeting the day with my level best and never shrinking from adversity so that others around me may live in peace.

TIMOTHY SCHULZ



NOTES:

Lined area for notes



**SIR ERNEST HENRY SHACKLETON**

CVO OBE FRGS

15 February 1874 - 5 January 1922

'It is in our nature to explore, to  
reach out into the unknown'

**E.H.S**



**SHACKLETON**