

PACKING LIST - HIKING AND KAYAKING IN GREENLAND

FOOTWEAR

- 1 pair mid-weight hiking boots
- 1 pair camp shoes (can be lightweight crocks, slippers or even flip flops – no 'shoes' in hostel)
- 1 pair comfortable shoes for travel and exploring in Reykjavik
- 2-3 pairs of hiking socks

CLOTHING

- 1 - 2 pair comfortable synthetic long pants for hiking - zip-offs work well
- 2 - 3 synthetic or lightweight merino wool T-shirts long or short sleeved. If using short-sleeved shirts you can layer your long underwear under them.
- 1- 2 pair lightweight long underwear top *and* bottoms
- 1 medium-weight wool/fleece sweater or heavy shirt
- 1 warm down/fleece jacket
- 1 rain waterproof jacket with hood AND waterproof rain pants – **waterproof**/breathable fabric like Gore-tex
- 1 warm hat
- 1 pair warm gloves or mittens
- 1 buff
- 1 wide-brimmed hat or baseball cap for rain/sun
- Underwear/nightwear

EQUIPMENT/ESSENTIALS

- Passport and a photocopy of your passport**
- 1 pair Trekking poles (strongly recommended)
- 1 daypack (see notes on packing list for recommended capacity)
- 1 Pack cover to waterproof your backpack
- Sleeping bag and pad, good to 15 degrees F (available for rent - AGC highly recommends taking advantage of this offer. Sleeping bag and pad rental is 30 Euros for the week and payable in Greenland.
- Hydration system and/or water bottles – capacity for 2 Liters. If your main water system is a hydration system, please bring 1 water bottle for use at times other than hiking.
- 1 – 2 bandanas (very multi-useful)
- Sunglasses (**must have!**) and a croaky type holder
- Sunscreen and lip balm with at least SPF 30
- Head net for mosquitoes
- Towel (pack towels work well) and wash cloth
- Camp cup/bowl/spork

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, contact lens paraphernalia, sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, any personal medications

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

OPTIONAL PERSONAL GEAR

- Watch/travel clock
- Earplugs and eye mask (for a good night's sleep!)
- Your favorite snack
- Camera, film/memory card, and extra batteries
- Small binoculars
- Sleeping bag and pad, good to 15 degrees F (can be rented – opportunity will be sent via email)

NOTES ON PACKING

NOTE: Everything you bring (what's listed on this packing list) should fit into one large duffle bag. For convenience, you are welcome to pack in your 'regular' wheeled luggage **but bring a non-wheeled duffle to use while in Greenland.** You can leave your 'wheeled' luggage with anything extra at the office in Narsarsuaq before boarding your RIB boat. Space on RIB boats is limited and you will also be hauling your duffle bag up and down the rocky shore. You need to be able to carry it by yourself. Please bring everything on the list and limit your additions. You will also be given a large insulated jacket to keep you warm during RIB Boat transfers.

Footwear: Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle— you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

In regard to 'hostel life': No shoes are allowed inside the hostel. Please bring a lightweight shoe for use inside only. This can be crocks, slippers, or even flip flops. The nice thing about flip flops – they are also a good shower shoe.

Daypacks: You will need a daypack that is large enough to hold the following items: 1 – 2 liters of water, rain gear, lunch/snacks (for the day), warm layer (fleece pullover or vest), lightweight gloves, warm hat and any other desired personal items such as camera, journal, etc. We recommend a daypack with a capacity of between 1800 and 2200 cubic inches and preferably with a hip belt, padded shoulder straps and 'lifters'. **Please note:** A fanny-pack is not large enough to hold all of the items you will need for the day.

Clothing: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your active wear! It should all be made from synthetic/synthetic blends, down/down blends or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

You will be given a large insulated jacket to keep you warm during RIB Boat transfers.

Hydration: If you use a hydration system for your primary water system, please also bring 1 water bottle for camping and kayaking.

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

Trekking Poles: Trekking poles are highly recommended for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, read this blog post that addresses the most commonly asked questions:

<http://blog.adventuresingoodcompany.com/blog-women-travel/bid/154714/Trekking-poles-for-hiking-trips-the-4-most-common-questions> .