



Polar Expedition Clothing & Equipment

The following checklist outlines the gear that is required for the Greenland Crossing Expedition. It is extremely important that you have the proper clothing and supplies. Please contact us with any questions!

PERSONAL AND GROUP GEAR SUPPLIED BY POLAREXPLORERS

- 1 pair skis and ski poles (supplied by POLAREXPLORERS)
We will use back country skis with NNN BC bindings (New Nordic Norm Back Country).
- 1 pair skins covering the full length of your skis (supplied by POLAREXPLORERS)
- 1 expedition team patch (supplied by POLAREXPLORERS)
- All group camping and cooking equipment

PERSONAL CLOTHING AND EQUIPMENT

- ❑ 1 pair backcountry ski boots compatible with NNN BC bindings, such as Alpina or Meindl. Make sure they are large enough to accommodate your personal sock layering system.
- ❑ 1 pair insulated overboots or mukluks to wear around camp.
- ❑ 1 pair insulated super gaiters to wear over ski boots on cold days.
- ❑ 1 pr. breathable wind pants (side zippers are plus, as are drop seats for women)
- ❑ 1 insulated parka with hood (make sure it has lots of loft)
- ❑ 1 warm fleece jacket and pants
- ❑ 2 sets synthetic underwear, medium weight top and bottom- 2nd set optional
- ❑ 1 pr. synthetic mittens (must fit *over* glove liners and *under* overmitts.)
- ❑ 1 pr. wind resistant overmitts (big enough to wear *over* glove liners and mitts!)
- ❑ 2 pair synthetic glove liners (the best that you can find – you will work in these frequently)
- ❑ 2 hats: 1 lightweight balaclava, 1 ski type
- ❑ 2 neck gaiters
- ❑ 4 pair socks and sock liners

- ❑ 1 face mask (windstopper)- neoprene ices up quickly and does not work well. Make sure this is big enough fit over your hat/neck gaiter – *and easy to attach with mitts on!*
- ❑ Sleeping bag rated to at least –30° F
- ❑ 1 bivy sac
- ❑ 2 sleeping pads (either Thermarest-style or closed cell foam, like the Ridgerest brand)
- ❑ Sun glasses and/ or mountain ski glasses
- ❑ 2 pr. anti-fog goggles
- ❑ 1 sturdy small backpack
- ❑ 2 insulated water bottles (or one Thermos and one insulated water bottle)
- ❑ 1 insulated mug
- ❑ 1 set eating utensils with bowl
- ❑ Pocket knife / multi-tool
- ❑ Personal toiletries
- ❑ 1 pee bottle (small plastic bottle)
- ❑ Face cream, lip protection
- ❑ 4 carabiners

OPTIONAL ITEMS

- Vapor barrier socks
- Journal with pencil (ink freezes) or small tape recorder
- Camera and film (with extra batteries)
- Personal first aid kit (blister care, ibuprofen, etc.)
- Personal food stuffs (“energy food”)
- Snow-seat (e.g. Crazy Creek® chair)
- 1 pair tent boots
- GPS
- Compass, maps

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