



EQUIPMENT LIST

REQUIRED EQUIPMENT:

- Wind- and waterproof pants and jacket (Gore-Tex or similar)
- Small bag/backpack for personal equipment
- Scarf or buff
- Warm hat and possibly headband
- 2 pairs of woollen mittens or gloves
- 2 sets of long underwear (long johns and sweater, we recommend wool e.g. Devold of Norway)
- 1 warm woollen or fleece sweater
- 3 pairs of thick woollen socks
- Toilet articles
- From 1st of March: sunglasses (side protection is recommend)
- From 1st of March: sun and cold blocker cream (non-water based)


IN ADDITION WE RECOMMEND:

- Binoculars
- Camera with waterproof bag, extra memory cards and battery
- Down jacket
- Snow goggles if you prefer to use your own
- Map and compass
- Small sewing kit
- Wet wipes
- Personal medication
- Sleeping bag if you prefer to use your own (must be suitable for temperatures to $\pm 35^{\circ}\text{C}$)
- Thermarest sleeping mat if you prefer a thicker mat

GREEN DOG PROVIDE THE FOLLOWING EQUIPMENT:

- Sleeping bag
- Sleeping mat
- Warm winter boots
- Thermo suit
- Warm mittens
- Hals
- Hat
- Snow goggles

Note: Pack in plastic bags and bring extra plastic bags, as the equipment may become wet during the tour.

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