





















## SVALBARD PRIMER / EXPEDITION - EQUIPMENT LIST

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















### YOU BRING THE FOLLOWING

ITEM	IMAGE SAMPLES	EXAMPLES	NOTES	YOU PROVIDE	✓
<b>CLOTHING.</b> There is a lot of clothing listed here but temperatures can drop to -40°. You must be well prepared.					
Underwear	  	Icebreaker	Polypropylene or merino <b>No cotton</b>	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. Thumb loops on sleeves help to keep hands warmer. <b>No cotton</b>	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. <b>No cotton</b>	2	
Fleece pants	 		Worn over thermal base layer. Polartec 100	1	
Shell jacket	  We will loan you a fur ruff to attach to the hood.	Mountain Equipment <i>Polar Expedition</i>	Worn over thermals and fleece, large hood with reinforced rim, large pit zips for ventilation, large-tooth zips, add long extensions to all zipper sliders. <b>Do not use a mesh- or fleece-lined jacket, it must be a shell only.</b> <b>Water-resistant and fine-tooth zippers can stiffen up when it gets very cold, coarse-tooth zippers are ideal.</b>	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.	1	
Ski shorts/skirt	 		Very difficult to add warmer layers underneath your shell if you get cold legs. Padded ski shorts are an easy way to get warm. Must have full-length side zippers/s for donning with skis on. Add long extensions to all zipper sliders.	1 optional	
Down puffer jacket - lightweight	 	Mont Zero Rab <i>Microlight</i> MHW <i>Ghost Whisperer</i> Uniqlo <i>Ultralight</i>	Down, windproof, oversized to wear easily over shell jacket when it gets windy/cold. Add long extensions to all zipper sliders.	1	
Down or synthetic puffer pants - lightweight	 	Mountain Hardwear <i>Compressor Pant</i> Rab <i>Photon Pant</i>	Down or synthetic fill, full-length side zips <b>Do not use big mountaineering down pants</b>	1	

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Warm jacket	 	Mont <i>Icicle</i> Rab <i>Batura</i>	Minimum 300g of 800-fill down. Attached hood. Worn over everything when taking a break. Add long extensions to all zipper sliders.  Do not use a one-piece mountaineering suit  Does not require a fur ruff.	1	
Polar hat		Ice trek <i>Celsius Hat</i>	Windproof, fleece lined, must have full ear coverage	1	
Fleece or wool hat		Ice trek <i>Lo Go Beanie</i>	For warmer conditions, sleeping, in tent, spare	1	
Face mask		Ice trek <i>Guru Face Mask</i>	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	2	
Polar mittens	 	Ice trek <i>Kelvin Mitt</i> Hestra <i>Extreme Mitt</i>	Must be 2-piece, usually bought as a set.  1. Windproof outer mitten shell - unlined 2. Removable inner - fleece, down or Primaloft  This combination must be rated for polar or high altitude mountaineering use. Oversized to accommodate liner mittens.  Avoid 'Lobster' mitts (cross between a glove and mitten)	1 pair	
Liner mittens	  	Hestra <i>Ivask Mitt</i> Outdoor Research <i>Flurry</i> Outdoor Research <i>Shuck Mitts</i>	Preferably wool, firm fitting to fit under polar mittens.	1 pair	
Ski gloves	 	Hestra <i>Falt</i> Hestra <i>Heli Ski 5-finger</i>	For warmer conditions.  Must be modular (removable inner).	1 pair	
Liner gloves		Hestra <i>Merino Windwool liner 5-finger</i> North Face <i>Power Stretch</i>	Polypropylene, capilene or merino. For inside the tent. Not to be used as mitten liner - only pair gloves with gloves and mittens with mittens.	1 pair	




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Thick socks		Bridgedale Wigwam Smartwool	Warm thick outdoor socks.  <b>No cotton</b>	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.  <b>No cotton</b>	2 pair	
Nylon liner socks		A fine-knit thin unpadded sock.  <i>ArmaSkin blister socks</i> are excellent and highly recommended for anyone that is blister-prone.	Fine knit, worn next to the skin, helps prevent blisters.  <b>No cotton</b>	1-2 pairs	
Vapour Barrier Liner (VBL) sock		Waterproof plastic bag is totally fine, ideally worn between liner sock and boot liner.	Waterproof sock used to prevent moisture from entering boot liner.  <b>Not required if using Intuition Liners</b>	1 pair	
Tent boots	 	Exped <i>Booties</i> Helsport <i>Bivy Shoes</i> Snugpak <i>Elite Tent Boots</i>	For inside the tent and quick trips outside. Down or synthetic fill  Above ankle length is preferable	1 pair	

### BOOTS

Polar boots	  	<b>Baffin 3-Pin Guide Pro 3</b> - order 2 sizes above street shoe size  <b>Alfa Polar A.P.S.</b> order the shell 2 sizes above normal and inner 1 size above street shoe size  Women with very small feet may require <b>Baffin Impact</b> (women's). Order 1 size above normal.  Optional - <b>Intuition Pro-Tour</b> or <b>Polar Mukluk liners</b> - order to your foot size	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 one or two sizes above usual size, see notes ←  If using Intuition liners with Baffin boots order them to fit your foot size with thin/medium liner socks.  NOTE: If a Greenland crossing is of interest after Svalbard, we recommend purchasing the Alfa boots. They are also available to rent for Greenland.  PLEASE LET US KNOW WHICH MODEL YOU HAVE so we can match them to appropriate bindings.  <b>Do not use mountaineering boots</b>	1 pair	
Vapour Barrier Liner (VBL) sock		Waterproof plastic bag is totally fine, ideally worn between liner sock and boot liner.	Waterproof sock used to prevent moisture from entering boot liner.  <b>Not required if using Intuition Liners</b>	1 pair	












### EYEWEAR

Sunglasses/ hard case			Frameless, interchangeable lenses (yellow good for low light), attach a nose piece for wind and sun protection. Carry in hard case.  <b>Avoid metal frames</b>	1	
Goggles	 	Julbo <i>Aerospace</i>	Fogged or iced goggles 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	

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ITEM	IMAGE SAMPLES	EXAMPLES	NOTES	YOU PROVIDE	✓
Spare contact lenses or prescription glasses if required				As required	
<b>POWER / CHARGING</b>					
Power bank		For charging devices. Minimum 20,000 mAh depending on usage. <i>Anker</i>		1	
Chargers and power cables		Good quality braided cables are recommended.		✓	
<b>OTHER EQUIPMENT</b>					
Down-filled sleeping bag	  	2-3 season down sleeping bag	2-3-season down sleeping bag (between 400 and 800g of goose-down, -0 to -10°C) with or without hood, depending on how warmly you sleep. Women typically require warmer bags.  This will be paired with one of our synthetic outer sleeping bags. Most of our outer bags have a zipper on the left side.  Box or rectangular foot is more comfortable than mummy.  <b>Don't bring a bulky 4-season bag.</b>	1	
Sleeping bag liner	 	<i>Sea to Summit</i> Reactor Thermolite or Fleece liner	Silk or fleece. For additional warmth.	1	
Sipper bottle		Nalgene Camelbak HydraPak	500-750ml. Additional water capacity plus useful as a sipper inside the tent/sleeping bag. Stored in a bottle parka tent boot during the day.  <b>Be sure it is leakproof.</b>	1	
Pee bottle/ Shewee	 	1 litre Nalgene <i>Wide-Mouth</i> (different colour to drink bottle!)  <i>Shewee/Freshette/ Uribag</i>	Useful in the tent. Women can use together with a Shewee (be sure to get a rigid plastic model rather than silicone, as flexible ones are difficult to use with mittens/layers of clothing)	1	
Stuff sacks		Sea To Summit <i>Ultra-Sil Stuff Sacs</i>	For packing clothes etc. L or XL. Do not bring buckle-closure dry sacks as they are more difficult to operate and waterproofing is not necessary	4-6	
Head lamp			Nights are dark, particularly in early March. Bring spare LITHIUM batteries or recharge using your power bank. Not required for Svalbard Polar Primer.	1	
Pocket knife / multi-tool		Leatherman, Gerber, Swiss Army Knife		1	
Personal toiletries & medications with pack towel, Wet Wipes, toothbrush, toothpaste, anti-bacterial gel, Band-Aids, blister kit, foot powder etc.				✓	
Sun screen and lip protection (SPF50+)		for later trips		1	
Spare batteries for devices		MUST BE LITHIUM. Rechargeable, alkaline or NiCad will not work in the cold		✓	

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ITEM	IMAGE SAMPLES	EXAMPLES	NOTES	YOU PROVIDE	✓
Chemical hand warmers		Not for daily use, just as a backup/emergency. 6		✓ Optional	
Thermos flask		Bring an additional small thermos if you prefer to prepare a beverage for drinking during the day (the thermoses we provide should only be filled with water). Wrap your thermos in duct tape or place it in a neoprene pouch to avoid touching exposed metal.		✓ Optional	
Camera or phone		If using your phone bring touch-screen gloves/mittens and a capacitive stylus.		✓ Optional	
Capacitive stylus, to use with your touchscreens		Tie a short tether to the stylus and hang it on your harness or jacket.		✓ Optional	
Accessory cord		3m, 3mm, for adding extensions to your zippers if you have not done so already		✓ Optional	
Book/Kindle				✓ Optional	
Inflatable pillow		Sea to Summit		✓ Optional	
Diary/journal and pencil				✓ Optional	
Music device, earbuds				✓ Optional	
Ear plugs and eye shades		shades are for trips in late March and April		✓ Optional	
Zippered pouch - small		1 or 2 for organising small items		✓ Optional	
Medical evacuation, travel and cancellation insurance policy		<a href="https://icetrek.com/medical-evacuation-cover">https://icetrek.com/medical-evacuation-cover</a>		✓ Optional	

### Other information:

Longyearbyen has a number of excellent quality outdoor stores where most items of clothing and equipment can be purchased. They are closed on Sundays and public holidays. We suggest you rely on these stores only as a backup.

Charge all batteries and devices before leaving home and top up in your hotel.

Fill all thermos flasks with boiling water in your hotel on the morning of departure.

### 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.

Take advantage of our 20% discount on selected [Icetek Equipment](#), shipped free of charge for collection in Longyearbyen.

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

ITEM	QUANTITY	PURPOSE	✓
Fur ruff	1	Attached temporarily to your jacket hood using clips	
Sled with hauling lines and strain reducer	1	Plastic expedition-size sled with fixed cover	
Sled harness with whistle attached	1	For hauling your sled. Will be fitted to your size	
Ski, Flexi ski bindings, skins, poles,	1 set	Suited to all types of boots. Please let us know your boot brand, model and size	
Climbing harness	1	For glacier travel safety	
Carabiners - non-locking	3	For glacier travel safety	
Carabiner - locking	1	For glacier travel safety	
Prussiks	3	For glacier travel safety	
Ice Screws	1	For glacier travel safety and anchoring tents to ice	
Boot spikes	1	Only used if we expect to have icy conditions under foot	



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Tent	1	Hilleberg Keron 4 GT, 1 per 2 people	
Snow anchors	14 per tent		
Tent brush	1 per tent		
Synthetic-fill outer sleeping bag	1	Wide, side zipper, with hood. This will be paired with your down sleeping bag.	
Sleeping mattress	2	Combined inflatable and foam mattresses for R-Value 6+ insulation	
Camp chair	1	Converts your mattress into a chair	
Expedition food		see menu	
Cooking equipment	1 set per tent	Stove, bases, kettle, fuel bottles, matches, fire blanket etc.	
Stove fuel		White gas	
Eating equipment	1 set	Bowl, mug, spoon, utility spoon	
Thermos flask	1	We provide one, you provide the other	
Nalgene bottle with insulated cover	1	1 litre. Used additionally as a hot water bottle in your sleeping bag	
Snow bag	1 per tent	For collecting snow for melting on the stove	
Cargo bag	1	For transporting equipment from sled to tent	
Ice brush	1	For cleaning ice off clothing and boots	
Toilet paper and hand sanitiser	2 rolls		
Polar bear deterrents	Guide	firearms, flare guns and tent perimeter fence	
Avalanche probes	Guide		
Navigation Equipment	Guide	Compass, maps, phones, GPS. Download free app: <i>Here and There Svalbard</i>	
Communications	Guide	Sat phones, emergency and tracking beacons	
Medical kit	Guide		
Repair kit	Guide		



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USEFUL INFORMATION	
<b>cables</b>	Charge cables can become very stiff in the cold and are prone to breakage. It's important to use a quality braided cable and ensure you have appropriate ports to match your devices. Wireless charging works in the cold but is less efficient.
<b>cameras</b>	Small digital still cameras can be kept warm in a pocket but keep it in a sealed bag or case when entering the tent to avoid condensation. Always keep it covered until it reaches the ambient temperature before using it. Remember, the smaller the buttons, the more difficult to operate. See below if using a phone.
<b>cold</b>	The Arctic can be extremely cold in April, down to -40c. This is very challenging but manageable 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.
<b>dexterity</b>	You will likely 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. <a href="#">Add extensions to all of your zippers (see below)</a> .
<b>dressings</b>	You will be active during the day and it's unlikely that you will wear anything more than a fleece jacket and a base layer under a windproof shell while skiing. If you get cool while skiing your light puffer jacket will go over everything, including your shell and harness, 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. Thumb-loops on sleeves add warmth to hands. Inside the tent you may require liner gloves to operate the stove, particularly on entry and after wake up. The stove will heat the tent nicely after all snow melting is completed.
<b>eating</b>	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. Check the <a href="#">Polar Diet</a> on our website.
<b>electronics/batteries</b>	Extreme cold will affect the available charge in your batteries and powerbanks and should be warmed before use. Lithium batteries were mandatory. <b>Alkaline, NiCad and rechargeable do not hold their charge in the cold.</b>
<b>fabrics</b>	<u>Cotton</u> . <b>Avoid cotton garments as they do not retain heat when wet</b> <u>Polar fleece</u> . Excellent under all conditions <u>Gore-Tex</u> and other breathable shell fabrics are recommended <u>Wool</u> . Wool is an excellent insulator. Thick wool items are slower to dry <u>Merino wool</u> . Excellent for base layers though can lead to a condition called 'polar thigh'. Google it. <u>Synthetics</u> . Excellent strength and tear resistance, not as warm as wool but better for preventing polar thigh on longer expeditions. <u>Windstopper</u> . Excellent in hats but not useful under shell clothing
<b>hygiene</b>	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. So too will wet wipes. If using wet wipes separate each wipe with grease-proof paper so they don't freeze together and don't bring more than you need. 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. We prepare two latrines and burn toilet paper. Use a bottle for inside the tent, ladies can use a shewee with a bottle.
<b>metal</b>	Steel items must be insulated where possible. Even with gloves and mittens on, fingers can become chilled when handling cold-soaked steel. Neatly wrap duct tape around your thermos flask and any other steel items you may have. Keep power banks in a pouch.
<b>orthotics</b>	We recommend you use your orthotics with polar boots. Be sure to purchase boots big enough to accommodate orthotics if you use them.
<b>phone</b>	A smartphone is a very useful item (camera, navigation, blogging etc.) but it poses a frostbite risk to fingers and draws significant power if used for all of these tasks. Some tips: <ul style="list-style-type: none"> <li>• fully charge it before departure</li> <li>• disable Face ID and/or fingerprint access before departure</li> <li>• keep it in a warm but accessible pocket while skiing</li> <li>• use a capacitive stylus to operate the screen, preferably attached to a thin tether for easy access</li> <li>• use touch-screen sensitive liner gloves for use inside tent</li> <li>• recharge each evening, a braided cable may be preferable to wireless charging</li> </ul>

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<b>power</b>	Only lithium batteries work well in the cold, <b>do not bring alkaline, nicad or rechargeable batteries.</b> The sun is too low on the horizon for solar panels to work effectively. If you have devices that require charging bring a power bank appropriate to your power needs. The power bank will require warming before use, place it next to your body (not in skin contact).
<b>skiing and resting</b>	We usually ski for 60 minutes then have a short break with 3 sessions before lunch and 2 or 3 after. Breaks are usually between 5 and 10 minutes, depending on the cold. Your insulated jacket can go over everything, including your harness. Keep your skis on during these short breaks, take them off for lunch. Drink and eat during every break or you will feel the effects of low power and dehydration. We may travel between 5 and 6 hours per day not including rests.
<b>sled packing</b>	You will be allocated a plastic 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 a zippered cover and compression straps for securing the load. Items required during the day can be slipped under the cover at the front of your sled.
<b>sleeping</b>	You provide an inner sleeping bag (3-season is OK) and liner, we will provide a moisture-tolerant synthetic outer bag. This combination will keep you warm in the coldest temperatures, so long as you use it properly. Slide into your liner, inner bag and outer bag, close all zippers, adjust the neck baffle so that it sits above your shoulders, place your head in the hood/s and tighten the drawcord/s. This will prevent cold seeping into your bag and warmth from escaping. We provide insulating mattresses with a combined R-Value rating of 6 or more under your sleeping bag. We guarantee you the option of 8 hours sleep every night. We also provide tent seating to give your back relief after a day of hauling.
<b>teamwork</b>	Look out for your team mates. Check their faces for frost exposure or injury every time you face someone. There are lots of little jobs to do - camp setup, filling cooking-snow bags, cooking, cleaning - so pitch in.
<b>Vapour Barrier Liners (VBL's)</b>	A thin waterproof sock worn next to the skin or over a very thin liner sock, used to prevent perspiration from entering your boot insulation. There are purpose-made VBL socks on the market but they typically leak through the seams. A simple grocery bag is adequate. <b>Never use VBLs on your hands.</b>
<b>Velcro</b>	Can restrict the easy use of shell zippers. We recommend removing any Velcro patches from the storm flaps over your pit zippers and any other areas that hinder zipper operation.
<b>windproofing</b>	Windproof shell jacket, pants and mitts are mandatory. A fur ruff on the hood of your shell jacket will block wind and create a warm micro-climate around your face. We can loan you a ruff if required, attached with safety pins. <b>Shell jacket and pants must not be lined with mesh, fleece or any other fabric. Shell only.</b>
<b>waterproofing</b>	Windproof shell fabric is more important than waterproofing, it's often windy but usually too cold to rain
<b>zips</b>	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. <b>Water-resistant zips</b> on shell clothing can be difficult to operate in extreme cold. The larger the teeth on your zippers, the better they will perform. However we recognise that most shells now come with water-resistant zips.

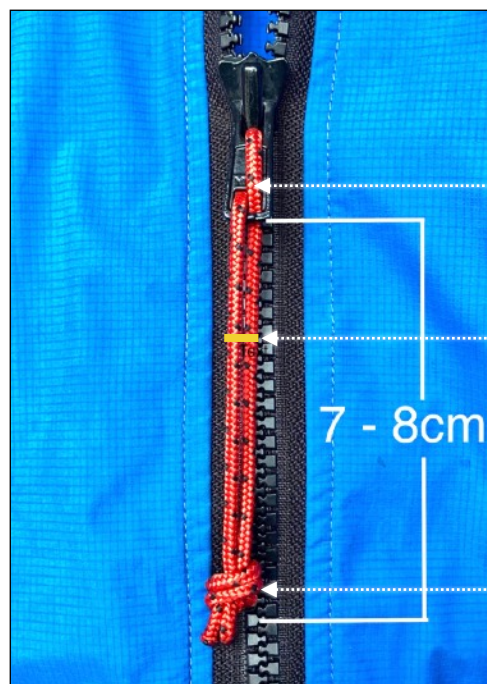


Fig.8 through the zipper toggle

Small zip tie to keep it neat

7 - 8cm

Knot at end