

THE ULTIMATE CHECKLIST

for Hiking in Greenland

CLOTHING

- _____ kg Sweatpants
- _____ kg Underpants
- _____ kg Cotton socks /hiking socks
and wool socks
- _____ kg Shirts
- _____ kg Mountain trousers or
combat trousers
- _____ kg Jacket / Anorak
- _____ kg Hiking boots incl. gaiter
- _____ kg A cap

Jacket

- _____ kg Leather gloves
- _____ kg Sunglasses
- _____ kg Lip balm
- _____ kg Map
- _____ kg Compass
- _____ kg Whistle
- _____ kg Altimeter

Trousers

- _____ kg Dagger
- _____ kg Safety Blanket

YOUR EQUIPMENT

Top Pocket

- _____ kg Medicine
- _____ kg Camera
- _____ kg Waterproof suit
- _____ kg Mosquito net
- _____ kg Lip-balm
- _____ kg Leather grease
- _____ kg Toilet paper

Interior Compartment

- _____ kg Wallet and
health insurance, etc.

Attached to Backpack

- _____ kg Water bottle (filled)
- _____ kg Tent (if possible)
- _____ kg Underlayment
for sleeping bag

Main Compartment

- _____ kg Goretex Waterproof Suit
- _____ kg Trangia camp stove, plates,
spoons etc.
- _____ kg Matches, lighter and sponge

- _____ kg Jumper
- _____ kg Thermo Jacket / Waistcoat
- _____ kg 1 extra pair of pants and 1 shirt
- _____ kg 2 pairs of underwear
- _____ kg 2 pairs of Socks
(cotton / sweat absorbing)
- _____ kg 1-2 pairs of woollen socks
- _____ kg 1 towel
- _____ kg Book, notebook and pen
- _____ kg Min. 0.7 l flammable liquid/
1 bottle of gas
- _____ kg Food (see next page)
- _____ kg Pocketknife and toiletries
- _____ kg Thermo pants and long johns
- _____ kg Nylon rope
- _____ kg Steel wire, super glue
- _____ kg Flat-nose pliers / wire cutter
- _____ kg Gaffer tape
- _____ kg Extra straps and tighteners
for backpack
- _____ kg Sleeping bag (incl. cover)
- _____ kg Bandage, Pain killers,
Tiger Balm, plaster for blisters
- _____ kg Fishing Gear if necessary

THE ULTIMATE CHECKLIST

for Hiking in Greenland (cont.)

SHARED EQUIPMENT

_____ kg	First aid kit	_____ kg	Plastic bags
_____ kg	Sunscreen	_____ kg	20 meters of nylon rope
_____ kg	Moisturiser	_____ kg	Flashlight
_____ kg	Sewing kit	_____ kg	Extra compass
_____ kg	Tent and accessories (tent pegs, underlayment, etc)	_____ kg	Extra map
_____ kg	Shampoo and soap	_____ kg	Binoculars
_____ kg	Dishcloth	_____ kg	Distress rockets (only use them if people can see them!)

FOOD

for one person for one week

_____ kg	Salt, pepper, etc.	_____ kg	4 packets of tomato/ mushroom soup
_____ kg	8 freeze-dried dishes	_____ kg	4 packets of fruit soup
_____ kg	Bulgur/ couscous	_____ kg	4 loafs of bread or sea biscuits
_____ kg	Instant mashed potatoes	_____ kg	Hot chocolate, coffee, tea
_____ kg	Raisins/ chocolate/ nuts	_____ kg	Candy
_____ kg	0,8 kg Oatmeal		

TOTAL WEIGHT

_____ kg in total