

THE ULTIMATE CHECKLIST

for camping 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

BACKPACK

Top Pocket

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

Interior Compartment

- _____ kg Wallet and
health insurance

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)
- _____ kg 1-2 pairs of woollen socks
- _____ kg Food (see on the right)
- _____ 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 camping in Greenland (continued)

SHARED EQUIPMENT AND FOOD

Shared Equipment

- _____ kg First aid kit
- _____ kg Sunscreen
- _____ kg Moisturiser
- _____ kg Sewing kit
- _____ kg Tent and accessories
(tent pegs, underlayment, etc)
- _____ kg Shampoo and soap
- _____ kg 1 dishcloth
- _____ kg Plastic bags
- _____ kg 20 meters of nylon rope
- _____ kg Flashlight
- _____ kg Compass
- _____ kg Map
- _____ kg Binoculars
- _____ kg Distress rockets
- _____ kg (only use them if people can see them!)

Food for one week

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

TOTAL

_____ kg in total