

# Equipment list

## Alpine East



Below is an equipment list with items we highly recommend you bring on the journey. To enjoy the trip to the fullest, comfortable and good equipment is essential. So be a bit picky about what you bring on our trip, make sure it is adequate for arctic conditions.

Gear transport in Greenland happens on boats with limited capacities – both in volume and weight – please limit your personal equipment to 15kg and pack it in a soft duffel bag or comparable.

## Clothing & Footwear

### **Non-cotton, wool long sleeves and tights (base layer)**

Base layers are designed to keep you warm despite they might be wet from sweating, for example - therefore they must not be cotton but instead a lightweight wool or other fast-drying fiber. Base layers will also keep you warm if, for example, your outer layers are not entirely windproof or waterproof. If there is one thing to stress, it is that having several light layers to choose from, or use in combination with each other, is far more valuable for regulating body temperature than having one or two heavy layers that might make you too cold or too hot, but never just right. It is recommended to bring a selection of long-sleeve shirts and pants for lightweight base layers, so you have a few extras.

### **Wool sweater, fleece or PrimaLoft jacket (mid layer)**

A wool layer is always nice to have as additional warmth. It should not be your heaviest winter sweater, but just something you feel could make you warm and cosy if you had a persistent chill. It is recommended to bring a light- to medium-weight wool sweater or a fleece or prima loft jacket.

### **All-purpose or fleece pants (mid layer)**

When you are on land, and if it's dry, the waterproof pants (outer layer) layer won't be necessary, but you'll need more than a base layer. It is recommended to bring a pair of light, loose breathable pants as a sort of all-purpose pants. Fleece pants can be useful if you easily feel cold. Jeans are strongly discouraged.

### **breathable light jacket (outer layer)**

When you're on land, and if it's dry, the waterproof jacket layer won't be necessary, but you'll need more than a base layer. It is recommended to bring a light jacket, or even a vest. Lightweight puffy jackets work well.

### **windproof & waterproof jacket and pants (outer layer)**

Whether it's to protect you from wind and rain on land or from ocean spray while sailing, having good outer layers to protect against the elements will make the difference between a pleasant and unpleasant trip. It is recommended to bring both a windproof/waterproof jacket and a pair of windproof/waterproof rain pants. Gore-Tex is a leading manufacturer of breathable and waterproof layers.

### **puffy jacket (e.g. Prima-Loft or down)**

### **warm hat and light (fleece) gloves**

A bit of wind, a mammoth iceberg nearby, and even fog can have more effect on the air temperature than you might imagine, and it can be magnified when sailing or standing a few hundred meters above sea level. Even though it is summer and there is not a single patch of snow to be found, you still need to be prepared with a few of the more 'wintery' items. It is recommended to bring a warm hat and gloves. As a light version, a buff to wear around the head or neck is also useful.

**hiking boots**

Footwear is of the utmost importance in Greenland. It must be comfortable yet supportive, as it is what protects your feet and will keep you going all day long. So bring your favourite hiking boots, that you will likely use across all sailing and hiking activities, on all days. Good hiking boots have high ankles support, are waterproof or water-resistant and are non-skid / have a sole with good traction (good for both rocky terrain and wet boat decks). It is good if they are worn-in as it is not ideal to break in brand new shoes and have blisters on the first day.

 **wool socks**

we recommend 3 pairs of merino wool hiking socks, e.g. from Smartwool or similar

## Other gear

 **Soft duffle bag (if possible water-proof)**

for the transport of your overnight gear between camps by boat. Please avoid bringing a suitcase!

 **backpack (50L)**

for extra clothes and food during the day that can also be used when you go to the mountain hut. You need to be able to pack your sleeping bag, extra clothes, as well as the food (mostly dry food) that will be divided between you and the other passengers before you hike up to the hut

 **river shoes**

old pair of light sneakers do nicely to ford rivers. Open sandals are not sufficient for the purpose.

 **hiking poles** **3-season sleeping bag** **a towel – a light-weight and packable one** **sun protection including dark sunglasses** **water container, bottle or thermos (0,5 -1 litre)** **headlamp** **Change of clothes to wear in the camp** **personal first aid kit incl. blister care** **personal medication** **toiletries (toothbrush, toothpaste, biodegradable soap)** **ear plugs** **bug repellent, head net & after bite**

The Arctic summer is notorious for small pesky insects like mosquitos and flies. They will not be a problem when sailing, but once we hit land, they'll surely find us soon enough. Only a light breeze will give natural respite from the bugs. It is recommended to bring bug repellent, after bite and a mosquito head net. Not very fashionable, but oh-so-functional. Please note: it should be possible to purchase bug repellent in the local Pisiffik grocery store, pending product availability, however it will be the strong, chemical, non- environment-friendly stuff. If you prefer a natural-based product, you should bring your own.

 **box/container for daily lunches**

## Optional

 **gaiters - calf or knee height and wide enough for your boots** **neoprene socks**

a preferable item on trips where we have to cross many rivers

 **pen knife**

- shorts**
- thermal mat (for lunch breaks)**
- camera/binoculars**

There's going to be no less than 10,000 amazing things to see and remember - icebergs that look different from every angle, diving whale flukes, flocks of birds gathering around a fishing boat for free giveaways, small colourful houses perched at the edge of the hill and the world and fantastic geological rock formations. It is recommended to bring whatever camera or looking device you wish, whether that's a smartphone, snazzy camera, or selfie stick.

- Power bank / solar phone chargers**
- Dry-bags for electronics and extra clothing**
- aperitif or other heart-warming spirits**

## Rentable

- sleeping bag in East Greenland (7000 ISK per rental)**

Please book in advance with us, payment will be on location in Kulusuk.

## What we provide

- tents**
- sleeping mat**
- cutlery**
- plate**
- cup**

In case you have any further questions regarding the equipment to bring to the tour please do not hesitate to [contact us](https://greenlandtours.com/en/contact-us/) (<https://greenlandtours.com/en/contact-us/>).

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