TOPAS TRAVEL
Adventurous since 1973

Pakkeliste

Trekking around 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 for the hiking trips, among other things. We recommend a backpack with a good carrying system, including a hip belt and chest strap, to reduce strain on your shoulders and back. Consider bringing this backpack as carry-on 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 bag is easiest to handle during transfers and when boarding boats. It is possible, but strongly not recommended, to bring a suitcase. Please note that, as a general rule, you should be able to carry and handle your own luggage throughout the trip.

It is a good idea to bring a dry bag for the items you would like transported to the two tent camps during the long hike from Qasigiannguit to Ilimanaq. The rest of your luggage can wait for you in Ilulissat.

Boots

For 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 your boots are properly broken in and waterproof.

The trails we hike on can sometimes be steep, wet and have uneven terrain. We therefore recommend hiking boots, as they provide ankle support, and the stiff sole reduces strain on the feet when walking on uneven ground by distributing pressure from rocks and similar surfaces. 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, against expectations.

Other footware

Light footwear such as trainers, sandals, etc. is useful to have after a day of hiking.

Water bottle

Each participant must bring one or more bottles with a total capacity of 1.5 litres. We can usually refill water along the hiking routes, but during dry periods some streams may be dried out. It is recommended to use 0.5-litre recyclable soft drink bottles, as they are lightweight and durable.

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

- 2-3 pairs of thick hiking socks
- Optional: 2 pairs of thin liner socks
- 1-2 pairs of lightweight hiking trousers/hiking shorts
- Moisture-wicking underwear, optionally wool underwear
- 1 thin wool sweater
- Optional: 1 lightweight and thin running jacket
- 1 warm sweater/fleece jacket/light down jacket
- 2-4 moisture-wicking T-shirts
- 1 windproof and waterproof jacket with hood (preferably breathable)
- 1 pair of rain trousers (preferably breathable)
- Warm hat
- Warm gloves/mittens

Other clothing

- Travel clothes
- T-shirts
- Shirts/long-sleeved tops
- Socks
- Underwear

Sun protection

- 1 scarf/buff for sun protection and cooler days
- Cap or hat with a wide brim
- Good sunglasses
- Sunscreen and lip balm with a high SPF

Miscellaneous

- Passport, currency, health insurance card and travel documents
- Money belt
- Toiletries
- Liner sleeping bag (must be brought)
- Small sitting mat for breaks during hikes etc.
- Medication for personal use, as well as sports tape, blister plasters and possibly knee support
- Earplugs (if you would like to sleep undisturbed at night)
- Camera, charger and possibly extra batteries
- Alcohol gel for cleaning hands before meals
- Wet wipes
- Energy bars/snacks/nuts
- Optional: washing powder for hand washing
- Optional: binoculars (small and lightweight model)
- Plastic bags/black bin bags to protect clothes in your backpack from rain
- Mosquito repellent
- Mosquito net (to wear over your head – preferably bring a cap as well). Recommended as there can locally be many mosquitoes in Greenland during calm and warm weather.
- Sleep mask. Due to the midnight sun, some people find it difficult to sleep, and a sleep mask can often help.
- Optional: swimwear and small towel (if you are a winter swimmer, a dip may be tempting!)

Specific trip notes

During this trip, accommodation is in beds at hotels, where duvets, pillows and bed linen are provided. In the cabin at Lyngmarksbræen and during the two nights in tents, a sleeping bag and sleeping mat are provided respectively. You **MUST** bring your own liner sleeping bag to protect the sleeping bag.

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 trip, as well as for any additional days in case flights are cancelled due to weather conditions.