

Arctic Expeditions

Kit List

We always set the meeting time for 11am on Day 1. That's so we have time for a thorough kit check and opportunity to visit the local outdoor sports shops to pick up supplies before they close at 3pm.

Where to shop

There are many brands making quality equipment that will do the job, but you needn't spend £100's on cutting edge design when there are cheap alternatives that do exactly the same job. A good old Army Surplus store is often the best place to start. Second hand shops and ebay for woolly jumpers and ex-military, hard wearing trousers etc. Don't skimp on a good quality down jacket, mitts & sleeping bag and make sure you have quality footwear. These items are the most important in keeping you comfortable during the trip. But borrowing from friends and family will also do the job. Remember, if it's good enough for the Arctic it'll be in your kit bag for life.

Equipment :

- Wool Socks x6 - Thick Wool Socks, 100% wool or as close as possible
- Thermal base layer bottoms x 2 - Merino wool is more comfortable against the skin
- Thermal long-sleeved tops x2 - Same as above, do not need to be super thick
- Wool mid layer top - Good old woolly jumper
- Hiking trousers -
- Insulated Trousers – or well-fitting salopettes allowing good range of movement. Aim for high waist, bib-style to avoid a cold lower back.
- Down jacket – a proper one, not thin or light-weight
- Outer windproof jacket – big enough to fit over all your other layers
- Winter boots - You require removable liners and insoles. Sorel boots, or good quality mountaineering boots.
- Gaiters – very useful for keeping snow out of your boots unless they are knee high or have an integrated gaiter
- Sun glasses, ski goggles and sun cream – snow blindness and sunburn are a real thing with the light reflecting from the snow
- Inner gloves – thin enough to fit under your other gloves. Merino wool is best.
- Mid glove – for day-to-day working. Think Hestra or similar.

- Arctic Mittens – down or synthetic down. Must fit over your inners and mid glove.
- Thin balaclava -
- Thick wool or fur hat – with adequate ear protection
- Underwear x5 – avoid cotton
- 4 season sleeping bag – very important it has -20 comfort minimum. A 3 season will not do.
- Sleeping Pads – Arctic grade. We recommend a foam pad underneath with a lightweight inflatable on top.
- Large rucksack – Capable of carrying all your equipment minus what you are wearing. Either waterproof or with waterproof cover.
- Dry bags are good for organising and storing kit
- Cooking utensils – plate, knife-fork, spoon etc.
- Stove, pot and fuel – Lightweight petroleum or propane/butane stoves are suitable. There will be opportunity to pick up fuel on day 1 of the exped as you can't fly with it. Be aware that threaded camping gas cylinders are not available in certain parts of the world, so it's smart to carry a 'picnic burner cartridge converter' to allow you to use the local bayonet type cylinders, they are usually only a few pounds on eBay.
- Food – if self-catered
- Lighters, matches and a fire steel – depending on preference. N.B. lighters will freeze if not kept close to your body.
- Map and compass – may be included depending on course * Included for Arctic course.
- Water bottles – to hold 2 litres. Heavy duty with a strong seal e.g. Nalgene. Not water bladders. If you have large internal pockets or can create a lanyard long enough so you can wear it around your neck that's smart. Remember its cold so using body heat to stop it turning to ice is ideal.
- Cutting tools – high carbon steel knife and a pocket tool with sharpening stone are essential. A Laplander saw will come in very useful and small axes are useful if you have one. Full training will be delivered on the use of tools if you bring them.
- Wash kit – including a quick drying towel
- First aid kit – personal items such as plasters, blister pads, tape, paracetamol and supplies of your usual medication if you have any.
- Personal medication – enough for the full duration
- Sit pad – small and compact, but beats a frozen bum.
- Head torch - remember the climate, batteries don't last long in the cold. Something with a separate battery on a wire is very useful so you can have the power supply inside your jacket.
- Washing up brush –
- Swimming costume – for cold dips and sauna
- Ski goggles – a must!

Documentation in a waterproof bag:

- Passport
- Proof of Travel insurance
- Proof of Evacuation Cover (we recommend [Battleface Insurance](#), see link on the footer of our website)

Extra non expedition items:

We fully understand that you are traveling a long way and you may wish to bring spare clothing and Laptops etc. We do have a small amount of space in our private residence for the storage these Items, it is secure however we cannot take any responsibility for items left there. A rucksack travel bag or cover can help prevent your rucksack from being damaged in transit and provides a bag to store items not being taken into the wilderness.