TOPAS TRAVEL
Adventurous since 1973

Pakkeliste

Late Summer North of the Arctic Circle

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 to use on the hikes. We recommend a rucksack with a good carrying system with hip belt and chest strap to take the load off your shoulders and back. You may want to bring this rucksack as hand luggage on the plane.

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

Boots

It is 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. Next, it is important that your hiking boots are waterproof, as some of the paths run through wet terrain. Make sure your boots are properly broken in.

It is not possible to complete this trip in ordinary trainers or hiking shoes.

It is a good idea to travel from home wearing your boots or to carry them in your hand luggage, in case your luggage should, against expectation, be delayed.

Other footwear

Light footwear, such as sports shoes, is useful to have after the day's hike.

Water bottle

Each participant must bring one or more bottles holding 1 litre in total, as there are several opportunities to refill with water along the way on the hikes.

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

- 2 pairs of thick hiking socks
- Optionally 2 pairs of thin liner socks
- 1–2 pairs of lightweight hiking trousers
- Moisture-wicking underwear, optionally woollen underwear
- 1–2 long-sleeved woollen tops
- 1–2 moisture-wicking T-shirts
- 1 warm sweater / heavy fleece / down jacket
- Windproof and waterproof jacket with hood
- Breathable waterproof trousers
- Warm hat and scarf
- Warm gloves/mittens
- Cap or wide-brimmed hat
- Good sunglasses
- Sunscreen and lip balm with sun protection factor

Other clothing

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

Miscellaneous

- Passport, currency, health insurance card and travel documents
- Toiletries
- Medication for personal use, plus sports tape, blister plasters and, if needed, a knee support
- Camera, charger and, if needed, spare batteries
- Hand sanitiser gel (can be bought at a pharmacy or at Matas)
- Energy bars / favourite snack
- Thermos flask incl. cup (1/2 litre for coffee/tea on some of the hikes)
- Waterproof bags to protect the clothes in your rucksack from rain
- Optionally earplugs (if you want to sleep undisturbed at night)
- Optionally a money belt

- Optionally binoculars
- Optionally wet wipes
- Optionally washing powder for hand-washing
- Optionally a pocket knife (not in hand luggage when flying)
- Optionally swimwear (if you are a winter swimmer, a dip at Paradise Bay near Qasigiannguit may tempt you!)

Specific trip notes

On this trip you sleep in good beds at all the places we stay (incl. duvet, pillow, bed linen and towel).

Please note

A first-aid kit for use in emergencies is available at all the places we stay. If there is medication you use regularly, you must make sure to bring plenty for the whole trip yourself.