

Polar Medicine Course Kit List

Expedition Medicine will provide the following equipment to all clients -

- Insulated boots
- Arctic survival suit for snowmobiling and dog sledding
- Touring skis
- Touring ski boots. Please send your sizes to us early, to ensure we are able to rent your size. (We will be spending 3 days in ski boots and to absolutely ensure comfort it may be best to purchase your own boots before arriving in Norway. I have included a recommendation for boots below.)

You are advised to bring a rucksack, with a capacity of at least 65L weighing no more than 20kg containing:

Sleeping:

- Arctic rated sleeping bag (larger the better, down or synthetic)*
- Bivi bag (You will need one of these if you are hiring or bringing your own sleeping bag)
- Fleece sleeping bag liner
- Sleeping mat, ridged or Thermarest - inflatable

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. Thin windstopper, powerstretch and sealskin are great.
- 1 set of long underwear or merino wool, both top and bottoms.
- 1 set of expedition underwear, thicker wool best (if you feel the cold)
- 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 wooly/ windstopper/ fleece hats. The second is kept as a spare in your daypack in case the first is lost. A hat with ear covers is best.
- 1 balaclava, this will stop alot 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.
- Down jacket - larger the better.
- A good set of waterproof/ gortex/ paramo, jacket and trousers.
- Gaiters
- If you already own ski boots that fit Rottafella NNN BC bindings (for example Alpina Alpha leather ski boots) please feel free to bring them, otherwise they will be provided for you.

Miscellaneous

- Clothes to travel in
- Hut socks/ shoes (for keeping warm in the hut and running out to the hot tub!)
- Hand warmers
- Camera, lots of film and spare batteries (the cold reduces the life of batteries)
- A small towel
- Sunglasses
- Ski goggles
- Waterproof rucksack liner
- Thermos flask marked with your name on
- Compass and whistle (GPS if you have one)
- Emergency rations, snacks
- Swimming costume, for outdoor hot tub
- Leatherman or other multitool - not in hand luggage
- Mug
- Spoon
- Mess tin
- Ear plugs

Daysack approximately 25L

- 2 x 1 litre water bottle one can be used as a pee bottle at night
- Torch - head torch is best with spare batteries
- Toilet paper
- Sun screen - minimum factor 15
- Small waterproof bag containing passport, airline ticket, credit cards and money
- Personal first aid kit (see below)
- Compass and whistle

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)

* If you do not wish to buy an arctic rated sleeping bag we do have a limited number available for hire. Please contact us early if you would like to reserve a bag.

The polar regions are extreme wilderness environments, your kit needs to be of a good quality and tested before you arrive in Norway.

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.

There will be credit card facilities for you to purchase drinks at the accommodation.