











SVALBARD TRAINING - EQUIPMENT LIST

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












YOU MUST PROVIDE THE FOLLOWING

ITEM	IMAGE SAMPLES	BRAND AND MODEL EXAMPLES	NOTES	YOU PROVIDE	✓
CLOTHING					
Underwear		Icebreaker Mont	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. 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			Worn over thermal base layer. Polartec 100	2	
Shell jacket		Bergans Arctic Expedition. Mountain Equipment Polar Expedition	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. Do not use a mesh- or fleece-lined jacket, it must be a shell only. No waterproof zips.	1	
Shell pants		Bergans Arctic Expedition Salopette. Mountain Equipment Polar Expedition	With full-length side zips and braces, large-tooth zips (no waterproof zips). Add long extensions to all zipper sliders.	1	
Ski shorts/skirt		For Men Wedze Short Arctica Short For Women Mountain Hardwear 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 Microlight MHW Ghost Whisperer Uniqlo Ultralight	Down, windproof, oversized to wear easily over shell jacket when it gets windy/cold. Add long extensions to all zipper sliders.	1	
Warm jacket		Mont Icicle Rab Batura	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	1	
Polar hat		Ice Trek Celsius Hat	Windproof, fleece lined, must have full ear coverage	1	

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Fleece or wool hat		Icetrek <i>Lo Go Beanie</i>	For warmer conditions, sleeping, in tent, spare	1	
Face mask		Icetrek <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, No cotton	2	
Polar mittens		Icetrek <i>Kelvin Mitt</i>	Modular - windproof outer and removable fleece, down or Primaloft inner. Rated for polar or high altitude mountaineering use. Oversized to accommodate liner mitts. You may also be issued winter pogies, insulated covers connected to the ski pole handles.	1 pair	
Liner mittens		Hestra <i>Pancho liner</i> Outdoor Research <i>Flurry</i> Outdoor Research <i>Shuck Mitts</i>	Wool or fleece, to fit under polar mittens.	1 pair	
Ski gloves		Hestra <i>Falt</i>	For warmer conditions. Preferably modular (removable inner).	1 pair	
Liner gloves		North Face <i>PowerStretch</i>	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 trekking socks. No cotton	1 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	2 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 <i>Booties</i> Helsport <i>Bivy Shoes</i> Baffin <i>Cushy Booty</i>	For inside the tent and quick trips outside. Down or synthetic fill	1 pair	

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BOOTS					
Polar boots		Baffin <i>Endurance</i> (men) Baffin <i>Impact</i> (women) Baffin <i>3-Pin Guide Pro</i>	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. PLEASE LET US KNOW WHICH MODEL YOU HAVE so we can match them to appropriate bindings. Do not use mountaineering boots	1 pair	
EYEWEAR					
Sunglasses/ hard case		Julbo <i>Trek</i> Smith Optics <i>PivLock</i> Oakley <i>Flak</i>	Frameless, interchangeable lenses (yellow good for low light), attach a nose piece for wind and sun protection. Carry in hard case. Avoid metal frames	1	
Goggles		Julbo <i>Aerospace</i> Smith Optics <i>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	
Spare contact lenses or prescription glasses if required				As required	
POWER / CHARGING					
Power bank			For charging devices.	1	
Chargers and power cables			For devices	✓	
OTHER EQUIPMENT					
Thermos flask		GSI Thermos	1 litre You bring one, we will provide the other.	1	
Sipper bottle		Nalgene Camelbak HydraPak	500ml Additional water capacity plus useful as a sipper inside the tent/sleeping bag.	1	
Pee bottle/ FUD (Female Urination Device)		1 litre Nalgene <i>Wide-Mouth</i> (different colour to drink bottle!) <i>Freshette/GoGirl</i>	Useful in the tent. Women can use together with a FUD (Female Urination Device).	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	

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ITEM	IMAGE SAMPLES	BRAND AND MODEL EXAMPLES	NOTES	YOU PROVIDE	✓
Sleeping bag liner			Silk or fleece. For hygiene and additional warmth		
Pocket knife / multi-tool		Leatherman, 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 cap, sun screen and lip protection (SPF50+)				1	
Spare batteries for devices		MUST BE LITHIUM. Rechargeable, alkaline or NiCad will not work in the cold		✓	
Sports bottle		Useful as a sipper bottle inside the tent		✓ Optional	
Camera		With lithium-ion batteries		✓ Optional	
Watch with new battery and long strap for wearing over sleeve				1 Optional	
Accessory cord		5m, 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		Recommended		✓ 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.

Sled weights

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

Take advantage of our 20% discount on selected [Icetrek Equipment](#). Ask us for a code.

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ITEM	QUANTITY	PURPOSE	✓
Fur ruff	1	Attached temporarily to your jacket hood using magnets	
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. One size fits all.	
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 Screw	1	For glacier travel safety and anchoring tents to ice	
Tent	1	Hilleberg Keron 4, 1 per 2 people	
Snow anchors	12 per tent		
Tent brush	1 per tent		
Sleeping bag	1	Synthetic, -40c rated	
Sleeping mattress	2	Combine inflatable and foam mattresses for R-Value 5+ insulation	
Camp chair	1	Converts your mattress into a chair	
Expedition food		see Polar Food and Diet	
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. For use as hot water bottle in sleeping bag	
Snow bag	1 per tent	For collecting snow for melting on the stove	
Utility bag	1	For transporting equipment from sled to tent	
Ice brush	1	For cleaning ice off clothing and boots	
Toilet paper and hand sanitiser		as much as you need	
Polar bear deterrents	Guide	firearms, flare guns and tent perimeter	
Navigation Equipment	Guide	Compass, maps, GPS	
Communications	Guide	Sat phone, sat modem, PLB's, tracking beacon	
Medical kit	Guide		
Repair kit	Guide		

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USEFUL INFORMATION	
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	The Arctic Ocean can be extremely cold in April, down to -45c. 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) .
dressng	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. Check the Polar Diet on our website.
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. OK to use but not ideal in extreme cold as it does not breathe fast enough 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.
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.
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 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.

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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	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 snow cover and compression straps for securing the load. Items required during the day can be slipped under the cover or carried in your backpack. Large but lightweight items such as sleeping pads can be carried in your backpack to maximize room in your sled if required.
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. We provide insulating 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.
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.
windproofing	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. Shell jacket and pants must not be lined with mesh, fleece or any other fabric.
waterproofing	Waterproofing is not important, it's too cold to rain. Seam sealing actually retards garment breathing but it is difficult to source clothing that is not tape-sealed.
zips	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. Avoid waterproof zips as they are difficult to operate in extreme cold. The larger the teeth on your zippers, the better they will perform.

