TOPAS TRAVEL
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Pakkeliste

Experience the soul of 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. Your boots should also be waterproof, as some sections of the route pass through wet terrain. 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

We recommend you bring a water bottle for the day trips.

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

- 1 pair of thick hiking socks
- Optional: 1 pair of thin liner socks
- 1 pair 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
- Optional: swimwear and a towel

Sun protection

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

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
- If you take medication on a daily basis, we recommend bringing more than you need for the duration of the trip, as flights in the Arctic may be delayed.
- Binoculars
- Camera, charger and spare batteries if required
- Wet wipes
- Energy bars or your favourite snacks
- Pocket knife (must be packed in checked luggage when flying)
- Thermos flask with cup (approx. 0.5 litre) for coffee or tea on day trips
- 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