

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, 78° NORTH

LUGGAGE

Holdall/Duffel bag, 60 - 90l capacity (waterproof)
Optional waterproof liner (don't get kit wet!)
Daysack, 25 - 40 litres capacity

FOOTWEAR

Ski boots, provided.
They are Alfa Expedition Polar and have an integral gortex liner.
Evening footwear, on exped.
Either just use the ski boots or tent boots (with sole).

CLOTHING

Waterproof/windproof jacket & trousers
Make sure they're good, goretex or similar. Shell construction better, insulated jackets/trousers will be too hot on the move.
Bib style trousers are good. Long zip also good, makes toilet easier!
Duvet jacket
Big enough to wear when you stop on the move
Thick fleece or woolen sweater
Thermal base layers
2 pairs min, full body cover, preferably wool or woolen terry.
Underwear
T shirts, short or long
Hat(s), warm and windproof, with ear cover. Consider a lightweight one when skiing.
Outer Mittens, windproof, big enough to wear woolen mittens inside.
Inner Mittens, thick wool, covering wrists. Don't get cold hands!
Thin hand gloves/Mittens, extra layer + wearing when working
Socks, 2 pair of thick and thin as a min, wool is good.
Trousers, casual wear or skiing, with insulation
Buff or Scarf/Balaclava, have the ability of cover the face skin
Swimming costume? Sauna or heat pools
Night clothes, on exped, not used for skiing

Additional clothes not used on exped, left in Longyearbyen for post trip.

DOCUMENTS/MONEY

Passport
Visa, if required
Flight Ref details/document
Travel Insurance details
Spare photo ID
Spare passport photo

EQUIPMENT

Sleeping bag - Rating of at least -20°C. Synthetic is potentially better as it will cope with the moisture better.
Liner, mandatory if renting from us in Norway
Climbing harness - worn when skiing (safety) in case of crevices.
Note, this is not the same harness as the one provided to pull the pulk.
Sunglasses (+ hard case), essential to prevent snow blindness.
Ski goggles
Roll mat/Sleeping mat - Suitable for camping on snow, 14mm thickness min. We use double mats if renting from us OR 1 x roll mat and 1 x inflatable mat.
Torch (LED head torches are best + spare batteries)
Normal vision glasses (if worn) (+ hard case)
Pocket knife
Medical kit (see website for checklist)
Mobile phone (+ charger)
Plug adaptor
Camera (+ batteries + charger) + power bank?
Wash kit + sunscreen
Travel towel
Drinking Water bottles, 1 litre, capable of taking boiling water, ie Nalgene
Thermos flask, 1 litre, or bigger

THE FOLLOWING EQUIPMENT IS AVAILABLE FOR HIRE IN NORWAY

Must be pre-arranged at least 1 month before departure.

Sleeping bag (-20°C rating)	£112
Sleeping mat	£47

FOR CLARITY, THESE ARE INCLUDED IN THE PRICE FOR YOUR EXCLUSIVE USE

Ski boots, poles, skis and skins (skins are strips of material (fur) stuck on the underside of the ski to prevent the ski from slipping backwards).

Group equipment provided - tents, stoves, cutlery, pulks, shovels, ice saws, first aid, emergency flares, emergency beacon, satphone

For more detailed information on Kit, refer to the respective website.

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