

# Expedition Tick List

Updated 8<sup>th</sup> January 2016

These lists are not guaranteed definitive in any particular situation, but do include most of the possible options. **They are only options – decide if they are relevant to you** and, if so, the amount or quantity needed – don't forget spares where needed!

***We are grateful to Paul Walker of Tangent Expeditions for updating these lists – go to [www.climbgreenland.com](http://www.climbgreenland.com) for current Tangent Greenland Expedition dates and information.***

Lists are under the following headings in order;

- Personal pre-travel checks/handluggage
- Clothing
- Food
- Project equipment
- Personal expedition equipment
- Group gear
- Tools/spares kit

## **Personal pre-travel checks/hand luggage**

- Passport/extra photos
- Visa
- Vaccinations/medical incl. teeth
- Phone
- Watch /Altimeter Watch
- Tickets
- Personal rescue/medical insurance
- Cash/travellers cheques/credit-debit cards
- Writing materials/diary
- Waterproof plastic zip bags
- Eyeshield/earplugs
- Toilet/hygiene kit, towel, wet wipes, razor
- Mini pack towel
- Address book
- Personal contact details
- Non-expedition travel clothes
- Swimming gear?
- Mini pack towel
- Holdall – for storage in last 'civilised' place

## **Clothing**

### **Outer layer**

- Windproof breathable jacket with hood
- Windproof breathable pants/salopettes
- Down jacket (duvet/parka)
- Down trousers/salopettes
- Down suit
- Water related – eg, drysuit/wetsuit
- 'Survival suit'

## **Thermal Layer**

- Synthetic/wool fleece/pile jacket/pull-on
- Synthetic/wool fleece/pile pants/salopettes
- Fleece waistcoat

## **Base Layer**

- Synthetic/Merino wool thin top (long/short sleeves/zipped)
- Synthetic/Merino wool thin pants/long johns

## **Head**

- Synthetic/wool full face balaclava
- Synthetic/wool hat
- Windproof cap with peak/ear protectors
- Sun hat
- Headband
- Facemask
- Neck gaiter/scarf

## **Feet/Legs**

- Mukluks
- Ski boots
- Mountaineering boots
- Down/synthetic fill boots (camp/tent wear)
- Gaiters or Insulated Gaiters
- Spare laces
- Liner socks
- Synthetic/wool thin/thick long socks

## **Hands**

- 'Handbags'
- Ski/mountain gloves
- Windproof overmitts
- Synthetic/wool thermal mitts/gloves
- Thin liner gloves
- Down mitts
- Thin (base layer) synthetic/wool mitts/gloves
- Mitt/glove support (around neck)

## **Eyes**

- Ski goggles (substantially windproof) (100% UVA/UVB)
- Sun glasses/glacier glasses with sides (100% UVA/UVB)
- Spare glasses/lenses
- Sleeping blindfold (for 24hr arctic light)

## **Food**

- Man-day rations
- Base food
- Goodies
- Food containers/bags

## **Project equipment**

- Project equipment

## **Personal expedition equipment**

### **Sleeping**

- Sleeping bag (synthetic/down)
- Sleeping bag liner – fleece/pile/silk
- Thermarest / down filled sleeping mattress
- Closed cell foam mattress
- Sleeping bag cover
- Bivi bag
- P-bag—for all sleeping gear
- Head torch
- P-bottle (1 litre wide top!)
- Toilet paper

### **Travelling gear**

- Sled/pulk, hauling harness/shaft/rope ([www.snowsled.com](http://www.snowsled.com))
- Gear/Sled bags ([www.snowsled.com](http://www.snowsled.com))
- Rucksac / Travel holdall
- Day sack (hand luggage)
- Skis/bindings/sticks/skins/waxes + spares
- Hands Free compass support ([www.snowsled.com/hands-free-compass-support](http://www.snowsled.com/hands-free-compass-support))
- Berwyn bindings for soft boots ([www.snowsled.com/expedition-gear/berwyn-bindings](http://www.snowsled.com/expedition-gear/berwyn-bindings))
- Harscheisen
- Ski waxes/skin adhesive
- Walking poles
- Avalanche probe/personal alarm
- Sun screen/lip salve
- Compass, baseplate
- Hydration system
- Dry bags

### **Safety**

- Personal medication and mini first aid kit
- Ropes/slings/karabiners/etc if no other group gear being taken
- Climbing Crampons
- Bear fence
- Bear spray
- Firearms and ammunition (bear deterrent)
- Mini flares

### **Climbing gear**

- Crampons
- Mountaineering harness
- Helmet
- Ice axe/hammer
- Ropes – climbing/abseil
- Tape slings/karabiners – snap/screw
- Ice screws/rock pitons
- Rock protection
- Belay/descendeurs
- Prussic loops
- Pulley

## **Eating**

- Knife
- fork
- spoon
- Insulated vacuum mug
- Bowls
- Vacuum flask (1 litre)
- Water bottle (with insulation pouch)
- Vitamin tablets
- Water purification tablets

## **Miscellaneous**

- Camera/case + films/memory/spare batteries
- External battery case
- Camcorder
- Tripod
- Multitool
- Matches/lighter
- Mirror (signal mirror)
- Tent/snow seat
- Wash/hygiene kit
- Personal goodies
- Personal sewing/repair kit

## **Group gear**

### **Camping gear**

- Tent + bag + repair kit
- Emergency tent
- Emergency group bivi
- Thermometer
- Tent snow brush
- 2-4mm closed cell tent floor insulation sheets
- Shovel
- Snow saw
- Snow stakes/anchors/ice screws and/or aluminium snow pegs
- Marker wands
- Stove + fuel
- Stove repair kit/spares
- Spare stove
- Stove board
- Smother blanket
- Stove windshield
- Stove fuel
- Fuel bottle (1 litre size)
- Other fuel containers
- Pots/pans/lids
- Pot handle
- Water filter
- Detergent/scrubbies
- Matches/lighters
- Loo paper
- Plastic garbage bags
- Storage bags
- Binoculars
- Snow anchors and/or ice screws
- Group first aid/medical
- Group safety / crevasse rescue equipment and ropes
- Alarm clock
- Candles/lightsticks

- Writing paper/pencils/pens
- marker wands
- Tool/materials kit—see separate list below
- Solar panel (with correct attachments/adapters)
- Wind generator

### **Navigation**

- Compass, baseplate
- Spare compass
- GPS and plenty spare batteries
- Maps
- Aerial photographs
- Altimeter
- Radio (VHF air band and/or marine band)
- Walkie Talkie SW radios
- SPOT tracker
- Personal Locator Beacon (PLB 406/121.5mhz)
- Emergency Flares
- Satellite Phone

### **Tools**

- Sewing kit
- Multitool
- Small hand drill + bits
- Posidrive/flat screwdrivers
- Small saw
- Small adjustable spanner
- Crampon file
- Mini clamp for ski repair

### **Materials**

- Duck tape
- Wire (copper/steel)
- Cord (tent cord)
- Araldite
- Impact adhesive
- Supaglu
- Cable ties
- Tent pole repair kit
- Pulk repair kit/spare cover/bag buckles
- Hose clips (Jubilee clips)
- Cigarette lighters
- Nuts, bolts, washers, screws
- Fabric for repairs
- Freight labels for returning freight