

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. The items listed below are mostly essential to take on the North Pole. The items of clothing and kit to be provided by you are mostly available through us as items to buy at a discounted price or items that you can hire. The list has been designed by our experienced guides. If you have already have your own polar clothing it is ok to bring this along too.

HEAD

- ☐ Balaclava x 2 (one silk)*
- ☐ Face mask x2 (neoprene)*
- ☐ Wool hat
- ☐ Fleece hat x 2
- ☐ Headband*
- ☐ Goggles
- ☐ Glacier Glasses
- ☐ Lightweight Neck Sleeve x 3*
- ☐ Spare fleece hat

SLEEPING

- ☐ Sleeping bag
- ☐ Sleeping bag liner
- ☐ Sleeping mat*

HANDS

- ☐ Finger gloves silk liners x 5
- ☐ Fleece tent gloves
- ☐ Windproof mitten shells
- ☐ Working mittens
- ☐ Spare working mittens
- ☐ Emergency down mittens *

FEET

- ☐ Linear socks x 5*
- ☐ Outer socks x 5*
- ☐ Fleece sleeping socks*
- ☐ Arctic walking boots*
- ☐ Tent boots*

GENERAL TREKKING

EQUIPMENT

- ☐ Sledge*
- ☐ Sledge harness*

- ☐ Skis*
- ☐ Karabinas x 4*
- ☐ Toothpaste & tooth powder
- ☐ Diary & pencil
- ☐ Reading books
- ☐ iPod, earphones & charger
- ☐ Solar panel & wire connections
- ☐ Travel games – scrabble, cards, chess etc.
- ☐ Camera, batteries & charger
- ☐ Drinking mug*
- ☐ Eating bowl & spoon*
- ☐ 1 litre flask x 2*
- ☐ Thermos x 2*

BODY

- ☐ Thermal top (lightweight) x 2
- ☐ Thermal top (medium-weight) x 2
- ☐ Thermal top (heavyweight) x 2
- ☐ Fleece tent jacket
- ☐ Windproof outer shell
- ☐ Down jacket

LEGS

- ☐ Thermal long-johns (lightweight) x 2
- ☐ Thermal long-johns (heavyweight) x 2
- ☐ Windproof outer shell
- ☐ Down trousers
- ☐ Ski bindings and skins*
- ☐ Ski poles*

SAFETY EQUIPMENT

- ☐ GPS*
- ☐ Compass*

- ☐ Satellite phone*

TEAM EQUIPMENT

- ☐ Tent & poles*
- ☐ Snow shovel*
- ☐ Safety rope*
- ☐ Cooking set*
- ☐ Spare cooker*
- ☐ Medical kit*
- ☐ Ice axe*
- ☐ Maps*
- ☐ EPIRB Emergency Beacon
- ☐ Contact number crib card

KEY

* Indicates provided by us

MAKING THE MOST OF YOUR KIT

TRAINING WEEKEND

You will need to bring the kit along to the training weekend to check its suitability with the guide. Your guide will have final say on suitability of alternative kit, and you will have to take our clothing if the kit does not meet their requirements.

We will run through with you all the kit in detail on the training weekend. This will include layering of the clothing, the uses for all the different items and explain about wearing in your boots and other items as much as possible in advance. We will also measure you up for your fitted clothing at this weekend. You will then be issued your training gear – such as sledge harness. All team stores and equipment like sledges, tents, etc are already in our stores in Longyearbyen.

PACKING

You will be allocated 2 bags for flying over to Longyearbyen (unless we chose to ship kit out in advance) Each bag must weigh a maximum of 23kg and will include all of your food for on the ice as well as the kit listed below.

Your hand baggage should not exceed 8kg and maximum dimensions of 55x49x23cms. Please make sure you pack your backpack yourself, and do NOT under any circumstances take any items through customs that are not yours or that you have been asked to deliver for someone else.

CLOTHES

On the list you will see the items that YOU must supply, and the items that are supplied by US. We can help you buy at a wholesale price most of the items on the list.

These items will be costed as a bulk order once we know the team size and have all clothing measurements

SLEEPING

Look for a sleeping bag 'Comfort Rated' as close to the anticipated minimum temperature for your trek. For this glacier trek this 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. Aim for light weight and warm. Goose down with high 'fill power' or top of the line synthetic bags are recommended.

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.