15,000 soldiers from 14 nations are coming to Central Norway to further improve their ability to deal with challenging winter conditions. This guide gives you the necessary information about the exercise.
Welcome to the seventh Cold Response. Since the first exercise in 2006, the number of participating soldiers and countries has grown. This year, around 15,000 soldiers from fourteen countries will take part.

Together with our partners, we have managed to create an exercise that gives the participants useful and realistic training. Cold Response also strengthens military cooperation, cohesion and interoperability between the participating countries.

As host nation, we are proud to welcome so many capable and skilled people to Norway. Together we can improve and enhance each other’s capabilities, and prepare ourselves in the best possible way – if the situation should require it.

The Norwegian winter can be extreme, and the cold and changing conditions might be unfamiliar and surprising to many of you. In this brochure, we have gathered some useful tips and advice to help you get the most out of the exercise.

And for those of you who have never experienced fierce winter conditions before: Respect the weather and climate. Look after each other, and keep an eye on how your fellow soldiers are doing.

Exercises like Cold Response give us the opportunity to test and confirm our plans, procedures, systems and tactics. They also strengthen cooperation between military and civilian organisations, and military cooperation between the participating countries.

Welcome, and enjoy Central Norway’s beautiful winter landscape!

Rune Jakobsen
Commander of the Norwegian Joint Headquarters

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A WARM WELCOME TO YOU ALL

Welcome to the seventh Cold Response. Since the first exercise in 2006, the number of participating soldiers and countries has grown. This year, around 15,000 soldiers from fourteen countries will take part.

Wind Chill Temperatures (*C)

<table>
<thead>
<tr>
<th>Wind speed</th>
<th>m/s</th>
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<tr>
<td>Gentle breeze</td>
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<tr>
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<td>-8°</td>
<td>-15°</td>
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<td>-29°</td>
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<tr>
<td>16.5</td>
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<td>Strong gale</td>
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The main purpose of Cold Response is to train personnel in how to conduct combat operations under cold weather conditions. Norway is ideally suited for winter activities, and it gives you unique challenges you might not get to experience at home.

Norway’s varied and rugged landscape and harsh winter conditions are great for winter training and exercises. Our vast sea and air territories are also perfect for complex military operations. Because of this, Norway plays host to several multinational exercises. In 2018, NATO will hold a major military exercise (Trident Juncture) in Norway with an expected 25,000 participating soldiers.
A coastal ranger during exercise Cold Response 2014.

Photo: Morten Opedal, Norwegian Navy
IN CASE OF FROSTBITE

Local frostbite can occur even if the temperature is above zero. The symptoms are moderate pain and a tingling sensation in the skin. The skin turns white and hard.

First aid: Frostbite to the hands and feet can be treated on the spot. Place the affected hands or feet in an armpit to warm them up. If the frostbite has gone deeper into the subcutaneous fat and muscles, the body part becomes white, hard and numb. It is also difficult to move the skin over the joints. This kind of injury cannot be treated on the spot. Make sure the soldier puts on warm and dry clothes, with wool next to the skin. Provide a hot drink if possible, and make sure the soldier gets to a hospital.

Evacuation: If the affected body part is not warmed up in 10 to 15 minutes, the soldier must be taken to a heated tent or building as quickly as possible. Avoid rubbing or massaging the skin, use the skin-to-skin method instead. Change into warm clothes, and drink something hot.
The low intensity warfare in our international operations, has led us to focus mainly on smaller units rather than on brigade level in our training of soldiers and officers. Due to the changing situation in our region, we must reclaim our brigade capability. We must move from theoretical thoughts to actual capability at all levels. Cold Response 2016 will be an important step towards this.

Sweden’s security is best served in community and cooperation with other countries, and we will not remain passive if an attack should hit a Nordic country or an EU member state. In order to provide as well as receive support, our units must work together with other countries’ armed forces and be interoperable. This is something we can practice during Cold Response in Norway.

Our participation in Cold Response will send a signal to the world that we have an ability and willingness to solidarity. This creates a common threshold effect as well as credibility.

Colonel Lars Karlsson
Commander of the 3rd Brigade
Swedish Armed Forces
Fridtjof Nansen-class frigate,
KNM Helge Ingstad
Photo: Anton Ligaarden
The Norwegian name is Norge or Noreg. Originally, the name was Nordvegr – the northern way. Norway accounts for about 40 per cent of the Scandinavian Peninsula. Norway was unified in the late 9th century, and later entered unions with Denmark and Sweden. Norway got its constitution in 1814, and gained its full independence in 1905.

Norway is located in northwestern Europe.

**LAND BORDERS**
- Russia: 196 km
- Finland: 716 km
- Sweden: 1,619 km

**COASTLINE**
- Total: 28,000 km
- Excl. fjords and inlets: 2,650 km
- Coastline with Russia: 1,752 km

**AREAS**
- Norway: 323,886 km²
- Svalbard: 60,050 km²
- Jan Mayen: 373 km²

**Population**: 5,200,000

**Mountains**: 62.1%

**Cities**: 0.4%

**Agricultural land**: 3.1%

**Productive forest land**: 21.3%
The Norwegian Armed Forces have ten officer ranks.

- General/Air Chief Marshal
- Lieutenant General/Air Marshal
- Major General/Air Vice-Marshal
- Brigadier
- Colonel/Group Captain
- Lieutenant Colonel/Wing Commander
- Major/Squadron Leader
- Captain/Flight Lieutenant
- Lieutenant/Flying Officer
- Second Lieutenant/Pilot Officer

- Admiral
- Vice-Admiral
- Rear Admiral
- Commodore
- Captain (Navy)
- Commander Senior Grade
- Commander
- Lieutenant Commander
- Lieutenant
- Sub Lieutenant
The Norwegian Armed Forces introduced new ranks on 1 January 2016. The new ranks are compatible with the NATO rank system.

### Norwegian Armed Forces Non-Officer Ranks

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<tr>
<th>OR 9</th>
<th>OR 8</th>
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<tr>
<td>Sergeant Major</td>
<td>Master Sergeant</td>
<td>Sergeant 1st Class</td>
<td>Staff Sergeant</td>
<td>Senior Sergeant</td>
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<tbody>
<tr>
<td>Corporal</td>
<td>Corporal</td>
<td>Specialist 1st Class</td>
<td>Specialist</td>
<td>Private 1st Class</td>
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</table>

<table>
<thead>
<tr>
<th>OR 1</th>
<th>OR 1</th>
<th>OR 1</th>
<th>OR 1</th>
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</thead>
<tbody>
<tr>
<td>Senior Specialist</td>
<td>Specialist 1st Class</td>
<td>Specialist</td>
<td>Junior Specialist</td>
<td>Airman</td>
</tr>
</tbody>
</table>

### Army

| MasterChief Petty Officer | Senior Chief Petty Officer | Chief Petty Officer | Senior Petty Officer | Petty Officer 1st Class | Petty Officer |

### Air Force

| Master Seaman | Leading Seaman | Able Seaman | Seaman | Able Rating | Ordinary Rating |

### Navy