



GREENLAND HELI-SKI EQUIPMENT LIST

Plus general information

SKIS

BOOTS

POLES (collapsible for snowboarders)

AVALANCHE TRANSCIEVER (if you have your own plus extra batteries)

25 -30 LITER TOURING BACKPACK (can double as carry on luggage)

HELMET

WARM HAT

SUN HAT

2 GLOVES

GOGGLES

SUNGLASSES

GORETEX SKI PARKA

GORETEX SKI PANTS

DOWN JACKET (or synthetic equivalent)

FLEECE TOP LAYER

2 THERMAL UNDERWEAR BOTTOMS

2 THERMAL UNDERWEAR TOPS

4 PAIR WARM SKI SOCKS

NECK GAITER

WARM AFTER SKI BOOTS

SLIPPERS OR DOWN BOOTIES FOR HOTEL/SHIP

BASIC 1ST AID KIT (IBU, BLISTER KIT, ETC)

TOILETRIES (SHAMPOO, LOTION, SILICON EARPLUGS, ETC)

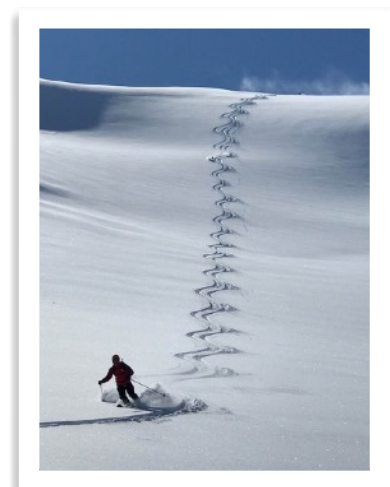
SUNSCREEN/LIPSCREEN

CLOTHING FOR CASUAL EVENING DINING

HEARING PROTECTION OPTIONAL (example click [here](#) or find at hardware store)

10 OR SO ENERGY BARS

WATER BOTTLE (1 LITER)





GENERAL INFORMATION

TRAVEL RESCUE INSURANCE REQUIRED

GLOBAL TRAVEL, MEDJET, OR SIMILAR ~ For assistance, contact Erin Rountree: etravel@cox.net

THINGS TO CARRY ON

SKI BOOTS (SKIS AVAILABLE IN GREENLAND BUT NOT BOOTS)

PRESCRIPTION MEDS *PLUS AN EXTRA WEEK*

DEVICES

NO INTERNET OR CELL CONNECTION ON SHIP

SKIS AND BOARDS

BRING AN ALL MOUNTAIN SKI OR SNOWBOARD THAT YOU LIKE ON POWDER & SPRING SNOW

WEATHER

BE PREPARED FOR TEMPS RANGING FROM (-)10 F TO +40 F. LAYER CLOTHING TO ACCOMMODATE CHANGES IN TEMPS DURING DAY.

MANIITSOQ AMENTIES

GENERAL DEPARTMENT STORE, SUPERMARKET AND BANK. AVAILABLE 1ST & LAST DAY ONLY

ELECTRIAL OUTLETS

220 V - BRING EUROPEAN ADAPTERS FOR USB

CONTACT NUMBERS

1) EMERGENCIES ONLY, PLEASE, AS THESE ARE SATELLITE NUMBERS:

SHIP TULU +8816 2144 2870 OR +8816 4171 0917

2) MANIITSOQ CONTACT (KAI DASTRUP~(Kai can reach Ship Tulu by radio)

+299 81 3859 OR +299 48 7626 EMAIL: kaidastrup@gmail.com

3) PRIOR TO BOARDING SHIP TULU

PETE PATTERSON: +1 208 720 7622

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