EQUIPMENT LIST · SKI EXPEDITION

# Finnmark Plateau North–South Skiing Expedition

*16 days · Three nights at the lodge in Karasjok, twelve nights in tents on the Finnmark Plateau.*

Please note that this is the minimum required clothing and equipment for this holiday. You are of course welcome to bring other clothes and equipment in addition to this mandatory list.

You should pack your clothing in waterproof bags to avoid equipment becoming wet during the tour.

## WHAT TURGLEDER PROVIDES

*Included in the price for your exclusive use, or for hire (*).*

| ITEM | |
|---|---|
| **Group equipment** — tents, stoves, cooking equipment, bowls and cutlery, pulks with harness and pulling system, shovels, all safety and communication equipment — emergency beacon (InReach), first-aid kit | included |
| **Ski system *** — ski boots, skis, skins and ski poles | **for hire · NOK 2 400** |
| **Sleeping system *** — expedition sleeping bag and roll mat | **for hire · NOK 800** |

## CLOTHING

- ☐ **1 + 1** Shell jacket & shell pants — *windproof and waterproof, e.g. GoreTex, BreTex or similar membrane fabric*
- ☐ **1** Big insulation jacket — *big down jacket, to put over your windproof jacket during breaks*
- ☐ **1** Thick woollen sweater or fleece mid-layer
- ☐ **1 pair** Insulation trousers / skirt — *worn at camp as an extra layer — down or synthetic*
- ☐ **2 sets min.** Thermal base layers — *full body cover — long johns & shirt, preferably wool / woollen terry, or netting / fishnet base layers*
- ☐ **2** Shirt, long-sleeved — *preferably wool, mid-layer thickness*
- ☐ **X** Underwear — *preferably merino wool*
- ☐ **1–2** Hat — *warm and windproof, that also protects your ears in the wind — consider a lightweight one when skiing*
- ☐ **2 + 2 pairs** Thin hiking socks + thick woollen socks — *2 pairs thin, preferably merino wool, and 2 pairs thick woollen*
- ☐ **1 pair** Outer mittens — *windproof, big enough to wear woollen / down mittens inside, covering the wrists*
- ☐ **1–2 pairs** Inner mittens — *warm and windproof, covering the wrists, preferably wool or down, big enough to fit liner gloves inside*
- ☐ **1 pair** Gloves — *for working around the campsite or skiing*
- ☐ **1 pair** Thin liner gloves — *extra layer for working around the campsite*
- ☐ **1** Buff or scarf and/or balaclava — *must be able to cover the skin of the face — wool or fleece preferred*
- ☐ **1** Swimwear — *if you prefer to wear swimwear in the sauna — optional*
- ☐ **X** Additional clothes not used on the expedition — *for after the trip*

## EQUIPMENT

- ☐ **1 system*** Ski boots + skis + skins + ski poles
- ☐ **1–2** Waterproof duffel bag / waterproof bags — *for expedition-packing your equipment, 60–90 L in total*

- ☐ **1*** Sleeping bag — *if you bring your own, it must be a warm winter sleeping bag with a comfort temperature of −20 °C or lower*
- ☐ **1*** Sleeping mats — *if you bring your own, it must be suitable for camping on snow: a foam mat (roll mat) thick / insulated enough for snow (≈ 14 mm). An inflatable mat can be combined with the roll mat you hire from us — this combination gives extra comfort*
- ☐ **1** Liner for the sleeping bag, or a thin sleeping bag
- ☐ **1** Ski goggles
- ☐ **1** Sunglasses
- ☐ **1** Thermos flask 1 L — *for water only, for lunch — bring an extra thermos or thermo cup if you like a hot flavoured drink during the day*
- ☐ **1** "Nalgene" drinking bottle 1 L — *able to take boiling water*
- ☐ **1** Compass — *optional*
- ☐ **1** Rucksack 20–40 L — *optional*
- ☐ **X** Toiletries, private first-aid kit, travel towel, sunscreen and other private equipment
- ☐ **X** Camera + extra batteries + memory cards — *optional*
- ☐ **1** Power bank + charger — *optional*
- ☐ **1 pair** Campsite footwear — *tent booties with soles, or just use your ski boots — optional*

## NOTES

- Items marked with * can be provided by Turgleder / Engholm Lodge on request, for free or at an additional cost. Tell us which equipment you need at least one month before the trip.
- You are of course welcome to bring your own ski set on this trip. The skis must, however, be mountain / expedition skis (back-country skis) or touring skis. Racing skis or other narrow and/or short skis will not do the job. The skis are vital on this trip, and anything other than mountain / expedition skis or touring skis is not considered safe to use.
- We can provide a modern expedition ski package: modern lightweight expedition skis (Åsnes Amundsen or Nansen) and poles (Åsnes Horgi / Vidda), skins and boots (Alfa Polar A/P/S or Alfa Quest A/P/S).
- Equipment that you do not need on the expedition can stay in Karasjok, in your left-behind luggage at the lodge.