

# Equipment list

## Frozen West



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.

We recommend you take the most important equipment with you as cabin luggage or carry the respective clothes/shoes on your body, notably boots and trousers, fleece shirt, warm and waterproof jacket, functional underwear, glasses, hat, gloves and everything else you consider important. In case of baggage loss you are thus at least able to start the tour.

Remember when dressing up for your dog sledding trip, that you will mostly sit on the sledge enjoying the great arctic winter landscape without moving much. It is therefore of utmost importance that you dress very warm, especially protecting feet, hands and head.

## 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 mid-weight wool or other fast-drying fibre. If there's one thing to stress over and over and over, it is that having several layers to choose from, or use in combination with each other. It is far more valuable for regulating body temperature than having only one or two very heavy layers that might make you too hot and never just right. It is recommended to bring a selection of warm long-sleeves and warm tights as 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. Pick your favourite woollen winter sweater keeping you warm and cosy. If you are not too much into woollen sweaters you can also bring a warm fleece or PrimaLoft jacket instead.

### **insulated or fleece pants (mid layer)**

It is recommended to bring a pair of insulated hiking pants as a sort of all-purpose pants. Fleece pants can be useful, too. Jeans are strongly discouraged. If you do not own insulated hiking pants, wear a thick base layer underneath your standard hiking pants.

### **down jacket (outer layer)**

Well, you are heading to Greenland in winter. So get prepared for cold! We recommend to bring a nice warm down jacket or the warmest winter jacket you find in your wardrobe. You will always need this jacket when you are outside but not moving so much, like on a boat or dog sledding trip, gazing at the Northern Lights or wandering through the settlements.

### **skiing pants (outer layer)**

Stay snug and warm and bring a pair of skiing pants to Greenland. They keep you warm from blowing cold winds so you can fully enjoy the arctic winter landscapes you came to explore.

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

Whether it is to protect you from wind and snow 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 pants. Gore Tex is a leading manufacturer of breathable and waterproof layers. As most wind- and waterproof gear does not keep you very warm, you will need to wear one or two warm mid layers below.

**warm hat, scarf and warm (fleece) gloves**

Now that you are all dressed up don't forget your head and hands. Half of our body heat we lose through our heads. Therefore we recommend to bring two pairs of warm hats and gloves as well as a pair of warm mittens.

**warm and supportive footwear**

Footwear is of the utmost importance in Greenland. It must be comfortable, warm, yet supportive, as it is what protects your feet and will keep you going all day long. It is recommended to bring burly and warm winter boots for this winter trip, plus several pairs of super warm wool socks. The best warm & comfortable footwear is: • insulated and warm • waterproof or water-resistant • offering high ankle support • non-skid / has a sole with good traction. (Good for both icy terrain and slippery boat decks.) • worn-in. (It is not ideal to break in brand new shoes and have blisters on the first day.)

## Other gear

**60-80 litre backpack or duffle bag**

It is recommended to pack your gear in a backpack. Many of the towns have simple dirt- or rocky roads covered in ice and snow in winter which are not exactly ideal for pulling luggage with wheels. If you do not own a backpack, prefer a duffle bag over a hard shell suitcase.

**20-30 liter daypack**

For maximum versatility, it is recommended to also bring a small foldable daypack to hold an extra layer or two and a thermos during short excursions.

**sunscreen, lip balm**

Even though you are visiting Greenland during winter, we advise to bring sun screen and lip balm. If sun shines, the reflection off water, snow and nearby icebergs can cause some fierce sun exposure.

**sunglasses**

As sun stays quite low during winter time, it is good to have a pair of sunglasses along.

**water bottle**

Make sure you stay hydrated. It is recommended to bring your own water bottle or thermos to fill up with the freshest, cleanest, tastiest water you can find.

**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, small colourful houses perched at the edge of the hill and of course those cute sled dogs. It is recommended to bring whatever camera or looking device you wish, whether that's a smartphone, snazzy camera, or selfie stick.

## What we provide

**seal skin dog sled clothing in Ilulissat**

Clothing includes parka, trousers and boots.

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/>).

Source (<https://greenlandtours.com/en/tour/greenland-winter-disko-bay-ice-cap/#equipment/341415bb>).

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