









NORTH POLE FLIGHT AND TOUR - EQUIPMENT LIST

Red = You provide

Blue = We provide for your personal use, you return it after the expedition

ICE TREK










ITEM	EXAMPLE	QUANTITY
large bag for your clothing and equipment		1
sunglasses – 100% UV protection, full coverage		1
ski goggles - quality lenses		1
polar boots		1
polar jacket		1
polar pants		1
warm jacket or pullover - fleece or wool		1
warm pants - fleece or wool		1

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ITEM	EXAMPLE	QUANTITY
thermal top base layer		1
thermal pants base layer		1
underwear		✓
warm hat		1
comfortable hat - for sleeping, spare		1
neck gaiter or 'buff'		1
warm mittens		1
liner gloves - lightweight		1
thick socks – synthetic / wool		1
cup - useful to have your own in the mess tent, but not mandatory		1
pee bottle – commonly used by explorers, useful in the sleeping tent		1

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ITEM	EXAMPLE	QUANTITY
camp bed, mattress and sleeping bag		1
sleeping bag liner - added warmth, hygiene		1
OTHER		
casual clothes for Longyearbyen and in camp		✓
passport		✓
insurance policy		✓
personal medical kit and medicines		✓
personal toiletries		✓
sun screen (SPF50+) and lip protection		✓
OPTIONAL		
book, Kindle		✓
diary and pencil		✓
iPod, headphones		✓
GPS - handheld, mark 90 degrees as memento		✓
ear plugs and eye patches		✓
camera		✓
spare batteries for devices		✓

When purchasing clothing please consult with us well if you are unsure about it's suitability.

Longyearbyen has a number of 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.