

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on a Dog Sledding Challenge. We have tried to pare down this kit list to the absolute must-haves for your challenge, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

## RUCKSACKS AND BAGS

- Day sack 25-30L
- Rucksack/Duffle bag 70-90L
- Waterproof liner\*

## SLEEPING

- 4 season sleeping bag comfort rating of -15
- Sleeping bag liner (fleece)\*

## FOOTWEAR

- Shoes or boots – warm and waterproof (Thinsulate and GORE-TEX). Snow boots will be provided for mushing.
- Wool socks – minimum 3 pairs (do not bring cotton socks as they are the worst in extremely cold conditions). **The wool content MUST be at least 80%. Remember you are standing on a sledge in minus temperatures for long periods. Our Groundhandlers sell really good quality socks for 100SEK (approx £9), which you can buy in country. Just let Charity Challenge know in advance so that we can ensure they have some in stock**
- Comfy shoe/slippers for evenings inside camps and huts
- Spare laces\*

## CLOTHING

- Jacket – warm and waterproof. (Down is best! You will be provided with special snow suits for mushing)
- Wool sweater

- Fleece
- T-Shirts – **NOT** cotton.
- Sweatshirt
- Thermal underwear and long johns (both woollen)
- Salopettes
- Warm Gloves – Primaloft or Windstopper are best. Mittens provided locally.
- Thin, warm, leather gloves for feeding and harnessing dogs
- Polar buff or neck warmer
- Hat and scarf
- Balaclava
- Goggles\*
- Swimwear for saunas\*

## GENERAL EQUIPMENT

- LED Head torch plus spare batteries
- Thermos flask. Water bottles will just freeze
- Sunglasses
- High energy snacks (tracker bars, dried fruit, chocolate, nuts)
- Heating pads for hands/feet
- Plastic bags for keeping clothes and docs dry
- Camera\*
- Contact lenses (plus spare glasses)\*
- Gaffa tape for emergency repairs\*
- Alarm clock/watch\*
- Ear plugs\*

## SMALL FIRST AID KIT

- Pain killers
- Plasters
- Zinc oxide tape
- Compeed blister pads
- Antiseptic wipes

- Diarrhoea tablets
- Rehydration sachets
- Your own medication
- Deep heat\*
- Knee/wrist supporters\*

## TOILETRIES

- Toothbrush, toothpaste, soap, babywipes, lip salve
- Shampoo/conditioner\*
- Travel towel
- Deodorant
- Tissue/toilet paper
- Baby wipes
- Moisturiser with low water content like those containing paraffin (such as Epaderm) or Vaseline. Use moisturiser only when necessary as likelihood of freezing on skin is high.
- Sun protection (min factor 50) non-water based – you can get special face sun sticks
- Dextrose tablets for extra energy\*
- Dry shampoo\*
- Dry wash\*

## DOCUMENTS

- Passport
- Visa
- Tickets (given to you at the airport)
- Photocopy of passport
- Cash - Krona
- Debit card
- Travel insurance

**KEY** \* Indicates Optional

# MAKING THE MOST OF YOUR KIT

## PACKING

Bring as little as possible but bring everything you need. Travelling light is especially important during this challenge due to a lack of room in your sled and the need to avoid overburdening the dogs, so do not bring things you can do without. Day sacks are kept in the sled and waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

## CLOTHES

Temperatures can fluctuate enormously from day-night. Lots of light layers are key, as well as a synthetic or down jacket for the evenings. You will be standing on a sledge in minus temperatures for a long time so you must dress appropriately. Make sure that you wear and test your kit before arrival.

DO NOT bring cotton as it is the worst in extreme cold conditions. Please check you labels closely and if they contain cotton, leave them at home. Wool is the best material for the conditions.

## SLEEPING

Look for a sleeping bag 'Comfort Rated' as close to the anticipated minimum temperature for your trek. For this challenge it should be between 10° and -20° C. If you particularly feel the cold then upgrade your sleeping bag to the next level eg. from 4 Season to 4+ Season. Don't forget a silk sleeping bag liner for extra comfort without taking up too much space in your pack. Another handy tip is to keep your camera in your sleeping bag as you sleep. This will conserve the battery, which runs down quickly in cold temperatures.

## HYDRATION

During exercise your fluid needs increase dramatically and hydration is vital. Bring a Thermos flask for hot drinks instead of water bottles which will just freeze.

## HEALTH

Make sure you take a first-aid kit with you and your moisturiser/sun cream is not water-based so it doesn't freeze on your skin. Although you may feel cold, the sun will be stronger on the snow. Don't forget to take an SPF stick for your lips as well.

If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from our partners at [Outdoorhire](#). They can hire really good quality outdoor equipment for weekends and often hiring a high quality piece of equipment is better than purchasing a cheap version