POLAR MEDICINE – NEW ZEALAND

KIT LIST

You are advised to bring a rucksack, with a capacity of at least 65L (for the snowhole night) weighing no more than 20kg containing:

Sleeping bag
- Arctic rated sleeping bag (larger the better, down or synthetic) -20C rated
- Bivvy bag
- Fleece sleeping bag liner
- Sleeping mat & or Thermarest

Base Layer
- 2 pairs of thin gloves. These are needed because you have to work with your fingers when putting the harness on the dogs, fixing snowmobiles, skiing etc. Thin windstopper, powerstretch and sealskin are great.
- 2 sets of long underwear or merino wool, top and bottoms.
- 2 pairs of thin socks
- 2 pairs of outer thick socks.

Mid Layer
- Lightweight fleece.
- Mid weight fleece.
- Fleece trousers, or windstopper trousers.

Outer Layer
- Mitts - ESSENTIAL
- Spare mitts.
- A pair of leather working gloves for heavy work with dogs and skidoos. Gardening gloves are great for this.
- 2 woolly/ windstopper/ fleece hats. Keep the second as a spare in your daypack in case the first is lost. A hat with ear covers is best.
- 1 balaclava, this will stop a lot of the cold air on your face, power stretch or windstopper.
- Fleece or power stretch neck warmer, which can be pulled up to cover the lower part of your face, cowboy style.
- Buffs are really useful. I carry two.
- Down jacket - larger the better.
- A good set of waterproof/ gortex/ paramo, jacket and trousers.
- Gaiters
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Miscellaneous
• Clothes to travel in
• Hand warmers
• Camera, lots of memory cards & spare batteries (the cold reduces battery life)
• A small towel
• Sunglasses: wrap around or glacier type.
• Ski goggles
• Waterproof rucksack liner
• Thermos flask 1x 500ml marked with your name.
• Compass and whistle (GPS if you have one)
• Emergency rations, snacks
• Leatherman or other multitool - not in hand luggage
• Mug
• Spoon
• Mess tin
• Ear plugs
• Lighter
• Pencil and small notebook (biros freeze in the cold)
• 2 x 1 litre nalgene type bottle, one can be used as a pee bottle at night
• Head torch with spare batteries (lithium batteries best option)
• Toilet paper
• Sun screen - minimum factor 30
• Small waterproof bag containing passport, airline ticket, credit cards and money

Personal First Aid Kit containing at least the following:
• All regular medication (double quantities to keep in two separate places)
• Ibuprofen or other appropriate analgesia
• Imodium
• Antiseptic wipes
• Gauze pads
• Crepe bandage
• Zinc oxide tape
• Compeed
• Safety pins (not in hand luggage)

Daysack approximately 25L
Once the course starts, you will take this daysack with you for all outdoor activities. It is your lifeline and it will contain the following items from the above list in waterproof wrappings:
• Spare hat, gloves & mitts
• Goggles
• Windproof layers (if not being worn)
• Down jacket
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- 1-2 thin top layers
- Thermos or water bottle
- Emergency food: your choice, but I rate One Square Meals plus choccy bars.
- Penknife/Multitool
- Lighter
- Whistle
- Headtorch with fresh batteries
- Compass/GPS if you have them
- Pencil & small notebook with contact details
- Personal first aid kit; make it as small as possible
- Handwarmers
- Sunscreen
- Toilet paper and wet-wipes
- Anything else you want to bring along: camera etc.
- We will demonstrate the daysack on the first evening of the course. It is there for your comfort and safety.

Personal stereos, iPods etc are banned during course activities as you will not hear vital safety instructions/warnings.

If you do not wish to buy an arctic rated sleeping bag you may be able to hire from bevs-hire.co.nz

The polar regions are extreme wilderness environments, your kit needs to be of a good quality and tested before you arrive. We recommend that you seek advice from your local good quality outdoor shop. They will be able to recommend suitable equipment for temperatures ranging from 0°C to -20°C. Rucksacks are difficult for baggage handlers to move and often get thrown around. Cheap, large luggage bags can be acquired which your rucksack can fit into and if they are nice and bright it will make your bag easy to spot.