

## List of equipment for Arctic Expedition Course 2019



This document will guide you through the equipment used on our Arctic Expedition Course. You will basically need normal outdoor equipment and don't need to invest in extreme kit like expedition down jackets or other polar specific items. If you are preparing for an **expedition\*** we recommend that you wait until after talking with us (or after the course) to buy your kit. The knowledge and experience you'll get through the lessons, training and discussions on the Arctic Expedition Course will make your buying much easier.

*\*If you later sign up for one our expeditions you will get an "expedition specific" equipment lists and further instructions.*

Read through this list carefully, and start packing as soon as possible so that questions and uncertainties will surface well ahead of departure.

We will supply a lot of items that is not usually part of everyone's normal outdoor gear. They are marked "**ATE**". Items marked "**Optional**" is of course just nice to have.

Please let us know if you have any questions or if you need to rent or borrow equipment from us. We can provide the most of it if you tell us in advance.

*Temperatures will usually be between -2 to -10C. Sometimes also colder -15C/20C and even rain. We always expect wind!*

Enjoy your packing. Nothing prepares you mentally like pondering what to use, how to use it and what not to bring!

**If you buy equipment through <http://www.nordiclifeco.uk> you will get 15% Off all items.**



## UNDERWEAR

We recommend using several thin layers of underwear to optimize the heat regulation. The absolutely best is to wear synthetic mesh from Brynje close to your skin for maximum moisture transportation, insulation and comfort. Second best is thin (150g) merino wool. The next layer should be of thin wool (150-200g) or synthetic preferably with a zip polo neck for heat regulation. **No cotton underwear is allowed! It traps moisture, are difficult to dry and can cause you to chill more rapidly.**

<p><b>Underpants</b></p>	<p>Choose a comfortable synthetic or wool underpant. If you can get one with a wind stopper front it is good but not essential. In general you would only need one set for our tour as the underwear stays on 24/7. Example <b><i>Brynje Super thermo Boxers Windstopper or Brynje Classic Wool boxers</i></b> <i>If you bring two pairs these can be used on top of each other on extra cold days.</i></p> <div style="display: flex; justify-content: space-around; align-items: center;">  </div>	
<p><b>BRA</b></p>	<p>Should be quick drying comfortable and breathable synthetic or wool.</p> <p>Examples: Patagonia Womens Compressor BRA or Icebreaker Women`s Sprite Raceback BRA</p> <div style="display: flex; justify-content: center; align-items: center;">  </div>	
<p><b>Socks, thin</b></p>	<p>Two pairs. Thin synthetic or wool sock to be used next to skin. They dry in your sleeping bag during the night. Do not bring cotton as they will not dry! Example: <b>Wigwam Ultimate Liner Pro</b></p> <div style="display: flex; justify-content: center; align-items: center;">  </div>	
<p><b>Socks, thick</b></p>	<p>Two pairs and made of wool (or a wool/synthetic mix). One pair to use during the day and one dry pair in the tent. This is essential for keeping your feet happy! Example: <b>Wigwan Minus 40 °C Silver sock</b></p> <div style="display: flex; justify-content: center; align-items: center;">  </div>	

<p><b>Base layer, top</b></p>	<p>Two of these. At least one set should have a zip-polo neck. Usually we ski with one Brynje mesh next to skin and a thin breathable synthetic/or Merion wool (150-200g) on top of this. Example: <b>Brynje Super Thermo Mesh, Haglofs Adler jacket</b> (or Patagonia Capilene Lightweight Zip-Neck).</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	
<p><b>Base layer, long johns</b></p>	<p>Two pairs. Same as above. Brynje mesh or a thin merino (150g) next to skin and a thin layer of wool/synthetic on top of that on extra cold days.</p> <p>Example: <b>Brynje Super Thermo longs and Classic Wool longs</b></p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	
<p><b>Mid Layer pants</b></p>	<p>For really cold days, these will be warm and cozy to ski in. Example <b>Haglofs Bungy tights</b></p> <p>Usually you will not need to bring these if you have two base layer pants to be used on top of each other. But pants like these are essential on expeditions to Greenland or the North- or South pole.</p> <div style="display: flex; justify-content: center; align-items: center;">  </div>	<p><b>Optional</b></p>
<p><b>Mid layer - medium thick</b></p>	<p>One thin fleece jacket or thin wool sweater to be used in the camp or to wear on extra cold days when skiing.</p> <p>Example: <b>Haglofs Heron jacket</b></p> <div style="display: flex; justify-content: center; align-items: center;">  </div>	

<p><b>Mid Layer - thick</b></p>	<p>A lightweight synthetic or down jacket or even a thick fleece or wool sweater. To be used in the camp and to wear on extra cold days when skiing.</p> <p>Example: <b>Bergans Surten Insulated Jacket</b></p>		
<p><b>Mid Layer - Insulated trousers</b></p>	<p>Synthetic/down. To use in the camp or for skiing on very cold days. Full length zips are good for toilet use.</p> <p>Example: <b>Haglofs Barrier III insulated pants</b></p>		<p><b>Optional</b></p>
<p><b>Biuvac shoes</b></p>	<p>To be used in and around the camp. This will give your feet a rest from the skiing boots and keep you warm when walking outside the tent.</p> <p>Example: <b>Western Mountaineering Expedition Booties</b></p>		<p><b>Optional</b></p>
<p><b>Outer layer - Jacket, windproof</b></p>	<p>Wind, waterproof and breathable Gore-Tex, Dermizax or similar. Bring a jacket you would normally use for a trekking trip on a rainy day in the autumn or windy day in winter. Preferably with a large hood that tightens well. <b>Do not bring an insulated downhill skiing jacket.</b> It will be too hot for XC-skiing and the moist will freeze inside the insulation!</p> <p>If you are planning an expedition you would need a long jacket that offer more protection. Zips must move easily and be operated with mitts. Large pockets for goggles and mitts not in use is also good.</p> <p>Example: <b>Bergans Arctic Expedition Jacket</b></p>		

<p><b>Outer layer - Pants (bib), windproof</b></p>	<p>Bring wind-, waterproof and breathable Gore-tex, Dermizax or similar. Pants with suspenders and high waist are recommended but not necessary on our course.</p> <p><b>Do not bring insulated downhill skiing pants.</b> It will be too hot for XC- skiing and the moist will freeze inside the insulation!</p> <p>If you are planning an expedition bib with a full length zips to vent are essential, as well as for going to the toilet.</p> <p>Example: <b><i>Bergans Expedition Salopettes</i></b></p>		
<p><b>Outer Layer - Down jacket</b></p>	<p>Any normal down jacket with a total weight of 600-800g will do the job. Preferably with a hood. A good example is <b><i>Mountain Equipment K7</i></b> or <b><i>Vega</i></b> jacket.</p> <p>If you are planning an expedition you will need a longer jacket with large hand warmer pockets and rated for expedition use like <b><i>Bergans Expedition Down Jacket</i></b></p>	 	
<p><b>Outer Layer - Down/synthetic vest</b></p>	<p>Synthetic- or down vest can be a good option. It regulates the temperature very effectively. Can be worn when skiing on cold days, but vented if it warms up.</p> <p>Example: <b><i>Sir Joseph Kamik Down Vest</i></b> or <b><i>Mountain Equipment Dewline Vest.</i></b></p>		<p><b>Optional</b></p>
<p><b>Mittens, windproof</b></p>	<p>Shell mittens that are wind- and waterproof. Should be as soft as possible and have a removable fleece or wool liner for easy drying.</p> <p>Example: <b><i>Hestra Fjellvotten Mitts</i></b></p>		

<p><b>Mittens, Woolen</b></p>	<p>Thick wool mittens to stay inside the windproof mittens. Example: <b>Hestra Kebnekaise Wool</b></p> <p>Please note: On our course you will get a pair of warm, homemade wool mittens!</p>		
<p><b>Gloves</b></p>	<p>One pair of medium thin gloves of fleece or wool for working on the stove etc where the mittens feel too bulky. Don't bring insulated gloves – they will never dry once they get wet! Example: <b>Hestra Power Stretch</b></p>		
<p><b>Mittens Extreme</b></p>	<p>On expeditions you will need the warmest mittens for the coldest conditions – these are an insurance policy for very cold weather. Example <b>Hestra Army Expedition Mitts</b></p> <p>Not necessary for the course but bring them if you already have a pair.</p>		<p><b>Optional</b></p>
<p><b>Hat, thick</b></p>	<p>Windproof and insulated hat that covers well over the ears. To wear in camp on extra cold days. Example: <b>Fjallraven Nordic Heater</b></p>		<p><b>Optional</b></p>
<p><b>Hat/beanie</b></p>	<p>Hat/beanie for skiing. Fleece or wool. Example: <b>Brynje Arctic Hat, Arc`teryx Bird Head Toque Beanie or similar.</b></p>		
<p><b>Balaclava</b></p>	<p>It is nice to wear a dry balaclava for a good nights sleep. Example: <b>Brynje Arctic.</b></p>		<p><b>Optional</b></p>

<p><b>Buff/Neck Gaiter –</b></p>	<p>Not required, but a neck gaiter of wool/fleece is handy as a scarf and a light 'facemask'. Example: <b>Brynje Arctic Neck Warmer</b></p>		<p><b>Optional</b></p>
<p><b>Facemask</b></p>	<p>A facemask is recommended for the course. Example: <b>Norrøna /29Balaclava snow mask</b> or <b>Haglofs Windstopper</b></p>		
<p><b>Goggles</b></p>	<p>Essential part of the kit when the weather turns bad or even on cold days with bright sunshine. Photochromatic lens (Cat 1-3) work best.  Example: <b>Bolle Light Modulator Cat 1-3</b></p>		
<p><b>Sun-glasses</b></p>	<p>Sunglasses with high UV-filter should be sturdy, and have side protection. Photochromatic lens (Cat 2-4) will help reduce glare and pick out features in the ice. Example: <b>Cebe Pro Guide Cat 2-4</b></p>		
<p><b>Sun cream /block and Lypsyl</b></p>	<p>The skin and lips may enjoy some form of care. Try to find products that doesn't contain water and try it out before departure to see if your skin likes it. SPF 20-50 depending on your skin and when you come on the season. In March and April the sun will be very strong in the mountains.</p>		

## FOR THE TENT

<b>Brush</b>	A shoe brush or similar to take off snow and frost from the inner tent, shoes and clothing.	<b>ATE</b>
<b>Matress 1+2</b>	One inflatable on top of a Ridge-Rests give you the most comfort	<b>ATE</b>
<b>Fleece or synthetic liner</b>	To have inside the sleeping bag and get some extra warmth on cold days.  Example: <b>Mountain Equipment Starlight Micro</b>	<b>Optional</b> 
<b>Sleeping bag</b>	Comfort limit -15c to-20C. Synthetic or down.  Example: <b>Mountain Equipment Helium 800</b> or <b>Glacier 1250</b>  You can rent a sleeping bag from us (NOK 600,- for the course) if you do not have your own and don` t want to invest only for the course.	
<b>Spoon</b>	Plastic	<b>ATE</b>
<b>Cup</b>	Plastic, insulated with cap 0,3-0,4 liter	<b>ATE</b>
<b>Plate</b>	Plastic	<b>ATE</b>
<b>Thermos</b>	1,5 liters	<b>ATE</b>
<b>Peeing bottle/SheWee</b>	1 liter (preferably plastic and with a large opening). Can stay in the sleeping bag at night. The brand Nalgene is good a good choice. You don` t need to bring this if you are not planning an expedition and want to test it.	<b>Optional</b> 
<b>Hygiene and personal care</b>	Toothbrush, toothpaste, dental floss, toileteries and painkillers/medication.	
<b>Toiletpaper</b>	1 roll each of sturdy paper. We keep it in a zip-lock bag.	<b>ATE</b>
<b>Sportstape and Compeed</b>	1-2 rolls of sportstape and 1-2 packs of Compeed to prevent blisters.	
<b>Lighter/ matches</b>	A variety (kept dry)	<b>ATE</b>
<b>Knife</b>	A small multitool (Leatherman, Gerber...)	<b>Optional</b>

<b>Waterproof stuff sacks</b>	<p>4-5 light, soft and waterproof bags to keep your personal equipment dry and your sled tidy. These should be: 2 x 40 liter (for sleeping bag and clothing) 2 x 20 liter (for down jacket etc) and 1x10 liter (optional) for lunch and snacks</p>  <p>Example: <b>Exped, Ortlieb or similar</b></p>	
<b>Headlamp</b>	<p>Small. For use in the tent/camp and for night skiing.</p> <p>Example: <b>Black Diamond Spot</b></p> 	

## PERSONAL OPTIONS

A small and easy-to-use pocket camera will do the job. Waterproof cameras are OK but no must. It's better to have a small point-and-shoot camera always ready than a bulky DSLR in your sled. Lots of cameras come with both stills and HQ video! Mobile phones can be used but are difficult to operate with mitts/gloves and have poor battery life. Be aware that battery life on your electronic gadgets will be very reduced below -15/20C (and almost dead below -25C). Batteries will recharge once heated up again. We usually carry extra batteries in a pouch/pocket close to our body.

<b>Camera/video</b>	<p>Some general info about camera`s on expeditions:</p> <ol style="list-style-type: none"> <li>1. Go for one with a wide angle.</li> <li>2. The larger buttons on the camera – the easier it is to operate with mittens.</li> <li>3. Bring at least one extra battery or a powerbank-charger.</li> <li>4. Moist in the tent can give annoying ice inside the camera. We`ll teach you how you how to operate and store it.</li> <li>5. Bring a protective case for your camera.</li> <li>6. You can also bring a thin waterproof bag to put your camera in but a plastic bag will do the same job.</li> <li>7. Know how to use your camera before you go (or the rest of the team will get cold when you`re trying to set it up)</li> </ol>  	<b>Must!</b>
<b>Diary, pen, paper</b>	<p>Bring a book with a pencil (pens will freeze) to write down all tips and ideas. You will thank yourself on your next adventure☺.</p> 	<b>Must!</b>

<b>Snacks and lunch</b>	Bring 300-400grams per active day (3 days on the expedition course) of high calorie personal snacks for lunch and eating on during our skiing days. This can be chocolate, nuts, biscuits, instant soups, flapjacks, cheeze, dried sausage, dried meat etc. If you find it hard to bring on the plane let us know and we will do some shopping.		
<b>Surprise ☺</b>	Everybody will love if you bring a some of your favourite snacks or drink (typical from your home country) to share in the tent.		

## SKIS, BOOTS AND JOINT EQUIPMENT

Skis and poles	Åsnes Amundsen or Åsnes Gamme with ½ skins	<b>ATE</b>
Boots	Alfa BC A/P/S GTX with integrated gaiters	<b>ATE</b>
Sledge/pulka	Rigged sledge (Paris Expedition)	<b>ATE</b>
Harness	Harness (Fjellpulken).	<b>ATE</b>
Carabiners/rope		<b>ATE</b>
Showel		<b>ATE</b>
Tents	Helsport Expedition Tents	<b>ATE</b>
Stove and fuel	Primus Omnifuel	<b>ATE</b>
Pot	Large pot for melting snow and cooking.	<b>ATE</b>
Cocking plate	Plate to stabilize the stove.	<b>ATE</b>
Map		<b>ATE</b>
Dinner	Freeze dried expedition food - REAL Turmat	<b>ATE</b>
Breakfast	Porridge with dried milk, tea, coffee, hot chockolate	<b>ATE</b>
GPS and compass	We will not have time to go "in depth" with GPS and navigation but will go through the basics. Bring your own if you wish☺	<b>ATE</b>
Repair kit	...and the handiness of your guide and team mates!	<b>ATE</b>
First Aid kit and SAT phone	Our First Aid Kit is well stocked but please bring your own medicine, painkillers etc.	<b>ATE</b>

## FOOD, ALLERGIES AND MEDICATION

**In the lodges (first and last night) we will be served tasty local food. During the days in the field (3 days) we switch to expedition food which consists of freeze dried meals, porridge, nuts, chocolate, soups etc. Please bring your personal snacks and favorites to eat in the 10min breaks/lunch when skiing and for the evenings in the tent.**

**NB!**

**If you have allergies or special nutritional requirements please inform us as early as possible!**

**You are also responsible for letting us know about any medical state or medications we should be aware of!**