East Greenland

Essential Packing List

DISCONNECT TO RECONNECT — EASTGREENLAND.COM

Preparation is Key

Preparing for your journey to East Greenland is an exciting endeavor, as this remote Arctic destination offers both winter wonders and summer adventures. To ensure you're well-equipped for your trip, we've put together a comprehensive packing list. While we provide a general overview for each season, it's essential to communicate with your tour operator to confirm which equipment will be provided and what items you should bring. Please note that this list provides a general overview, and specific activities or itineraries may require additional gear or clothing. This way, you can make the most of your East Greenland experience while staying comfortable and safe in this unique and captivating environment.

SUMMER • JUNE–SEPTEMBER

Your Packing Guide for Summer

This packing list for your trip to East Greenland during the summer time between june and september. The summer packing list is well-suited for various adventures in East Greenland, including hiking, sailing, and other outdoor pursuits, ensuring you're equipped for exploration in this captivating Arctic landscape.

Documents

- [ ] Valid passport
- [ ] Copy of passport (save digitally or keep separately from original)
- [ ] Visa if necessary
- [ ] Travel and Health Insurance policy for abroad
- [ ] Flight ticket
- [ ] Travel credit card
- [ ] List of emergency contacts and allergies, if applicable

Clothing

Work with the layer principle, also during summer to shield from wind, water or other element exposure during your adventures in East Greenland. In general fabrics such as wool, silk, and synthetic fabrics like polypropylene are superior to cotton. Polar fleece and polartec are also a good option. Always combine with a waterproof and windproof out layer, using Gore-Tex.

- [ ] Lightweight, moisture-wicking base layers, merino wool and polyester are best
- [ ] Quick-drying t-shirts and long-sleeved shirts
- [ ] Insulated, waterproof jacket or shell
- [ ] Warm fleece or down jacket
- [ ] Comfortable, moisture-wicking underwear
- [ ] Lightweight, breathable pants or hiking trousers
- [ ] Bring both warm, thick wool or synthetic socks
- [ ] Sturdy, comfortable hiking boots, with ankle support or waterproof shoes, always bring already worn-in shoes
- [ ] Hat or cap for sun protection
- [ ] Sunglasses with UV protection
- [ ] Buff or neck gaiter, for wind and sun protection
- [ ] Lightweight gloves, make sure they are windproof

Equipment

- [ ] Daypack, that functions as your hand luggage about 20-36L
- [ ] Water-resistant cover for your backpack
- [ ] Duffle or Suitcase, as your checked-in luggage, opt for a waterproof version and try to avoid rolling suitcases
- [ ] Dry bags or waterproof pouches for electronics
- [ ] Reusable water bottle or hydration system
- [ ] Camera with extra batteries and memory cards – batteries run low in cold weather fast
- [ ] Power bank and charging cables
- [ ] Travel adapter and converter, if necessary
- [ ] Portable GPS or navigation tools for exploring remote areas
- [ ] Snacks or specific food you need, which might not be available in East Greenland
- [ ] Pocket knife (remember to have this in your checked-in luggage)
- [ ] Travel guidebook or maps of East Greenland
- [ ] Headlamp or flashlight
- [ ] Binoculars, they will enhance your wildlife experience

Toiletries

- [ ] Insect repellent or mosquito net
- [ ] Personal hygiene and toiletries items
- [ ] A little First-aid kit with the essentials
- [ ] Personal medications and prescriptions
- [ ] Sunscreen with high SPF – The air is dry and the sun is strong in Greenland, so remember – Sunscreen, high factor and oil-based
- [ ] Lip balm with sun protection

Our Tip

It's always great to have an extra layer with you 'just in case'. This means keep an extra layer in your backpack, when heading out for the day or multi-day adventure. The weather can change quickly and it can easily get cold with a bit of wind during a boat tour or hiking trip. Knowing that you have another layer to protect you from this, waiting in your backpack, adds another layer of comfort for mind and body.

WINTER • FEBRUARY—APRIL

Your Packing Guide for Winter

This packing list for your trip to East Greenland during the winter time from February and April. The winter packing list is tailored to accommodate outdoors activities such as dog sledding, northern lights sightings, snowmobiling, or snowshoeing, ensuring you're prepared for an unforgettable Arctic experience in East Greenland.

Documents

- [ ] Valid passport
- [ ] Copy of passport (save digitally or keep separately from original)
- [ ] Visa if necessary
- [ ] Travel and Health Insurance policy for abroad
- [ ] Flight ticket
- [ ] Travel credit card
- [ ] List of emergency contacts and allergies, if applicable

Clothing

Work with the layer principle, to shield from wind, water or other element exposure during your adventures in East Greenland. In general fabrics such as wool, silk, and synthetic fabrics like polypropylene are superior to cotton. Polar fleece and polartec are also a good option. Always combine with a waterproof and windproof out layer, using Gore-Tex.

- [ ] Lightweight, moisture-wicking base layers, merino wool and polyester are best
- [ ] Quick-drying t-shirts and long-sleeved shirts
- [ ] Insulated, waterproof jacket or shell
- [ ] Warm fleece or down jacket for cooler evenings
- [ ] Comfortable, moisture-wicking underwear
- [ ] Lightweight, breathable pants or hiking trousers
- [ ] Insulated or fleece pants
- [ ] Insulated winter jacket, ski or down jacket
- [ ] Insulated winter pants or ski pants
- [ ] Bring both warm, thick wool or synthetic socks
- [ ] Waterproof winter boots and maybe some easy slippers for indoors
- [ ] Warm fleece or wool stocking hat, make sure your jacket comes with a hat as well, which can add as extra protection
- [ ] Sunglasses with UV protection
- [ ] Buff or neck gaiter, for wind and sun protection
- [ ] Windproof skiing or outdoor gloves and potentially warm fleece or wool mittens
- [ ] Lightweight gloves, make sure they are windproof

Equipment

- [ ] Daypack, that functions as your hand luggage about 20–36L
- [ ] Water-resistant cover for your backpack
- [ ] Duffle or Suitcase, as your checked-in luggage, opt for a waterproof version and try to avoid rolling suitcases
- [ ] Dry bags or waterproof pouches for electronics
- [ ] Reusable water bottle or hydration system
- [ ] Camera with extra batteries and memory cards – batteries run low in cold weather fast
- [ ] Power bank and charging cables
- [ ] Travel adapter and converter, if necessary
- [ ] Portable GPS or navigation tools for exploring remote areas
- [ ] Snacks or specific food you need, which might not be available in East Greenland
- [ ] Pocket knife (remember to have this in your checked-in luggage)
- [ ] Travel guidebook or maps of East Greenland
- [ ] Headlamp or flashlight
- [ ] Binoculars, they will enhance your wildlife experience

Toiletries

- [ ] Personal hygiene and toiletries items
- [ ] A little First-aid kit with the essentials
- [ ] Personal medications and prescriptions
- [ ] Sunscreen with high SPF – The air is dry and the sun is strong in Greenland, so remember – Sunscreen, high factor and oil-based
- [ ] Lip balm with sun protection

By Anna Burdenski