

Kit Lists are not exhaustive. Adjust as you see fit according to your own preferences and experience. If you need advice, call us on the numbers in the footer.

KIT LIST - NORWAY, NORTHERN LIGHTS ACTIVITY WEEK

LUGGAGE

Suitcase/Holdall

FOOTWEAR

Suitable warm outdoor footwear

Arctic winter boots are provided for use where needed

Evening footwear

CLOTHING

Jacket, big and warm

Trousers, warm, worn under over trousers which are supplied

Thick fleece or wooden sweater

Thermal base layers, top and bottom, preferably wool

Underwear

T shirts, short or long

Hat(s),

Warm hat that covers the ears; consider a lightweight one too for when working harder. Arctic cap provided, see below.

Mittens

Wool or fleece; Arctic mittens provided, see below.

Don't let your hands get cold! Take inner gloves

Thin hand gloves, wearing when working

Socks, 2 pair of thick and thin as a min, wool is good.

Buff or scarf/balaclava, have the ability of cover the face skin

Swimming costume?

Night clothes, not used during day, keep separate and clean from day wear

DOCUMENTS/MONEY

Passport

Visa, if required

Flight Ref details/document

Travel Insurance details

Spare photo ID?

Spare passport photo?

Currency cash

Credit card

Hard copy of important documents

EQUIPMENT

Sunglasses (+ hard case), essential to prevent snow blindness.

Water bottles (drinking)

Torch (LED head torches are best + spare batteries)

Thermos flask, provided

Normal vision glasses (if worn) (+ hard case)

Pocket knife

Medical kit (see website for checklist)

Mobile phone (+ charger)

Plug adaptor

Camera (+ batteries + charger)

Wash kit

THE FOLLOWING ITEMS ARE AVAILABLE (FREE OF CHARGE) FOR YOUR USE ON THE ACTIVITIES

Arctic over trousers and jacket (leather)

Winter boots

Over mittens

Hats

Snowshoes, cross country skis + boots, poles, etc..

All equipment associated with dog sledding

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