









GREENLAND SKI CROSSING - EQUIPMENT LIST

If you are unsure about anything, check with us before buying.









YOU MUST PROVIDE THE FOLLOWING

ITEM	IMAGE SAMPLES	BRAND EXAMPLES	NOTES	YOU PROVIDE	✓
SKI EQUIPMENT - ski equipment is rentable by item or as a package (approximately €500 for the trip)					
Skis		Åsnes Amundsen Åsnes Borge Ousland	Mountain skis with steel edges	1 pair rentable	
Skins			1 set of short skins (that fit your ski) OR 1 set of narrow full length skins (30-35mm wide)	2 sets: 1 short 1 long rentable	
Bindings		Rottefella NNN BC Margum BC	Your boots must match your bindings	1 rentable	
Ski poles		Leki touring poles Swix 'Nordic-Performance' line (Mountain poles)	Adjustable ski poles are best, as they will allow for finding the perfect comfortable length. Try to find poles with a long cork or foam handle that extends down the pole (or create your own insulated section using closed cell foam and duct tape).	1 pair rentable	
Ski boots		Alfa Polar APS	Flexible sole, removable inner. Do not use mountaineering, alpine touring or plastic boots. Be sure to size your boots to fit orthotics if you use them. Order two sizes above usual size. Additional synthetic inner liners (Intuition liners) are an optional extra. Your boots must match your bindings	1 pair rentable	
Sled harness		Icetek Omni sled harness	We can provide a sled harness but you need to let us know	1	
GLACIER EQUIPMENT					
Crampons		Grivel G10 New Classic Wide Evo	Select the wide model to fit your ski boots. Make all adjustments before leaving home	1 pair	
Climbing harness		Petzl Altitude Black Diamond	With clip-in and adjustable leg loops so you can put it on with our taking skis off	1	

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OTHER FOOTWEAR					
Hiking boots or sneakers			Light weight hiking boots (these may be used for hiking in the lower ice fall or from Point 660)	1 pair	
SLEEPING EQUIPMENT					
Sleeping mat			One thick or two regular sleeping mattresses, must total minimum R-Value 6. The Thermarest <i>Ridgerest</i> or <i>z-lite</i> make for good undermats. We recommend you bring a Thermarest chair compatible with your mat/s so that you can recline whilst in the tent.	1 or 2	
Sleeping bag			Down or down/synthetic combination. 750+ loft, temperature comfort rating of 25 to -30° C.	1	
Sleeping bag liner		Sea to Summit or lightweight sleeping bag	Silk, fleece or down, depending on how coldly you sleep. Also for hygiene	1	
CLOTHING					
Underwear		Icebreaker	Polypropylene or merino No cotton	3	
Thermal top and pants (base layer)			Worn next to the skin, polypropylene or merino, two different weights for different temperatures but both can be layered if very cold. Avoid merino leggings as it can contribute to a condition called <i>Polar Thigh</i> . One top should have a high neck (either zip up or turtleneck style). Thumb loops on sleeves help to keep hands warmer. No cotton	2 of each	
Fleece jacket or pullover			Worn over thermal top, full zip (gives better ventilating options), Polartec 200 (or 300 if you feel the cold), add extensions to all zippers so you can operate zips with mittens on. Add long extensions to all zipper sliders. No cotton	2	
Fleece pants			Thin (Polartec 100) Worn over thermal base layer. Bring them if you get cold legs	1 optional	

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Shell jacket		Mountain Equipment <i>Polar Expedition</i>	Worn over thermals and fleece, large hood with reinforced rim, large pit zips for ventilation, add long extensions to all zipper sliders. Greenland can be wet so make sure fabric and taped seams are in excellent condition. Gore-Tex is preferable. Do not use a mesh- or fleece-lined jacket, it must be a shell only.	1	
Shell pants		Mountain Equipment <i>Polar Expedition</i>	With full-length side zips and braces, large-tooth zips (no waterproof zips). Add long extensions to all zipper sliders. Foam knee patches sewn into your shell pants (or into your longjohns) are excellent protection against kneeling in the snow, common when preparing the camp	1	
Down puffer jacket			Light and not too thick. Down, windproof, oversized to wear easily over shell jacket when it gets windy/cold. Add long extensions to all zipper sliders.	1	
Vest			Alternative to puffer jacket if you don't get cold too easily.	1 optional	
Polar hat		Ice trek	Windproof, fleece lined, must have full ear coverage	1	
Fleece or wool hat		Ice trek	For warmer conditions, sleeping, in tent, spare	1	
Balaclava		Outdoor Research	Thin, multiple uses	1 optional	
Face mask		Ice trek	Neoprene, protects face in extreme cold	1	
Neck gaiter or 'Buff'		Buff <i>Original</i>	Protects neck and face, can be worn multiple ways. Silk, fleece or capilene. Bring if not using a balaclava. No cotton	2	



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ITEM	IMAGE SAMPLES	BRAND EXAMPLES	NOTES	YOU PROVIDE	✓
Polar mittens		Ice trek	Modular = 1 x windproof outer mitten 1 x removable thick wool or thick fleece inner Rated for polar or high altitude mountaineering use. Oversized to accommodate liner mitts. No down-filled inners. Must be modular (able to separate shell and inner)	1 pair	
Liner mittens		Hestra Outdoor Research	Wool or fleece, to fit under polar mittens.	1 pair	
Liner gloves		North Face Outdoor Research	Polypropylene, capilene or merino. For inside the tent. Not to be used as mitten liner as this makes the hands cold by preventing skin to skin contact of fingers. No cotton	1 pair	
Thick socks		Bridgedale Wigwam Smartwool	Warm thick outdoor socks. No cotton	2 pair	
Mid-weight socks		Bridgedale Wigwam Smartwool	For in the tent/sleeping bag, wool or synthetic. Can be used as a trekking sock with liner. No cotton	1 pair	
Nylon liner socks		Bridgedale Wilderness Wear Wigwam Ininji	Fine knit, worn next to the skin, helps prevent blisters. No cotton	2 pair	
Tent boots		Exped Helsport Baffin	For inside the tent and quick trips outside. Preferably synthetic fill. Can add woollen innersoles to increase insulation.	1 pair	


EYEWEAR

Sunglasses/ hard case		Julbo Smith Optics Oakley	Must have dark lenses, attach a nose piece for wind and sun protection. Carry in hard case. Avoid metal frames	1	
Goggles		Julbo Smith Optics	Goggles fogging and icing can be a frustrating problem for polar travellers. These models work well at extracting moisture within the goggles and preventing icing up on the inside of the lens. Good to have both a dark lens and a yellow 'contrast' lens.	1	






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ITEM	IMAGE SAMPLES	BRAND EXAMPLES	NOTES	YOU PROVIDE	✓
Nose protection		NozKon	One for glasses and one for goggles	optional	
Spare contact lenses or prescription glasses if required				As required	

COOKING/EATING

Bowl		GSI Ultralight Nesting Bowl	Eating bowl. Roomy. Buy an insulated one, or add bubble wrap or closed-cell foam to a plastic freezer-safe bowl (allows you to prepare your dinner meal in a bowl instead of the pouch)	1	
Cup		GSI Infinity mug	Insulated cup, preferably with a lid.	1	
Spoon			Ensure it is strong, a long handle can also be useful.	1	
Thermos		Thermos Ultimate Mountain	900-1000ml, ensure it is strong and leak-proof	1	
Drink bottles		Nalgene Nalgene or Outdoor Research parka coves	Nalgene bottles are ideal. If using plastic bottles it is best to have insulated covers for them	2	

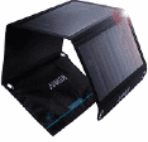
POWER / CHARGING

Power bank			For charging devices. Top it up from a solar panel	1	
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ITEM	IMAGE SAMPLES	BRAND EXAMPLES	NOTES	YOU PROVIDE	✓
Solar panel			Lightweight 21W solar panel (you can share one with your tent mates)	1	
Chargers and power			Ideally everything should charge via USB (5v). Braided cables are a must.	✓	

ORGANISATION

Backpack			Day pack, good hip belt and straps/pockets to carry skis and equipment - 35L, lightweight	1 Optional	
Straps			Tie down straps with hooks (octopus strap)	4-5	
Food bags		Ortlieb	Sturdy waterproof bags. For storing the food we provide you. Minimum 35 litre bags.	3	
Equipment bags		Ortlieb	Sturdy waterproof bags. One for the sleeping bag and one for spare clothing.	2	
Stuff sacks		Sea To Summit	Small. For packing/organising other things.	optional	


OTHER EQUIPMENT

Tent brush			To brush off snow and frost in the tent and from shoes/clothing. A long handled shoe brush works well.	1	
Pee bottle/ FUD (Female Urination Device)		1 litre Nalgene Wide-Mouth (different colour to drink bottle!) Freshette/GoGirl	Useful in the tent. Women can use together with a She-Wee	1	

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ITEM	IMAGE SAMPLES	BRAND EXAMPLES	NOTES	YOU PROVIDE	✓
Head lamp			Bring spare LITHIUM batteries. Used in Dye II	1	
Pocket knife / multi-tool		Leatherman, Swiss Army Knife		1	
Matches		Stored in a zip lock bag or crush-proof plastic box		2 boxes	
Repair kit		A small, light bag with: sewing needles and thread, bandage, tape, zip ties, string, safety pins, etc.		1	
Personal toiletries & medications with pack towel, Wet Wipes, toothbrush, toothpaste, anti-bacterial gel, Band-Aids, blister kit, foot powder etc.				✓	
Toilet paper and hand sanitiser		Two rolls, store in a zip lock bag (don't buy the softest variety)		2	
Sun screen and lip protection (SPF50+)				1	
Spare batteries for devices		MUST BE LITHIUM. Rechargeable, alkaline or NiCad will not work in the cold		✓	
Chemical hand warmers				10	
Compass mount		for reading your compass hands-free (Icetrek <i>Navimount</i>)		✓ Optional	
Camera		With lithium-ion batteries		✓ Optional	
Watch with new battery and long strap for wearing over sleeve				1 Optional	
Accessory cord		3m, 3mm, for adding extensions to your zippers if you have not done so already		✓ Optional	
Book/Kindle				✓ Optional	
Diary/journal and pencil				✓ Optional	
Music device, headphones				✓ Optional	
Ear plugs and eye shades				✓ Optional	
Medical evacuation, travel and cancellation insurance policy		make sure that Greenland is covered and always choose hazardous sport add-on		must have	
Food surprise		See food section		1	

Sled weights

Do not add anything to the list above without consulting us. Every extra item is additional weight and may affect the progress of the team.

Your fully loaded sled will weigh around 55kg.

Take advantage of our 20% discount on selected [Icetrek Equipment](#) but order in time for delivery from Australia.

WE WILL PROVIDE THE FOLLOWING, most of which you return to us after the trip

ITEM	QUANTITY	PURPOSE	✓
Ski gear (rentable)	1	please let us know if you want to rent skis (with bindings and skins), poles and boots.	
Sled with hauling lines	1	Paris Expedition or Beluga sled	
Sled bag	1	A big bag that stays on the sled and everything is packed inside	
Tent	1	Tent with snow mat	
Tent anchors	12 per tent		
Shovel	1 per tent		
Expedition food		See food section below	

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Cooking equipment	1 set per tent	Stove, bases, pot, fuel bottles, etc	
Stove fuel		White gas	
Funnel			
Snow bag	1 per tent	For collecting snow for melting on the stove	
Spare equipment	Various	Ski, binding, stove pump, mittens, sunglasses	
Glacier travel equipment	Guide	rope, carabiners, ascenders etc	
Navigation Equipment	Guide	Compass, maps, GPS	
Communications	Guide	Sat phone, PLB's, VHF radio	
Medical kit	Guide	You should bring some common things like pain killers, blister treatment etc	
Repair kit	Guide		

FOOD, provided by us

We will bring food for about 27 days. We provide very nutritious (and very tasty) expedition food. If you feel like having extra, personalised snacks / favourites, bring them if you wish. HOWEVER, our weight allocation is tight and extra allowance is exceedingly expensive, so if you bring own food (more than a snack) we need to be informed. If you have allergies or special needs, please inform us in writing. Depending of what it is you may be asked to help bring your own choice of food. Food provided = approx. 1000g per day.

Breakfast	Porridge, made from a secret recipe. Breakfast is a very important meal that cannot be neglected in a polar environment!
Lunch	This is the biggest food allocation during the day. We nibble away at it during every break to constantly replace used energy.
Dinner	Freeze dried dinner, predominantly stew varieties. Chips and instant soup.
Surprise	Everyone should bring a small, surprising? funny? tasty? puzzling? liquid? shocking? thing to cheer, celebrate or delight the others. Put it in a plastic box, tape it up and start looking forward to it. Not too heavy!

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USEFUL INFORMATION	
hotels	Old Camp lodge in Kangerlussuaq, where we will meet. Hotel Angmagssalik once across the ice in Tasiilaq
airline tickets	Ticket routing depends on where you live but normally the best route is fly with Air Greenland from Copenhagen (CPH) to Kangerlussuaq (SFJ) which will be our meeting and start point. Once across the ice we will fly by helicopter from Isortoq to Tasiilaq, and onward to Kulusuk (KUS), both short heli flights with Air Greenland. From there to Reykjavik domestic airport (RKV) with Air Iceland. Once in Reykjavik you can stay for the night or depending on your flight still have time to transfer by bus to the international airport in Keflavik (KEF), some 50 Km outside of the capital and then home.
cameras	Small digital still cameras can be kept warm in a pocket but keep it in a sealed bag or case. This prevents perspiration ice forming on it when it's in your pocket. A camera brought from the cold into a warmer tent will fog up instantly. Always keep it covered until it reaches the ambient temperature before using it. Remember, the smaller the buttons, the more difficult to operate. Best performing compact camera in extreme cold is the Panasonic Lumix DMC-FT6.
cold	On the Greenland icecap we may experience temperatures down to ??? . This is manageable (and exciting!) with the right clothing and equipment, but don't underestimate it, even if you are reasonably cold-tolerant. Be sure that all of your gear - clothing and equipment - is in full working condition. Any liquids - water, gels etc - will freeze unless insulated.
dexterity	You will be wearing mittens while outside. Your dexterity will be drastically reduced however you still need to be functional - adjusting zippers, operating buckles and toggles, pulling straps, eating etc. While at home, practice using your mittens while adjusting your shell clothing. If you can't make adjustments with your mittens on at home, you will not be able to make them on the ice, so make changes where possible. Add extensions to all of your zippers (see below) .
dressings	Because you'll be active during the day, it will be unlikely that you will wear anything more than a fleece jacket and a thermal top under a windproof shell while skiing. If you get cool while skiing your light puffy jacket will go over everything, including your windproof, so make sure it is roomy enough. Your big down jacket will only be used during breaks and camp setup/decamping. Avoid tight fitting clothing. Even your base layer should be quite loose. Thumbloops on sleeves add warmth to hands. Inside the tent you will be warm enough to get by without gloves and your warm jacket. The tent is warm and comfortable with the stove running.
eating	The food we provide is high in energy, easy to prepare and relatively low in weight and bulk. If you do not eat or drink adequately you will feel the cold much more, hunger and dehydration are two of the main contributors to hypothermia.
electronics/batteries	Extreme cold will have a negative effect on electronics and batteries. Lithium batteries work best. Alkaline, NiCad and rechargeable do not hold their charge in extreme cold.
fabrics	Cotton. Avoid cotton garments as they do not retain heat when wet Polar fleece. Excellent under all conditions Gore-Tex. Good choice for Greenland Merino wool. Excellent for base layers Synthetics. Excellent strength and tear resistance, not as warm as wool Windstopper/Windbloc. Excellent in hats but not useful under shell clothing Wool. Wool is an excellent insulator. Thick wool items are slower to dry
hygiene	Consider bringing some personal hygiene items. There won't be any running water and warm water is at a premium. A quick-dry wash cloth can be used for washing yourself but bear in mind that if not dried adequately it will freeze. An alternative is using wet wipes kept in a container next to your body. Talc powder can help too. Disinfectant hand-wash is available for each tent. Use it after toileting and before cooking/eating. For toileting, if it's yellow, we're pretty mellow; if it's brown, bury it down (and away from the tent). We will allocate areas for toileting. Use a pee bottle inside your sleeping bag, ladies can use a FUD with a bottle.
insurance	We provide SAR insurance for the trip. This will take us from the ice to the nearest settlement in case of need, but from there on your travel insurance must take over. Be sure that you are covered for Greenland and always select a 'hazardous sport' add-on where possible.

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metal	Steel items must be insulated where possible. Even with gloves and mittens on, fingers can become frost damaged when handling cold-soaked steel. Wrap tape around your thermos flask and any other steel items you may have.
nutrition	As we go through everything from high summer to freezing cold, from ascending to walking to skiing, from pulling to carrying, it is important to think about nutrition. You must be prepared to eat breakfast (porridge), you must be good at nibbling and filling up with food. We prefer that there is never more than 50 minutes between short breaks so that the energy and mental levels don't dip. You must also drink well. You must be mindful of all of these before leaving, during training and on the trip.
orthotics	Be sure to purchase boots big enough to include orthotics if you use them. We recommend you use your orthotics with winter footwear.
power	Only batteries with lithium work well in the cold, do not bring alkaline, nicad or rechargeable batteries . If you need a lot of power bring a 21w solar panel, and a 20,000 mAh power bank. Your cables should have a braided sheath otherwise they will get stiff in the cold and could break.
skiing and resting	We usually travel 50 minute sessions before having a break, allowing us to eat and hydrate often. Breaks are usually between 5 and 10 minutes, longer for lunch. Shorter breaks don't need rigging up, but during lunch your insulated jacket can go over everything, including your harness/belt/backpack. Keep your skis on during shorter breaks, take them off for lunch. We may travel between 7 and 9 hours every day not including rests.
sleeping	Your sleeping bag will keep you warm in the coldest temperatures, so long as you use it properly. Slide into the bag liner, close the zipper, adjust the neck baffle so that it sits above your shoulders, place your head in the hood and tighten the drawcord. This will prevent cold seeping into your bag and warmth from escaping. You need mattresses with a combined R-Value rating of 6 or more under your sleeping bag.
teamwork	Look out for your team mates. Check their faces for frost exposure or injury every time you talk to them. There are lots of little jobs to do - camp setup, filling cooking-snow bags, cooking, cleaning - so pitch in.
technique	You need to be acquainted with ropes, knots, roping up and safety procedures when travelling in crevassed terrain. We will help you get an understanding and will guide you through this. If you want to be very well prepared, we will help find a course for you. Please consult with us so that we know what level you are at.
training	The crossing is approximately 540km so you must train well. We suggest you pull tyres and get used to heavy back packs. The days will be long at times so work on your stamina.
windproofing	Windproof shell jacket, pants and mitts are mandatory. An optional fur ruff on the hood of your shell jacket will block wind and create a warm micro-climate around your face. Shell jacket and pants must be waterproof and should not be lined with mesh, fleece or any other fabric.
zips	<p>Add extensions to all your zips, about 7-8cm is ideal (see below). Be sure you have a big knot or toggle at the end of each extension to grab with mitts on. Extensions should ideally be a different colour from the garment fabric for easy identification. Make sure all zips are working well, a broken or malfunctioning zip can have disastrous consequences</p> 