**Equipment Kangerlussuaq 2018.**

*Personal equipment recommended:*

1. Small rucksack for food, water, rainwear, dry socks, camera, maps, ect.
2. A light-weight mattress or an airbed and eventually a reflective sheet. There is permafrost at the campsite about 0.5 m below the surface.
3. A warm sleeping bag. Temperatures at ground level outside the tent often drop to the freezing level on cloudless nights. We have often experienced ice on the tents in the early morning.
4. Good footwear. Hiking boots or rubber boots with strong, flexible and skidproof soles are recommended. The terrain is not too rough and difficult, and there are many tracks from reindeer and muskoxen to follow on part of the routes. We also have to cross a few smaller streams on some routes. On ice we will use crampons fitted on the boots.
5. Good rainwear is a must. Although we are in an Arctic desert precipitation is not unusual. Usually not in large quantities but rather sustained and in smaller amounts. It can be difficult to dry clothing in a camp if it is overcast and moist, but usually the wind helps a lot.
6. Windproof and warm jacket. It can be very windy on and close to the Inland Ice.
7. A warm cap and (woollen) gloves are useful. On the ice it is compulsory to wear gloves. Garden gloves will usually do.
8. Clothes are necessary for 9 days, and do´nt forget enough socks. Bring clothes so you can change completely if you get very sweaty from walking in your rain wear or from rain. Temperatures are usually between freezing and 20º C. It is not necessary to buy expensive expedition clothes. At the camp site it is only possible to take a bath in a lake which is not very warm.
9. Bring a mosquito net to cover your head. Depending on time of year and the moisture mosquitoes and other bugs can be very annoying. Mosquito repellant are recommended. Some years they have died off when we have had the excursion but you can never be sure.
10. Sunglasses are recommended. On the ice the reflection is higher than outside so they are especially recommended on ice. There is usually no snow so the possibility of getting snow-blind is low.
11. Sun cream and lip protection is recommended, because the air is usually very dry.
12. Medicine. If you need any medicine, even a weak pain killer, bring it yourself. We have several first aid kids.
13. Elastic bandage. The terrain is as mentioned not very difficult but if you have weak ankles then bring a bandage just in case. Put it in your rucksack. We have normal first aid kids at the campsite and usually bring one with us on the trips.
14. Bring a mug, plate and cutlery and eventually a thermos flask.
15. Remember your tent if you can provide one to share with 1-2 others. More persons in a tent helps you keep warm at night.
16. Trangia cooking gear, if you have voluntered to bring one.
17. Eventually a GPS, compass or binoculars.
18. Eventually crampons if they are fitted to your boots.
19. Passport for airport security. At arrival in Greenland you must not show your passport to enter the country. When you leave you need it to get on the airplane.