

Pakkeliste

Adventurous round trip in Disko Bay

Packing list

We have prepared a packing list to assist you when packing for your journey. The packing list contains some general information as well as recommendations on what is useful to bring on this particular trip.

The packing list should be considered a guide to what you CAN bring, and not a list of items you MUST bring on the journey, as individual needs and preferences may vary. However, our experience shows that the items mentioned are useful to have with you.

Luggage

Please bring a daypack, which will be used for example on the hikes in Qasigianniguit, Ilulissat and Eqi. We recommend a backpack with a good carrying system, including a hip belt and chest strap, to reduce strain on your shoulders and back. You may consider using this backpack as your hand luggage on the flight.

For your main luggage (the luggage checked in on flights), we recommend bringing a soft sports bag, backpack, duffel bag or similar, as this type of luggage is easiest to handle during transfers, boarding boats, and disembarking at Glacier Lodge Eqi. It is also possible to bring a suitcase. Please note that you must carry your own luggage from the boat to the cabin and back again at Eqi, a distance of approximately 300 metres uphill on a moderate incline.

However, your luggage can be limited to a daypack containing only the items you need during your stay at Eqi, as Hotel Icefiord is happy to store your main luggage while you are staying at Glacier Lodge Eqi (see the day programme, day 5).

Boots

For this trip to Diskobugten, it is very important to bring good trekking boots with a stiff sole (e.g. Vibram) and good ankle support. Make sure that your boots are properly broken in before the trip.

The trails we hike can occasionally be steep and have uneven surfaces. We therefore recommend hiking boots, as they provide ankle support, and the stiff sole helps relieve pressure on your feet when walking on uneven terrain by distributing pressure from stones and similar obstacles. In addition, the deep tread pattern is a great advantage if the trails are slippery.

It is a good idea to travel wearing your hiking boots or keep them in your hand luggage in case your checked luggage is delayed unexpectedly.

Other footwear

Tight footwear, such as sports shoes, is useful to have after the day's hike.

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Water bottle

Each participant should bring one or more water bottles, as there is plenty of water available along the hiking routes, allowing you to refill your bottles along the way. We recommend using 0.5-litre reusable soft drink bottles, as they are lightweight and durable. The water bottles are to be used during the hikes. Water can be refilled from taps.

Trekking poles

It is very individual how much benefit you get from using trekking poles and whether you choose to use one or two. You will need to find what works best for you. However, there are many advantages, and if the trekking pole(s) become inconvenient in certain terrain, they can easily be attached to your backpack – therefore, telescopic trekking poles are strongly recommended.

In general, the following benefits of trekking poles can be mentioned:

- They significantly improve balance on uneven and/or muddy terrain, in snow (mountain passes etc.) and when crossing streams.
- When used correctly, trekking poles significantly reduce strain on the knees, both during ascents and descents. This is especially relevant on high-route and summit hikes (grade 3-4 and above), where you often carry a heavier backpack and where the total elevation gain and hiking distance are considerable.

Trekking poles must be packed in your checked luggage during the flight. Remember to protect the tips to prevent damage to your luggage and other belongings.

Clothing for hiking

- 2–4 pairs of thick hiking socks
- Optional: 2 pairs of thin liner socks
- 1–2 pairs of lightweight hiking trousers
- Moisture-wicking underwear, preferably wool underwear
- 1 thin wool sweater
- 1 warm sweater/fleece jacket/thin down jacket
- 2–4 moisture-wicking T-shirts
- 1 windproof and waterproof jacket with hood
- 1 pair of breathable waterproof trousers
- Warm hat
- Warm gloves/mittens

Warm outerwear is recommended for the boat trips if you would like to sit outside. It is also possible to sit indoors during the crossings. In addition, it is a good idea to bring warm clothing for cooler evenings.

Other clothing

- Travel clothing
- Casual clothing, if you would like to change into everyday clothes after the hikes

Sun protection

- 1 scarf for sun protection and cooler days
- Wide-brimmed hat
- Good-quality sunglasses

- Sunscreen and SPF lip balm

Miscellaneous

- Passport, health insurance card and travel documents
- Toiletries
- Personal medication, as well as sports tape, blister plasters and, if needed, a knee support
- Camera, charger and, if required, spare batteries
- Hand sanitiser
- Wet wipes
- Energy bars or your favourite hiking snacks (please bring your own)
- Optional: laundry detergent for hand washing
- 1 flashlight/headlamp for use at Eqi if you need to get up during the night (from approximately mid-August onwards)
- Binoculars
- Thermos flask with cup, if you would like to bring coffee or tea on the hikes
- Plastic bags/black refuse sacks to protect clothing in your backpack from rain
- Mosquito repellent
- Mosquito head net (to wear over your head – preferably together with a cap). Recommended because there can be many mosquitoes locally in calm, warm weather in Greenland, especially during July and August.
- Sleep mask, as some people find it difficult to sleep during the midnight sun period, and a sleep mask often helps.
- Optional: swimwear (if you enjoy cold-water swimming, you may be tempted by a dip at Paradise Bay near Qasigiannnguit!)
- Optional: small sit pad for use during breaks on the hikes

Specific trip notes

On this journey, you will sleep in comfortable beds at both the hotels and Glacier Lodge Eqi. Duvets, pillows and bed linen are provided at all accommodations.

Please note

We carry a first aid kit for use in emergencies. If you take any regular medication, you are responsible for bringing a sufficient supply for the entire trip.