

# KIT LIST

## LAPLAND

### THE HUSKY TRAIL



The kit list below has been compiled by our local ground handlers and is based on recommendations from previous challenges. Please do take into account your own personal preferences and common sense!

It is highly recommended that to travel, you use a 'soft holdall' type of bag/large rucksack and not a hard rigid suitcase.

ITEM	REQUIRED	✓
<b>Documents</b>		
Passport (valid for 6 months AFTER your return) and photocopy	Yes	
Travel insurance documents	Yes	
Tickets or e-ticket receipt	Yes	
Cash and credit card (for an emergency)	Yes	
<b>Baggage</b>		
Large holdall/rucksack to check in at the airport and to transport belongings	Yes	
Waterproof dry bag to carry clothes whilst sledding – or you can waterproof another type of bag using bin liners (60 – 90 litre capacity)	Yes	
<b>Clothing &amp; kit provided by our ground handler</b>		
Snow boots (minus 100F rated) – for sledding	Provided	
Down filled parka – for sledding	Provided	
Insulated bib trousers – for sledding	Provided	
Mittens (thick and waterproof) – for sledding	Provided	
Sleeping bag – this MUST be able to withstand temperatures of lower than -20°C	Provided	
Double sleeping pad – suitable for winter camping	Provided	
<b>Clothing</b>		
Neck gaiter (fleece or Merino wool)	Yes	
Large waterproof jacket and trousers (cheap/lightweight, 2 sizes bigger to go over all clothes)	Yes	
Thick fleece jacket	Yes	
Thin fleece jacket (preferably a Windstopper)	Yes	
Gillet (down or Thinsulate filled)	Yes	
Thin work gloves (to go under mittens and to work around camp)	Yes	
Ski type gloves for sledding	Yes	
Warm hat (for sledding in cold/windy weather)	Yes	
Woollen hat or fleece beanie (with ear covers preferably) – to use on warmer days and to sleep in on colder nights	Yes	
Thermal base layer top and bottoms (preferably Merino wool) – 2 pairs	Yes	
Thermal underwear (preferably Merino wool)	Yes	
Wool/ski socks – 2 to 4 pairs (you can never have too many!)	Yes	
Long-sleeve warm tops, thick woollen jumper, tracksuit to sleep in for extra comfort and it's good to have extra layers	Optional	
Bivouac shoes – for around camp	Optional	
Casual clothes for wearing in Tromso and for travelling – including a warm coat!	Yes	



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<b>Kit</b>		
Sun glasses with UV protection – preferably ‘wrap around’ type	Yes	
Ski goggles with orange or brown contrast enhancing double glazed lenses	Yes	
Dinner set – knife, fork, spoon, plate, bowl and cup (all plastic but NOT disposable)	Yes	
Thermo-cup and Thermos flask	Yes	
Ear plugs – useful when sharing a room/tent	Yes	
Head torch with extra batteries	Yes	
Water bottle (Nalgene type) – 2 x 500ml minimum, with wide opening neck so ice can be broken away easily	Yes	
Scissors or a ‘multi-tool’ - for your meals (they are ‘Dry Tech’ – you just need to add boiling water) but they will need opening!	Yes	
Towel	Yes	
Contact lenses (bring spares and also your glasses just in case)	Optional	
Padlock for baggage	Optional	
Plastic bags – for dirty washing	Yes	
Camera with spare batteries and spare memory card	Yes	
Spare boot laces – also great for tying things to the outside of your day bag	Yes	
Travel adapter for Norway	Yes	
<b>Health &amp; hygiene</b>		
Toothbrush, toothpaste, wet wipes (or equivalent), soap, shampoo, conditioner, lip salve with sun protection, tissues, razor & cream, deodorant, sanitary products, antibacterial hand gel	Yes	
Sun lotion (minimum of factor 50), after sun/moisturiser, total sun block for nose and lips	Yes	
Energy foods/snack bars	Yes	
Isotonic/high energy drink/powders – try to use them when training to see if they suit you	Recommended	
Small personal first aid kit containing adhesive dressing (plasters), antiseptic spray, diarrhoea tablets, throat sweets, re-hydration sachets – very important, Paracetamol, Dextrose tablets, Tubi grip or equivalent for extra support if needed, Deep Heat cream or equivalent in case of sore muscles, Sudocrem or Vaseline for soothing/preventing chafing and any other personal medication.	Yes	

## BUDGETING FOR YOUR KIT

It is difficult to give you an accurate budget when purchasing items of kit as it depends on a variety of different factors – how much of the above kit you already have and how often you plan to use it etc. If you are already or planning to become a seasoned dog sledder you may want to invest in better quality kit than if this is just a once in a lifetime challenge.

You can also hire some kit from TrekHire UK ([www.trekhireuk.com](http://www.trekhireuk.com)) rather than going to the expense of purchasing. Don't forget your 10% discount!

