

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, FINNMARK ARCTIC ADVENTURE

LUGGAGE

Holdall/Duffel bag, 60 - 90l capacity (waterproof)
Also a good idea to individually protect essential items such as sleeping bag from ingress water
Optional waterproof liner (don't get kit wet!)

FOOTWEAR

Ski boots, provided.
They are Alfa Polar A/P/S or Alfa Quest A/P/S and have an integral vortex 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
Duvet jacket
Thick fleece or wooden sweater
Thermal base layers,
2 pairs min, full body cover, preferably wool or wooden terry.
Underwear
T shirts, short or long
Hat(s), warm and windproof, with ear cover. Consider a lightweight one when skiing.
Thin hand gloves, wearing when working
Gloves/Mittens, down mittens with windproof outer. Don't let your hands get cold!
Socks, 2 pair of thick and thin as a min, wool is good.
Trousers, casual wear or skiing
Buff or scarf/balaclava, have the ability of cover the face skin
Swimming costume? Saunas or heated pools
Night clothes, on exped, not used for skiing

Additional clothes not used on exped

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

Sleeping bag - Rating of at least -20°C
Liner, if used
Sunglasses (+ hard case), essential to prevent snow blindness.
Ski goggles
Roll mat/Sleeping mat - Suitable for camping on snow, 14mm thickness min.
Water bottles (drinking)
Thermal mug
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)
Wash kit
Travel towel

FOLLOWING EQUIPMENT IS AVAILABLE FOR HIRE OR FREE LOAN IN NORWAY

Must be pre-arranged	Cost/Free Loan
Sleeping bag (-20°C rating)	£60
Sleeping mat & inflatable mat	free
Sleeping bag liner	free
Thermos flask, 1 liter	free
Drink bottle, Nalgene, wide neck	free

FOR CLARITY, THESE ARE INCLUDED IN THE PRICE

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).
Tents, stoves, cutlery, pulks, shovels, ice saws
First aid, emergency flares, emergency beacon, satphone

Touring skis – mountain skis with steel edges. They will be either Asnes Nansen or Asnes Amundsen skis with BC bindings. Click-skins are used on the base of the skis throughout.
Ski boots – Alfa Expedition Polar. These are made for the South/North pole expeditions. They are well-insulated.
Poles – with large baskets.