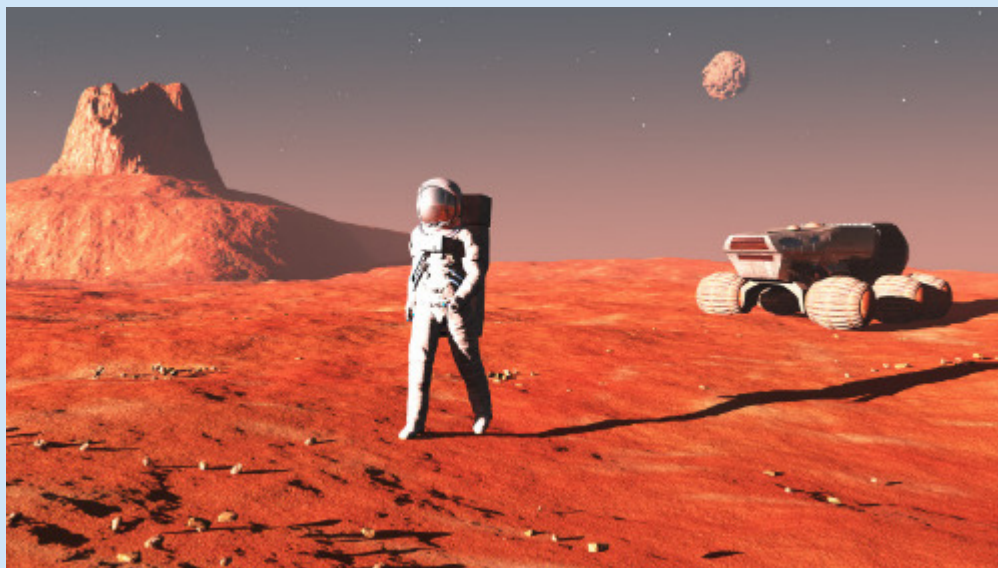


Train for a One-Way Mission to Mars

Edmond Dion

Abstract

This mock protocol is a fun description of the steps one might undertake to train for a one-way mission to the planet Mars. The One-Way mission concept is gaining popularity due to its simpler approach and lower cost. Rather than expend effort to bring back the Marstronauts, the plan calls for leaving them there and ultimately colonizing the red planet.



Citation: Edmond Dion Train for a One-Way Mission to Mars. **protocols.io**

dx.doi.org/10.17504/protocols.io.etqbemw

Published: 04 Apr 2016

Protocol

Step 1.

PICTURE YOURSELF ON MARS!

This is a critical step. If you cannot believe it can happen, you won't be able to make it happen.



Step 2.

APPLY YOURSELF

Apply to as many Mars mission organizations as possible. Don't limit yourself to just NASA, as several private companies have been developing their own Mars missions. NASA retired the space shuttle, and with it, its abilities to send humans into space. This created opportunities for private companies to develop serious alternatives. Among these include the Chinese, Russian, European and Indian space agencies as well as private companies including Mars ONE, SpaceX and Virgin Galactic.

This guy has already applied. Don't wait any longer.



Photo of Patrick Ford, sophomore physics major and astronomy minor at FIU (courtesy of <https://news.fiu.edu/2013/07/sophomore-seeking-one-way-ticket-to-mars/64099>)

Step 3.

ISOLATE YOURSELF

Conduct your own isolation training. A trip to Mars will likely take 9-12 months, and once on Mars, living quarters will be cramped and restrictive. Successful Mars astronauts need to be able to without all the Earthly luxuries you've taken for granted all these years.



Except for Guitter Hero. These guys are participating in a 135 day Mars habitat simulation exercise.

Step 4.

GET OUTSIDE

Practice walking about town in a mock spacesuit, including full helmet and backpack. While people might stare or make fun of you, remind yourself that you are performing serious scientific work. If you make it to Mars, you will be spending the rest of your life indoors, and the only way to venture outside is with a full environmental and life support suit. Make sure it is silvery bright or high fluorescent orange so you are as visible as possible.

Ignore the funny looks or that people cross to the other side of the street when you walk by. Remember you're special purpose.



Step 5.

EAT

Start eating bland, simple foods, such as potatoes and lettuce. Mars has no microbes in the soil, so cultivating plants there will be difficult and take time. Transporting food is costly, so don't count on a lot of variety or palatability. Any food that is not transported will likely be grown in hydroponic farms, and that means simple, carbohydrate rich crops. Nutritional supplements take up far less weight than food, so those will be readily available.

Step 6.

ROUGH YOURSELF UP

Prepare for the rigors of launch. A rocket launch is not a smooth ride. Ignoring all the catastrophes that could happen, you will be subjected to as many as 10G Gs for 3 to 7 minutes as you accelerate off the launch pad during the initial launch. Later, after docking with a supply ship, you will once again be subjected to high G forces as the ship heads on a trajectory that will take you to Mars.

This might be difficult to simulate, as your car or motorcycle will not provide sufficient force to prepare you. Plus, being in jail for reckless driving might make you miss your launch date. But, Officer, I was training for a Mars mission us unlikely to get you out of speeding tickets.

Your best bets are carnival rides. Ride the spinning wheel, roller coasters and other daring rides as much as possible. This will build up a tolerance for -forces and acclimate your sense of balance as well.

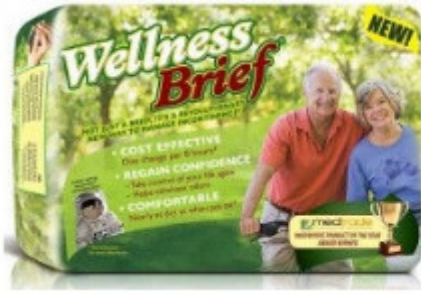


Step 7. RE-ENTRY

Prepare for Re-entry conditions. The launch was a cake-walk compared to reentry. Your spacecraft will approach Mars at several thousands of miles per hour, and the atmosphere of Mars is approximately 1% that of Earth. The NASA engineers might not be able to develop a braking system necessary for a soft landing. So be prepared for a teeth and bone jarring impact and bouncing around.

Step 8. DIAPERS

There. I said it. You will need to wear diapers during launch and re-entry. Might as well start practicing. Tell the clerk at the supermarket that “They’re for your father”. He won’t believe you, but what do you care? You’ll soon be living on Mars and will never have to deal with snide grocery clerks ever again.



Inspired by NASA's multi-layer technology, these plastic-backed tab-style diapers absorb quickly without a lot of bulk and provide all-night protection.

Don't skimp on quality. Only buy diapers with official NASA technology.



See how much fun it is!

Step 9.

LIVING CONDITIONS

During the trip to Mars, as well as once you arrive, you will live in extremely cramped quarters, in close contact with your fellow Marstronauts. Better get used to and start practicing. Buy a run down, beat up trailer with no air conditioning. Some of you may already live in such a trailer. If so, call your father and tell him that you're finally going to do something with your life, and you not just "living in a van down by the river!" You're actually an astronaut in training.

Warnings

This is a mock protocol, intended for fun and informative purposes and is not intended to serve as an actual guide for prospective candidates. Please refer to actual NASA training and application procedures if you are serious about travelling to Mars.