



## What you need to bring

This guide outlines the minimum equipment we recommend for an enjoyable multi-day trek on Svalbard. You can add to this, but remember the key to an enjoyable mountain trek is packing light. Keep your equipment simple and cheap. What you already have in your closet will probably do just fine. And anything that you do not have will be a good investment in your next adventure. If in doubt, do not hesitate to ask.



### Stay warm and dry

The Svalbard summer offers everything from quiet summer days to violent snowstorm. The temperature will on average be around 5° Celsius (41 deg. Fahrenheit) but can go well below freezing. If you dress wisely, one set of clothes will handle all of it. As a minimum, we recommend bringing the following:

	Tick it off
<b>1 set of long underwear.</b> Wear two bottoms if you have cold feet/legs.	<input type="checkbox"/>
<b>1 warm sweater/insulated jacket.</b> Something to slip on during breaks and in camp, when not moving.	<input type="checkbox"/>
<b>2 pairs of warm socks.</b> Add liners if you prefer and go for thin fibres to prevent blisters.	<input type="checkbox"/>
<b>1 pair of tough hiking boots,</b> with good ankle support and worn in beforehand.	<input type="checkbox"/>
<b>1 wind proof, hooded jacket or anorak,</b> preferably an uninsulated shell.	<input type="checkbox"/>
<b>1 set of rain gear or rain poncho,</b> which will stay dry in a heavy torrential downpour.	<input type="checkbox"/>
<b>1 pair of windproof trousers,</b> all purpose, tough and with room to move freely.	<input type="checkbox"/>
<b>1 scarf or buff,</b> to block up your neck-opening, lending warmth to your clothing.	<input type="checkbox"/>
<b>1 warm cap or hat,</b> anything warm and big enough to cover your ears is just fine.	<input type="checkbox"/>
<b>1 pair of gloves,</b> any thin glove able to keep your hands out of the chill wind.	<input type="checkbox"/>
<b>1 pair of gaiters,</b> preventing snow and river water from getting into your boots.	<input type="checkbox"/>
<b>1 pair of corks,</b> flip-flops or thick neoprene socks to protect your feet when crossing rivers.	<input type="checkbox"/>



### Stay hydrated

We will collect all the water we need in nature. While most water on Svalbard is good to drink ***we will boil all our drinking water.*** This makes your stove a vital part of your hydration system, therefore; get to know your stove and test it under realistic conditions. You need to drink at least 3 litres every day. Drink often and don't wait until you are thirsty. If you feel tired, withdrawn or have a headache, you are probably dehydrated. To stay hydrated, bring the following:

	Tick it off
<b>Water bottle(s)</b> with a total capacity of at least 2 litres.	<input type="checkbox"/>
<b>Warm drink flavouring,</b> e.g. tea bags, coffee powder, chocolate powder, concentrated fruit juice, etc.	<input type="checkbox"/>
<b>1 pot with lid,</b> with at least one litre capacity, and at least two litres if you are sharing.	<input type="checkbox"/>
<b>1 Stove with a wind screen.</b> Use any fuel you'd like. You can share a stove with one (1) companion.	<input type="checkbox"/>
<b>Fuel for your stove.</b> Enough to boil 4-5 litres per person each day of the trek. Add an extra day to this.	<input type="checkbox"/>
<b>Matches or lighters,</b> and dry-pack both of them in a plastic bag.	<input type="checkbox"/>



<b>1 tough drybag</b> , to keep your sleeping bag dry and to collect water from streams in camp.	
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### Get a good night's sleep

Your shelter should be something you look forward to at the end of each day and it is important in an emergency. It should be comfortable, warm, quiet and, not least, homely. Also, use your shelter as much as possible beforehand; it will feel more homely the more you sleep in it. As a minimum, bring the following:

	Tick it off
<b>1 robust, waterproof tent</b> . To save weight, you can share a tent with as many people you like.	
<b>1 tent repair kit</b> to fix broken poles, replace torn guy lines and patch holes in your tent.	
<b>1 sleeping mat</b> of any type you choose. If you bring an air mattress, prepare for punctures.	
<b>1 sleeping bag</b> , rated down to at least -5° Celsius (23 deg. Fahrenheit)	
<b>1 pair of earplugs</b> , good when storms rage or if your tent mate snores.	
<b>Bring a book</b> , a deck of cards, or similar for the evenings or for that unexpected day in bad weather.	



### Eat proper meals

Bring food you like, bring enough food, and bring food that is easy to prepare. Eat usual meals the first couple of days, and switch to light-weight, dried foods later. Don't worry too much about refrigeration. Nature will take care of that. Start out with a fibre-rich breakfast; eat sugary snacks before ascending hills; and plenty of protein and fat in your dinner. Consider repackaging your food in easy meal packs. Bring the following:

	Tick it off
<b>1 Spork</b>	
<b>1 Knife</b>	
<b>Meal packs</b> : for every full day containing: breakfast, lunches, dinners and trail snacks.	
<b>Waste bag</b> , for carrying any waste with you (we bury human waste and burn toilet paper).	



### Stay safe and healthy

Your guide will bring a medikit for any serious emergencies. Always alert the guide about any relevant medical conditions that might affect your trek. If in doubt, tell us anyway. We can do a lot to accommodate you. Also, in addition to any personal medicine you use, we recommend bringing the following:

	Tick it off
<b>Toilet paper</b> in a plastic bag. Used toilet paper can be burnt in the field.	
<b>Antibac/alcohol gel</b> for cleaning your hands	
<b>Tooth brush and paste</b> or flour tablets as a lighter alternative.	
<b>Sports tape or duct tape</b> , to fix yourself or anything else for that matter.	



<b>Compeed</b> for treating blisters.	
<b>Mild painkillers</b> e.g. Paracetamol or similar.	
<b>Bandages</b> for small scratches and bruises	
<b>Sun glasses</b> the sun is always up and extra sharp on glaciers and snow.	
<b>Sun block</b> with SPF 20 or higher, and less than a year old.	