

The Greenland Crossing – IMG64

Equipment list



Skis, Boots and bindings

- **Nordic touring / Cross country skis** (min. width 50 mm) with steel edges. We recommend either **Fisher E99 Crown** or **Asnes Amundsen** with 35 mm Skin Lock.
- **Ski boots with soft but robust sole.** The boots should either be of leather or soft plastic with toe for 75 mm or for NNN BC bindings. We recommend either **Alfa Skarvet** as leather boots or **Scarpa T4** as plastic boots.

The **Alfa Skarvet** is a soft and comfortable leather boot that does not give blisters. The boot needs to be large enough for the skier to wear 2 pairs of socks, mountaineering socks and thick woollen socks. If care is not taken with drying the boots inside the tent every night they will be frozen in the mornings from day 5 until approximately day 15. Frozen boots are uncomfortable to wear for the first hour in the morning but it is not a serious problem. Vapour barrier can be used to prevent leather boots from freezing. It is also a good idea to bring some wax for the leather boots in order to make sure that they remain waterproof, such as **Nikwax** or similar.

Scarpa T4 are warm and stable and the only plastic boot that has proven comfortable and problem free on the Greenland Crossing. Other plastic boots tend to give blisters and other discomfort after many days of constant use. The advantage of the plastic boot is the possibility of drying the inner boot in the tents in the evenings. You will need to use small gaiters and trousers that allow you to walk with the top buckle open. The main drawback of the plastic boot is that it tends to give the user pain/sore on the front lower leg even if the top buckle is left open. This is however not a serious matter and can be prevented easily.

- **Bindings.** For leather boots we recommend the **Rottefella BC** manual as a NNN BC binding and the **Voile 3 pin with a cable** as a NN 75 binding for the **Scarpa T4**.
- **Gaiters.** With all leather boots, **Berghaus Yeti** gaiters (or similar) have to be used to keep the boots dry. It is necessary to glue the gaiters to the boots.
- **Vapour barrier** such as **Exped VBL** is a personal choice for the Greenland Crossing. It can be used to keep leather boots dry and unfrozen. Thin socks are used under the vapour barrier layer and some talcum powder put on the feet. Thicker socks are then worn over the vapour barrier in the boots. Vapour barrier is not used with plastic boots.
- **Ski poles.** It is important that the cross country ski-poles are of the right length. The **Swix Mountain** is a good choice as well as the high quality **Swix Mountain Extreme** or the **Asnes Ingstad Kevlar**.

- **Skins.** Both Nylon and Mohair skins work well. We recommend 30 mm Mohair skins like **Montana Mohair**. The Mohair is lighter and it glides better than the nylon skins. It is good if the skins end approximately 10 cm from the end of your skis. With Asnes skis both the Skin Lock and full length skins have to be taken. Extra glue for skins. Small amount of skin-wax is recommended to prevent snow to stick to the skins and to make them glide better.
- **Ski wax.** We recommend wax-less skis like the **Fisher E99 Crown**. Small amount of gliding wax for the front and the back ends of the skis can be taken along. With wax skis like the **Asnes Amundsen** it is good to take the following **Swix waxes**:
 - V05 Polar
 - V20 Green
 - V30 Blue
 - V40 Blue Extra
 - On Ice and in warmer temperatures the Skin Lock system of the Asnes skis will be used.

Clothing

- Underpants: for both sexes we recommend woollen boxer type underpants. Bring several. For females sports tops are recommended – make sure they are synthetic .
- Long sleeve shirt (thermal underwear) – wool or synthetic. On long expeditions like the Greenland Crossing we recommend woollen underwear, they smell better than the synthetic. **Merino wool** is comfortable to wear and highly recommended. You should bring 3-4 along.
- Long Johns (thermal underwear) – wool or synthetic.
- Light wool sweater or fleece.
- Warm jacket – thick fleece, wool or **Primaloft** (mid layer). We recommend **Primaloft** jacket.
- Trousers – Strong and windproof mountaineering or soft shell trousers are good and useful when there not a need for the hard shell. Fleece trousers, to wear under the “hard -shell” in bad weather and during the coldest part of the expedition work well, especially in expeditions that start early in the season (April). Make sure that zippers and opening of the trousers are the same as on the hard shell trousers. This is really important for females!
- Soft shell jacket (optional)– made of **Polartec Power Shield Pro** or similar material is practical in warm weather and late in the season (May and June) and could replace the Primaloft. Make sure you can wear the mid layer underneath the soft shell.
- Hard shell jacket made of breathable fabric (Gore-Tex or similar). It is important that the hood can protect the face very well.
- Hard shell bibs made of breathable fabric (Gore-Tex or similar).
- Down Parka – Large enough to be worn over the hard-shell

Hats, gloves, socks and underpants

- Socks: New wool blended or thick synthetic mountaineering socks. We recommend bringing 4-5 pairs. If wearing leather boots it is normal to wear 2 pairs of socks for better insulation, one pair of mountaineering socks and one pair of thick woollen socks. In that case you need to bring additionally 2 pairs of thick woollen socks. If using vapour barriers, bringing several thin socks and 2 pairs of thicker mountaineering socks is sufficient.
- Finger gloves: we recommend **ORTOVOX KITZBUHEL WOOLGLOVES** with leather palm, as your light gloves to wear on warm days.
- Mittens: we recommend **Ortodox** wool mittens or similar.
 - Over mittens of waterproof breathable material.
 - Insulated mittens are recommended as your second pair/spare mittens. Make sure they fit in the loops for the ski poles.
 - Liner Gloves thin fleece gloves to wear under the woollen mittens or inside the insulated mittens (optional).
- Balaclava: fleece or synthetic.
- Thick and thin hat: wool or synthetic.

Other gear

- Crampons: Have to fit your ski boots. Pack them well so they will not damage your other equipment. If we use them, it will be on the last day on the glacier.
- Harness: A light harness like the BD couloir (or similar).
- Ice axe: A light ice axe is optional.
- Sleeping bag: down or synthetic suitable for extreme temperature. Recommended bag is **Mountain Equipment Everest** down sleeping bag with 1250 g down filling (or similar).
- Mattress: we recommend bringing 2 mattresses, one foam mattress, like **Thermarest RidgeRest** or similar and one air mattress like **Thermarest BaseCamp Large** or other similar 4-season mattresses. Seating system to make a seat of your air mattress while you sit on top of the other mattress is a good idea to bring.
- Tent shoes: used in the evening to go out from the tent. **North Face Tent Booties** or similar.
- Backpack: kept in the pulka/sledge and used if needed to carry gear on last meters of the glacier or if interested in trekking from the glacier on to Sondre Stromfjord – Kangerlussuaq. Size: 50-80 L. In the pulka it can be used to store outdoor clothing and other gear that does not go in to the tent for the night.
- Light packable duffel bag: thin nylon duffel bag to store all gear that is used inside the tent. Approx. 70-80 L.

- Pack sacks: to arrange your personal gear.
- Sunglasses: big enough to cover the eyes and with sufficient UV-protection.
- Ski goggles.
- Face mask.
- Fur ruff (optional). Attached to the hard shell jacket. Gives shelter to the face on windy days.
- Sun protection: both for face and lips. We recommend SPF 50 or more.
- Water Bottles: 1 L **Nalgene** bottle and 2x 1/2 L bottles (can also be used to dry leather boots during the night).
- Thermos bottle: 1 L.
- Pee bottle: 1-1,5 L (optional).
- Small personal first aid and toiletry kit: Compeed and tape for blisters, pain killers such as aspirin, ibuprofen and subscription medicine, if necessary. Lip balm, foot cream, floss, nail clippers, Vaseline or Cold Cream, needle and twin for repairs, patches for the mattress, **Leatherman** knife or similar. Wet wipes for keeping clean, earplugs to use when the wind and snow are hitting the tent or to eliminate snoring sounds from your partner.
- Camera equipment including spare batteries, memory card and/or films. 12V charger to use with the solar panel.
- iPod (optional): with music and/or audio books. Small and light loudspeaker (optional).
- Personal solar panel with an USB charger for iPod and camera (optional).
- A good book (optional).
- Head lamp: as small as possible, there is continuous daylight.
- Watch.
- Diary and pencil.