

Pakkeliste

The ultimate tour of 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

Bring a daypack, which will be used, among other things, on the hikes at Qasigiannnguit, Ilulissat, and Eqi. We recommend a backpack with a good carrying system, including a hip belt and chest strap, to relieve pressure on your shoulders and back. You may consider using this backpack as 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. However, it is 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 moderately steep path. However, your luggage can be limited to a daypack containing only the items you need at Eqi, as Hotel Icefiord is happy to store your "main luggage" while you are staying at Glacier Lodge Eqi (see also the detailed itinerary, Day 7).

Boots

On this trip to Disko Bay, 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 on can occasionally be steep and have uneven surfaces. We therefore recommend hiking boots, as they provide ankle support, and the stiff sole reduces strain on the feet when the terrain is uneven 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 unexpectedly delayed.

Light footwear, such as trainers, is useful to have for wearing after the day's hike.

Water bottle

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

Trekking poles

If you do not have extensive experience hiking in mountainous areas or very uneven terrain, we strongly recommend using trekking poles. If you have not practised with them beforehand, the benefit of using hiking poles will naturally vary from person to person. However, they offer many advantages, and if the poles become inconvenient in certain terrain, they can easily be attached to your backpack – telescopic or folding trekking poles are therefore strongly recommended.

The general benefits of trekking poles include:

- They significantly improve balance on uneven and/or muddy terrain and when crossing streams.
- When used correctly, trekking poles provide considerable relief for the knees, both during ascents and descents. This is especially relevant on high-route and summit trips (difficulty level 3–4 and above), where you often carry a heavier backpack and where the total elevation gain and hiking distances are substantial.

Hiking poles must be packed in your checked luggage during the flight. Remember to protect the tips so that your luggage and other items are not damaged.

Clothing for hiking

- 2–4 pairs of thick hiking socks
- Possibly 2 pairs of thin liner socks
- 1–2 pairs of lightweight hiking trousers
- Moisture-wicking underwear, possibly wool underwear
- 1 thin wool sweater
- 1 warm sweater/fleece jacket/light 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 sailing. In addition, warm clothing is useful for cool evenings.

Other clothing

- Travel Clothes
- Everyday clothing, if you would like to change after the hikes

Sun protection

- 1 scarf for sun protection and cooler days
- Wide-brimmed hat
- Good sunglasses
- Sunscreen and lip balm with SPF

Miscellaneous

- Passport, health insurance card, and travel documents
- Toiletries
- Personal medication as well as sports tape, blister plasters, and possibly knee supports
- Camera, charger, and possibly extra batteries
- Hand sanitiser gel
- Wet wipes
- Energy bars/favourite snacks for the hikes must be brought by yourself
- Possibly washing powder for hand washing
- 1 torch/headlamp for use at Eqi if you need to get up during the night (from approximately mid-August)
- Binoculars
- Thermos flask including cup, if you would like coffee/tea during the hikes
- Plastic bags/black rubbish bags to protect clothing in your backpack from rain
- Mosquito repellent
- Mosquito net (to wear over your head – preferably bring a cap as well). Bring this as there can locally be many mosquitoes in Greenland during calm/warm weather, especially in July/August
- Sleeping mask, as some people find it difficult to sleep due to the midnight sun, and this can often be helped with a sleeping mask
- Possibly swimwear (if you enjoy winter swimming, a dip at Paradise Bay near Qasigiannnguit may be tempting!)
- Possibly a small sitting mat for breaks during hikes etc.

Specific trip notes

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

Please note

We bring a first aid kit for use in emergencies. If you take any medication regularly, you must ensure that you bring enough for the entire duration of the trip.