TOPAS TRAVEL
Adventurous since 1973

Pakkeliste

Round trip from settlements to wilderness in South Greenland

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

On this trip, your luggage will frequently be transported between different locations. We therefore strongly recommend bringing a large backpack with a capacity of 50–80 litres. It should be large enough to hold all of your personal belongings. Alternatively, you may bring a waterproof duffel bag or sports bag. A suitcase is not suitable for this trip.

It is a good idea to pack your luggage so that it is waterproof. We recommend bringing a few heavy-duty rubbish bags or plastic bags to line the inside of your backpack or bag and keep your belongings dry.

You should also bring a daypack for the hikes. We recommend a backpack with a good carrying system, including a hip belt and chest strap, to reduce strain on your shoulders and back. If possible, bring your daypack as your carry-on luggage on the flight.

Boots

It is essential to bring sturdy hiking boots with a stiff sole (such as Vibram) and good ankle support to help prevent ankle injuries. This is a requirement for the trip. Your boots should also be waterproof, as some sections of the route pass through wet terrain. It is **not** possible to complete this trip wearing ordinary trainers or low-cut hiking shoes.

We recommend hiking boots because they provide ankle support, while the stiff sole helps reduce foot fatigue on uneven ground by distributing pressure from rocks and other obstacles. Their deep tread also provides much better grip if the trails are slippery. Make sure your boots are well broken in before the trip.

We also recommend travelling in your hiking boots or packing them in your hand luggage, just in case your checked baggage is unexpectedly delayed.

Other footware

Lightweight footwear, such as trainers or sandals, is ideal for relaxing after a day's hike.

Water bottle

Each participant must bring one or more bottles with a total capacity of 0,5-1 litres. 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.

Sleeping bag, sleeping bag liner and sleeping mat

All accommodation is heated, so there are no specific requirements regarding the type of sleeping bag you bring. However, a sleeping bag is mandatory.

A sleeping mat is not required, as we sleep in bunk beds or on mattresses.

Clothing for hiking

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

Other clothing

- Travel clothes
- T-shirts
- Shirts or long-sleeved tops
- Socks
- Underwear
- Swimwear and a towel (preferably lightweight)
- Sun protection

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
- Personal medication, as well as sports tape, blister plasters and, if required, a knee support
- Binoculars
- Whistle
- Earplugs (if you prefer an undisturbed night's sleep)
- Camera, charger and spare batteries if required
- Hand sanitiser for cleaning your hands before picnics
- Wet wipes
- Energy bars or your favourite snacks
- Optional: laundry detergent for hand washing clothes
- Torch or headlamp (useful if you need to get up during the night)
- Pocket knife (must be packed in checked luggage when flying)
- Thermos flask with cup (approx. 0.5 litre) for coffee or tea on some of the hikes
- Lunch box or plastic food container and a fork
- Plastic bags or heavy-duty rubbish bags to keep clothing dry inside your backpack
- Mosquito repellent (peppermint oil can also be useful)
- Mosquito head net (preferably used with a cap)
- Optional: a small sit mat for breaks during hikes and other outdoor activities

Specific trip notes

SHARED RESPONSIBILITIES
To ensure the smooth running of the trip, the tour leader will assign various practical tasks to participants on a rotating basis. Teams will be organised for bread baking, cooking and washing up at breakfast, lunch and dinner.

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.