TOPAS TRAVEL
Adventurous since 1973

Pakkeliste

Early Summer and Midnight Sun in Disko Bay

Packing list

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

The packing list should be seen as a guide to what you CAN bring, and not as a list of items you MUST bring, as individual needs and preferences may vary. However, our experience shows that the items listed below are useful to bring.

Luggage

Bring a daypack to use on the hikes. We recommend a backpack with a good support system, including a hip belt and chest strap, to take weight off your shoulders and back. Consider bringing this backpack as carry-on luggage on the plane.

It's most convenient to pack your gear in a soft duffel bag or similar, as this is easiest to handle during transfers and on board the ship. It is possible, but definitely not recommended, to bring a suitcase.

Boots

It's important to bring good hiking boots with a stiff sole (e.g., Vibram) and good ankle support to avoid ankle injuries! This is a must. It's also important that your hiking boots are waterproof, as some of the trails cross damp terrain. Make sure your boots are properly broken in.

It is not possible to complete this trip in ordinary sneakers or walking shoes.

It's a good idea to travel wearing your boots from home, or to keep them in your carry-on, in case your checked luggage is delayed.

Other footwear

Light footwear (e.g., sneakers) is nice to have after the day's hike.

Water bottle

Each participant can bring one or more bottles, as there are several opportunities to refill water along the hiking routes.

Trekking poles

How much benefit you get from using trekking poles — and whether you use one or two — is very individual. You'll have to find out what works for you. That said, the advantages are many, and should the pole(s) become a hindrance in certain terrain, they can be strapped to your backpack — telescopic trekking poles are therefore strongly recommended.

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

- Significantly improves 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 on ascents and descents.

Trekking poles must be packed in checked luggage on the flight. Remember to protect the tips so they don't damage the luggage.

Hiking clothing

- 2 pairs of thick hiking socks
- Possibly 2 pairs of thin liner socks
- 1–2 pairs of lightweight hiking pants
- Moisture-wicking base layer, possibly wool underwear
- 1–2 long-sleeved wool sweaters
- 1–2 sweat-absorbing T-shirts
- 1 warm sweater/heavy fleece jacket/down jacket
- Wind- and waterproof jacket with hood
- Breathable rain pants
- Warm hat and scarf
- Warm gloves/mittens
- Cap or wide-brimmed hat
- Good sunglasses
- Sunscreen and lip balm with SPF

Other clothing

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

Miscellaneous

- Passport, currency, health insurance card and travel documents
- Toiletries
- Medication for personal use, plus sports tape, blister plasters and possibly a knee brace
- Camera, charger and possibly extra batteries
- Hand sanitizer (available at pharmacies or Matas)
- Energy bars/favorite snacks
- Thermos, if you'd like to bring your own tea/coffee on the hikes
- Waterproof bags to protect clothing in your backpack from rain
- Possibly earplugs (if you'd like to sleep undisturbed at night)
- Possibly a money belt

- Possibly binoculars
- Possibly wet wipes
- Possibly laundry detergent for hand-washing
- Possibly a pocketknife (not in carry-on luggage during the flight)
- Possibly swimwear (if you're a winter swimmer, a dip at Paradise Bay near Qasigiannguit might tempt you!)

Specific trip notes

There is NOT a dedicated Topas tour leader on this trip, but there will be a local guide affiliated with the hotels in Qeqertarsuaq, Qasigiannguit and Ilulissat, respectively, who will guide the city tours and hikes mentioned in the program and will be your point of contact on site.

In Ilulissat, Hotel Icefiord handles all transfers between airport, harbor and hotel. In Qeqertarsuaq and Qasigiannguit, luggage is transported between ship and hotel both ways. The local guide accompanies guests on the short distance from ship to hotel both ways.

On this trip, you'll sleep in good beds at all accommodations (including duvet, pillow, bed linen and towel).

Please note

A first-aid kit is available at all accommodations for use in emergencies. If there is medication you take regularly, you must ensure you bring enough for the entire trip plus a few extra days.