Packing list for "Trekking in East Greenland"

Dear participants,

It is very individual how people prefer to pack for a good long walk in the mountains. In contrast to the usual multi-day hiking, we have on this trip is not the hassle of towing the many kilograms on his back during today's travel. The ability to take a little extra baggage, I think, of course, that you should exploit to spoil yourselves with extra sleeping pad, easel painting, fishing equipment, walking sticks or whatever fits exactly to you. Be just aware that I, for reasons of obesity in the plane, not to exceed 20 kg in backpack and 8 kg of hand luggage.

The following packing list is certainly not exhaustive and you must pack as it best suits you. However, I at least bring the things that are labeled with an asterisk *.

If there are any questions I just call to me at the office directly at +45 33 76 62 47

Sincerely,

Peter Simonsen

Common Equipment v. Destination East Greenland / Greenland Travel

Tents (single and double)
Big dining tent
Kitchenware incl. primus etc.
Trangia stove for making soups for lunch and coffee/tea (guides will carry it during the day)
First Aid Gear
All meals
Rifles (possibly - depending on whether there are reports of bears in the district).
Satellite Phones
Map
SPOT satellite tracker (code for participants with travelpapers)
GPS
compass
Toilet paper etc.
Personal equipment

- Hiking Backpack Large
- Day journey backpack (carried as hand luggage on the planes and used as hiking backpack during the day).
- Sleeping bag (down to minus 5-10 degrees).
- Sleeping pads (recommended, but we can also obtain it for you if you don't have one)
- Plates, cup, knife, fork, spoon etc.
- Pants (wind and preferably waterproof)
- Wool sweater or fleece
- Shoes / sandals for camp life and crossing of rivers
- Pocket Knife (Swiss knife or multi tool)
- Sunscreen
- Mosquito repellent (good stuff is for sale in Greenland)
- Mosquito nets (to cap or similar)
- Gaitors
- Extra short / long sleeved thermal shirt
- Warm hat
- Thin mittens
- Extra underwear
- Extra inner stockings (not cotton)
- Extra socks (hiking socks or wool socks)
- Toothbrush / toothpaste
- Towel
- Wash Cloth
- Moisture Cream (small bottle for face)
- Other necessary personal hygiene items
- Personalized medicine
- Lip balm with SPF
- Thermo bottle (impact resistant, min. 0.75L)
- Sheet Bag
- GPS
- Book
- Map
- Matches (packed waterproof)
- Gaffa Tape (about 5m)
- Sewing kit
- Shoe and boot laces
- Fishing rod and fishing equipment (there are fine opportunities for mountain trout).
Equipment for wear during the day (and for the day backpack):

- Underwear
- Short / long sleeved thermotrøje
- Thin shirt or wool sweater
- Inner Stockings (sweat transport)
- * Pants (Wind-tight)
- Socks (hiking socks or wool socks)
- * Jacket with hood (wind-and waterproof)
- * Walking Boots
- * Sunglasses
- * Flute
- * First Aid Pack (only very basic)
- * Compass
- * ALU rescue blanket (Thermal Blanket)
- Camera
- Binoculars
- * Water bottle

In addition, chocolate, lunch, toilet paper and the like as disclosed in the morning from common equipment.