



Greenland Packing List

It's important for safety and a comfortable trip to follow the advice of this equipment list. Good quality rain-gear, jacket and pants, is essential as well as thermal underwear made from wool or synthetic materials. Cotton clothing is not appropriate for any outdoor activity of this sort, including jeans and t-shirts. Clothing made for outdoor activity will enhance your experience and your comfort. Gear transport in Greenland happens on boats with limited capacity – both in volume and weight – please limit your personal equipment to 15 kg (33 lb) and pack it in a soft duffel bag or comparable. You can also carry a 6 kg (13 lb) hand luggage.

Temperature Range From low 35 F - 50s F with a chance of rain and strong winds.

Boots and Clothing:

- 1 Pair of Sturdy Hiking Boots – preferably waterproof with ankle support.
- 1-2 Midweight Long sleeve shirt (thermal underwear) – Wool or synthetic.
- 1-2 Midweight warm pants (thermal underwear) – Wool or synthetic.
- 1 Lightweight Long sleeve shirt (thermal underwear) - wool or synthetic
- 2 T-shirts (thermal underwear) – Wool or synthetic.
- 1 Light wool or fleece sweater (2nd layer)
- 1 Puffy jacket (e.g. Primaloft or down 450g)
- 2-3 Hiking pants – Strong and light material that dries quickly e.g. soft-shell.
- 1 Gortex Rain Jacket with a good hood – windproof, waterproof and breathable.
- 1 Rain trousers – windproof, waterproof and breathable. Please note that full rain gear is mandatory on all our tours.
- 2 pairs of gloves – Wool or synthetic.
- 3-4 Socks – Wool or synthetic.
- 2 Warm hats – Wool or synthetic.
- 1 sun hat with a brim

Other gear:

- A waterproof duffel bag.. Please avoid bringing a suitcase!
- Backpack for extra clothes and food during the day. 20 – 35L (1500 – 2500 cu in) with a rain cover.
- Trekking poles
- Sunglasses & sun protection.
- A sandwich size tupperware box/container for your daily lunches
- 2 Water bottles 0.5 – 1L Or 1 water bottle and hydration bladder for bs lack.
- Change of comfortable casual clothes for wearing in the evening.
- A pair of casual shoes
- Pajamas (shirt, shorts, pants)
- Earplugs & eye mask

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- Protection against flies (mosquitoes); such as head nets, repellents containing Deet, etc.

Optional gear:

- Leg Gaiters
- Camera, spare batteries and a memory card or films
- Dry-bags for electronics and extra clothing
- Slippers for indoor use
- Small headlamp or flashlight for finding items in far corners of duffle bag (or just use your phone light)
- Binoculars for boat rides

Medications:

- Dramamine for seasickness
- Prescription meds
- contacts / glasses
- Basic first aid with blister care, cold medicine, pain reliever, anti-diarrhea ect.

Toiletries:

- Shampoo & conditioner
- toothpaste & toothbrush
- wet wipes (2 nights no running water)
- Nature bathroom kit (baggy with tissue, hand sanitizer, small baggies for waste)
- Feminine products
- hair ties
- hairbrush or comb