EQUIPMENT LIST · TREKKING EXPEDITION · SVALBARD

Trekking Expedition in the Wild Heart of Spitsbergen

10 days · Three nights at a guesthouse in Longyearbyen, six nights in tents in Dickson Land. You carry everything on your back.

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 — but you will carry it on your back.

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 (two participants each), stoves, cooking equipment, bowls and cutlery, all breakfast and dinner meals (oatmeal mix and dry packs), all safety and communication equipment — weapons, flare guns, emergency beacon, first-aid kit, InReach and satellite telephone	included
Sleeping system * — sleeping bag and roll mat	**for hire · price on request**

CLOTHING AND FOOTWEAR

- ☐ **1** Shell jacket — *windproof and preferably waterproof, with a hood — GoreTex, BreTex or a similar membrane fabric*
- ☐ **1** Shell trousers — *waterproof, with zips on the sides — same material as the jacket*
- ☐ **1 + 1** Hiking trousers, and shorts — *shorts optional*
- ☐ **1** Thin insulated jacket — *thin synthetic or down — for camp and breaks*
- ☐ **1** Thin fleece jacket, or a thin woollen hoodie or sweater
- ☐ **2** T-shirts or thin woollen shirts — *one short-sleeved, one long-sleeved*
- ☐ **1 set** Thermal base layers — *long johns and a long-sleeved top, wool or woollen terry — your clean set for the sleeping bag, or an extra layer on cold days*
- ☐ **1 + 1** Thin hat, and a cap or headband — *the hat for cold days and nights; the cap against wind and sun*
- ☐ **1 pair** Thin gloves — *it can be windy and cold even in the Svalbard summer*
- ☐ **2 pairs** Hiking socks — *woollen and made for hiking — no thick, heavy socks*
- ☐ **1** Scarf or buff
- ☐ **1 pair** Sturdy hiking boots that hold the ankle
- ☐ **1 pair** Crocs or similar — *for river crossings and camp — light, and they dry fast*
- ☐ **1** Swimwear — *if you want to book the sauna in the port of Longyearbyen — optional*
- ☐ **X** Clothes for after the expedition — *can be left in Longyearbyen*

EQUIPMENT

- ☐ **1** Backpack, 50–60 litres, with rain cover
- ☐ **1 pair** Hiking poles — *a great help with balance and load in Svalbard's varied terrain*
- ☐ **X** Dry bags for all your equipment and clothing — *good organisers inside the backpack — electronics, clothes, sleeping bag*
- ☐ **1*** Sleeping bag — *three-season or thinner; note that the temperature can drop to around 0 °C — or hire ours*

- ☐ **1*** Roll mat, and optionally an air mat — *your own foam mat must suit rocky, uneven ground and strap on to the backpack; an air mat on top of it adds comfort*
- ☐ **1** Sleeping-bag liner — *if you hire a sleeping bag from us*
- ☐ **1** "Nalgene" drinking bottle 1 L — *must take boiling water — bring a thermos or thermo cup too if you want a hot drink during the day*
- ☐ **1** Water filter — *any squeeze filter, e.g. Sawyer Squeeze*
- ☐ **1** Sunglasses
- ☐ **1** Compass — *optional*
- ☐ **1** Poncho — *optional — extra cover over you and the backpack*
- ☐ **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*

NOTES

- Items marked with * can be provided on request, for free or at an additional cost. Tell us which equipment you need at least one month before the trip.
- You are welcome to bring your own tent. It must be a mountain or trekking tent, ready to be pitched on rocky or uneven ground, with strong enough poles, cords and pegs.
- Equipment that you do not need on the expedition can be stored in Longyearbyen.