






















GREENLAND SKI ODYSSEY - EQUIPMENT LIST

We have listed some of the items that we have tested and recommend. There are many other options. If you are unsure about anything check with us before buying.

ITEM	IMAGE	EXAMPLE	NOTES	WE PROVIDE/ ON LOAN	YOU PROVIDE	OPTIONAL YOU PROVIDE
SKIING/GLACIER TRAVEL						
Backpack			30-40 litre. Padded shoulder straps and waist belt. Used as a harness for towing your sled. We tie a lanyard to the waist belt/shoulder strap connection points and clip the sled traces into this with a carabiner.		1	
Cargo bag		North Face Duffle XL or XXL Osprey Transporter 130	For storing equipment on sled and for carrying equipment to snow line, if required <ul style="list-style-type: none"> • 130 litre minimum • carry handles and shoulder straps 		1	
Polar boots		Baffin Revelstoke Salomon Tundra Merrell Moab Columbia Daska Pass III	Flexible sole, removable inner, waterproof. Do not use mountaineering, alpine touring or plastic boots.		1	
Sunglasses		<i>Julbo Trek</i> <i>Smith Optics PivLock</i> <i>Oakley Flak</i>	Frameless, interchangeable lenses (yellow good for low light), attach a nose piece for wind and sun protection.		1	
Goggles		<i>Julbo Aerospace</i> <i>Smith Optics Turbo Fan</i>	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.		1	
Glacier travel equipment			Climbing ropes, climbing harness, carabiners, anchors, ascenders etc	1		
Skis gear			Touring skis with Flexi Paramark ski bindings, climbing skins and adjustable ski poles.	1		
Sled		Sled with traces (hauling lines)		1		
Strain reducer		Elasticated connector that reduces the strain on your back when hauling.		1		
Ice screws		Used as tent anchor when camped on ice and for glacier travel		6 per tent		
Ice hammer		Technical use, double as tent peg		1 per team		












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CLOTHING						
Underwear			Polypropylene or merino		2	
Thermal top (base layer)			Worn next to the skin, fast drying		1	
Thermal t-shirt (base layer)			Worn next to the skin, fast drying		1	
Shirt			for sun protection and ventilation		1	
Thermal bottom (base layer)			Worn next to the skin, fast drying		2	
Fleece jacket			Worn over thermal top, full zip (gives better ventilating options), Polartec 100 or 200		1	
Fleece pants			Worn over thermal base layer. Polartec 100		1	
Shell jacket			Waterproof, tape sealed, attached hood		1	
Shell pants			Waterproof, tape sealed, full-length side zips		1	
Puffer jacket		<i>Mont Neon Rab Microlight MHW Ghost Whisperer Uniqlo Ultralight</i>	Down, windproof, your main protection if it gets cold. Should be no heavier than 300g.		1	











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Peak cap with neck protection			Sun protection		1	
Fleece or wool hat		Icetek Lo Go Beanie	For cooler conditions 1 x lightweight 1 x heavier		2	
neck gaiter or 'buff'		<i>Buff Original</i>	Protects neck and face, can be worn multiple ways. Silk, fleece or capilene, NO COTTON		1	
warm ski/mountain gloves		North Face Guardian ETIP	for colder conditions		1	
liner gloves		<i>North Face PowerStretch</i>	For warm conditions Polypropylene, capilene or merino.		1	
nylon liner socks		<i>Wilderness Wear Wick Dry Wigwam Gobi Liners</i>	Fine knit, worn next to the skin, helps prevent blisters		2	
thick tent socks		<i>Bridgedale Trekker Wigwam Snow Altitude</i>	For in the tent/sleeping bag, wool or synthetic. Can be used as a trekking sock with liner.		1	
mosquito headnet		<i>Sea to Summit Nano</i>	Mosquitos can be problematic on the coast		1	
CAMPING						
Tent		With spare pole set		per pair		
Tent stakes		For anchoring the tent to snow surface		10 per tent		
Tent brush		For cleaning snow from tent floor		1 per tent		










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Large sponge			for mopping up tent dampness	1		
Inflatable mattress		Thermarest Sea to Summit Comfort Light	Combined to give thermal R-value of 5+		1	
Foam mattress		Thermarest Ridgerest			1	
Camp chair		Thermarest Compack Chair	Converts mats into chairs			1
Sleeping bag		Mont Helium 600 North Face Inferno Rab Neutrino 600	Down, side zipper, hood, minimum 500g fill, -10c.		1	
Tent boots		Exped Booties Helsport Bivy Shoes Baffin Cushy Booty	For inside the tent and quick trips outside. Down or synthetic fill		1	
Snow Shovel			Used for shovelling snow onto tent flaps and for collecting snow for cooking.	1 per tent		
Snow saw			For building snow walls, double as tent peg	1		
Stove		MSR XGK-EX	You will be required to cook with your tent partner inside your tent. We will train you in stove use before we depart.	1 per tent		
Matches			Stored in waterproof box	2 boxes per stove		
Fuel bottles		MSR 887ml		2 per stove		
Stove bases			for kitchen	2 per tent		
Kettle			aluminium 4-litre	1 per tent		
Food			see Polar Food and Diet	✓		





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Stove fuel			100ml per person per day	✓		
Snow bag			Used to collect snow blocks for melting on the stove	✓		
Toilet paper and hand wash				2 rolls each		
Drink flask		Nalgene 1 litre	1 litre/32oz wide mouth		2	
Bottle parka		OR Parka	Insulates one of your bottles for hot drinks/meals during the day		1	
Sipper bottle		Nalgene MultiDrink	Leakproof. Provides additional fluid capacity. Useful inside tent/camp, 750ml minimum		1	
Bowl		Sea to Summit Delta Bowl	Plastic, freezer safe		1	
Cup		GSI Infinity mug	Insulated, sealed lid, freezer safe		1	
Spoon		Sea to Summit Long Spoon	Long-handled to eat from meal packets		1	
Pee bottle		1 litre Nalgene Wide-Mouth	Useful for men and for women using a FUD (Feminine Urinary Director).		1	
Feminine Urinary Director		FUD	Used by women for urinating without undressing			1
NAVIGATION, COMMUNICATIONS, SAFETY, REPAIR						
Compass		Silva Explorer 203 Suunto M-3 G	Swung for northern hemisphere or global/universal			1
GPS				2 per team		
Maps and satellite images			laminated	✓		
Medical kit				✓		

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Fire blanket			stove safety	per tent		
Personal medications			pain killers, blister kit, anti-inflammatories			✓
Scheduled and automated communications			Iridium phones, Personal Locator Beacon, Yellowbrick tracker. Not for personal comms, guide use only.	✓		
Repair kit			For maintenance and repair of equipment and clothing	✓		
Whistle			Plastic, pealess, worn on backpack		1	
Firearms, flare guns and perimeter wires			For polar bear protection. You may be asked to carry a flare gun.	✓		
POWER / CHARGING						
Power supply			For charging devices.			1
Chargers and power cables			For devices			✓
OTHER						
Accessory cord			5m, 3mm, for adding extensions to your zippers if you have not done so already		✓	
Pocket knife / multi-tool		Leatherman Skeletool Swiss Army Knife	Multiple uses		1	
Camera			With lithium-ion batteries			✓
watch					1	
insurance policy					✓	
personal toiletries					✓	
sun screen (SPF50+) and lip protection		The sun is VERY STRONG in Greenland. It is very important to apply sun protection often.			✓	
spare batteries for devices					✓	
stuff sacks		<i>Sea To Summit Ultra-Sil Stuff Sacs</i>	For packing clothes etc. L or XL. do not bring dry sacks (buckle closure sacks) as they are more difficult to operate and waterproofing is not necessary		3	
book/Kindle						✓
diary and pencil						✓
iPod/iPhone, headphones						✓
ear plugs and eye shades						✓

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When purchasing clothing and equipment please consult with us well in advance so that we can check it's appropriateness for the polar environment. Read our tips below.

There are no outdoor equipment stores in Greenland so be sure to bring everything.

TIPS	
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 work load more, hunger and dehydration are two contributors to fatigue. Check the Polar Diet on our website.
electronics/ batteries	Cold will have a negative effect on electronics and batteries. Lithium batteries work best, alkaline, NiCad and rechargeable do not hold their charge very well in extreme cold so DON'T BRING THEM.
fabrics	<u>Cotton</u> . Avoid cotton garments as they do not retain heat when wet <u>Polar fleece</u> . Excellent under all conditions <u>Gore-Tex</u> . Not ideal in extreme cold as it does not breathe fast enough <u>Merino wool</u> . Excellent for base layers <u>Synthetics</u> . Excellent strength and tear resistance, not as warm as wool <u>Windstopper/Windbloc</u> . Excellent in hats but not useful under shell clothing <u>Wool</u> . Wool is an excellent insulator however it is 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.
power	Only lithium batteries work well in the cold, do not bring alkaline, nicad or rechargeable batteries. The sun is too low on the horizon for solar panels to work effectively.
skiing and resting	We usually ski for 60 minutes then have a short break, and a longer break after each 2 hours. Breaks are usually between 5 and 20 minutes, depending on the cold. Your insulated jacket can go over everything, including your backpack. Keep your skis on during shorter breaks, take them off for lunch. Drink and eat during every break or you will feel the effects of hunger and dehydration. We may travel between 6 and 8 hours every day not including rests.
sled packing	Your duffle bag will be used to store food and equipment on your sled. Pack the largest and heaviest equipment, including food, at the bottom, spreading the weight evenly over the base of the sled. This helps balance the sled and minimizes annoying capsizes. The sleds come with compression straps for securing the load. Large but lightweight items such as sleeping pads can be carried in your backpack to maximize room in your sled if required.
sleeping	We provide insulting mattresses with a combined R-Value rating of 5 or more under your sleeping bag. We guarantee you the option of 8 hours sleep every night. Nights will be relatively warm, temperatures do not usually drop below -10c.
steel	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.
sun	Heat will be a bigger challenge than cold on this trip. Sun protection is very important.
teamwork	There are lots of little jobs to do - camp setup, filling cooking-snow bags, cooking, cleaning - so pitch in.
waterproofing	Waterproofing is important as it can rain in Greenland this time of year. Be sure shell clothing is tape sealed. Keep your sleeping bag in a waterproof bag.