The Arctic Wilderness Expedition Kit List

### You will need: A medium sized holdall or rucksack to carry your personal belongings. Please make sure it does not have wheels and is not a hard case. Your bag will be placed in the sled bag, which is fairly narrow so your bag will need to be soft and relatively ‘squashable’.

Your bag should be water-proofed. A regular black plastic (rubbish) bag inside will ensure your belongings stay dry even if snow gets in the sled bag.

### Personal Equipment

You will be provided with all the necessary specialist equipment – sled, Arctic Suit, over-mitts, fur hat and Arctic boots. Sleeping bags are also provided at the cabin, but if you prefer, you can bring your own.

Arctic temperatures can range from a very pleasant -6 degrees C to a bone-chilling -40 degrees C but you can expect average daytime temperatures to be around -15 degrees C. The weather can be changeable so it is best to be prepared for the extreme cold dressing in layers that are easily taken on and off depending on the weather. Please check the weather forecast for Kiruna before your departure and pack accordingly – we recommend www.yr.com.

Wool is your best friend in the Arctic. Cotton will cool you further if it gets wet so please avoid it (other than if you want a change of clothing at night).

You will not have access to power at the Wilderness Cabin and mobile phone signal is patchy. It is safer to assume you will not have access to power or mobile phones once on the sled.

**The following is a guide on what basic personal clothing and equipment you might need:**

* Sleeping bag liner (optional but recommended)
* Long (preferably woollen) thermal underwear, both top and bottoms, to wear under the Arctic suit provided. Fleece tracksuit bottoms or similar is a good alternative
* Thick socks for wearing whilst sledding – again, wool or a wool mix is best
* A warm fleece and/or jumper to go under the jacket we provide
* Fleece Buff or neckwarmer (recommended)
* A spare pair of socks for wear in the cabins or to change into at night
* Fleece trousers, track suit bottoms or jeans (for wearing at night in the cabins)
* A change of top for the evenings
* One thin, one thick pair of warm gloves (incase one pair gets wet). We will provide over-mitts.
	+ Wet gloves in the cold will be very uncomfortable and in extreme conditions very dangerous! If your hands get cold and numb, you must warm them as soon as possible
* Sunglasses with good UV protection (preferably the wrap-around style) and/or ski goggles. On Dec/Jan tours, these are not required
* 1-litre plastic water bottle (optional). Regular plastic ones are better than the metal versions and please avoid water systems such as Camelbaks and Platypus because the pipes will freeze
* Head torch – very important, particularly on tours in December/January
* A small towel and bathing costume for use in the sauna
* Wet wipes or anti-bacterial hand wash for personal hygiene, Lip salve with SPF
* Walking boots to wear in the ski bindings
* Camera and spare batteries. Remember there is no power to charge batteries at the wilderness hut and the cold will deplete the charge quicker than normal
* A couple of black bin liners (to waterproof your bag)
* Personal toiletries, earplugs (in case of snorers), and medication, including hand warmers/feet warmers (optional)