

# UKHammocks Arctic Sweden Kit

We have put a lot of years and effort in to compiling this kit list, if its not listed you don't need it however thats not to say you may not want it. If you question anything on here feel free to speak with the team to discuss if its something you can improvise or potentially not need in your personal circumstance, the majority of your equipment can be found on eBay or a surplus store, the British and Swedish armies have an outstanding arctic heritage and the equipment available is world class, naturally if you have expensive tastes there are always other options but we usually find that equipment costs are the main reason people choose not to go on expedition. There simply is always a cheaper option for the arctic.

## Personal Camping Kit.

### - Hammock

Any good gathered end or bridge hammock will work here, no need for a bug net.

### - Tarp

Needs to cover your hammock, consider a door style tarp to give extra protection from the sides in a blizzard.

### - Under Quilt

Deep winter fill, we will be looking at temperatures from -20c to -45c so a good Underquilt will be a must. you can also boost your under quilts range by using it in conjunction with a sleeping mat

### - Top Quilt or Arctic Sleeping Bag

Again another vital bit of camp kit, needs to be rated to the climate we're working in, an arctic sleeping bag (British army ones are cheap and the centre zip is great for hammocks) or a overfilled TQ.

### - Sleeping Pad/Mat

We may get the chance to sleep in a cabin at Kiruna and a pad is a nice addition to a sleep on, again it can also be used to boost your range with the UQ so in my book its packed. look for a self inflating or closed cell foam, both have their advantages etc.

### - Rucksack

Big enough to fit all your gear in plus the food etc for 5 days on the trail, for the arctic i have always used an old Army began without the side pouches its around 80L in that formation and is plenty for my load out.

### - Pack liner

A roll top dry bag is the best option but others will work fine, were not looking for immersion here so just something to enable another barrier against snow and ice for your kit, this needs to be large enough to accept your hammock, quilts and sleeping clothes, I find around 50L is ample for this job.

### - Dry bags

Any smaller dry bags or draw cord sacks are handy here to organise your gear, I have one for food, one for my everyday bits like head torch, axe puck, lip salve etc. and another for my spare clothes/socks.

### - Snow Stakes

Not a must as you can always make them however i like to carry 4 snow stakes in my pack, if I'm in a rush to pitch it saves me a faff, they are cheap on eBay/Amazon and really do work well in snow.

- **Stove-Pan-Mug-Plate-KFS**

Pretty self explanatory, Plate/bowl - Mug - Spoon/Knife/fork or whatever else you eat with and a Pan or Billy to cook in. We will aim to always have a fire on a night to cook over as its a great place to chat etc, however for hot drinks and a warm breakfast i carry a JetBoil or an MSR Whisperlite which works well, we can get gas in town when we shop if you need it, also multi fuel is available everywhere for the MSR.

- **First Aid Kit (inc personal meds)**

All the usual suspects of plasters, dressings, Lip Salve, tape, pins, pain relief and any personal meds, the Team will have a comprehensive med pack for anything major. we also ask you cary a First Field dressing and a CAT Tourniquet with you if your packing an Axe as its increasing the potential you will need it!! if your struggling to find them give us a shout as we always have spare laying around the workshop.

- **Personal Wash Kit**

Again you know what works for you.

- **Packable Towel**

Anything that works here, i have an old micro fibre towel thats got more Airmiles than half the England football team thats never let me down.

- **Foot powder**

A key item, add it to a stocking like a climbers chalk ball for best use, your feet will be sweaty at times and drying them out is a must on a night time when changing socks in your hammock.

## **Personal Clothing (Day Time)**

- **Underwear**

You will be active so whatever is comfortable, ladies a sports bra will be better than a wired one.

- **Thermal Leggings**

We like Merino wool but helly hansen or other cheap ski/surplus thermals are great. 2 pairs will give you a change of clothes mid way through the trip.

- **Thermal L/S Tops**

Again, same as above, these will be great for your base layer. X2

- **Mid Layer Top**

Wool shirts, micro fleece all work well, everyone has them tucked away in their wardrobe.

- **Mid Layer Trousers**

A lined walking trousers is great, you can also get army softie trousers or primaloft trousers for this, also a cheap ski pant will work well.

- **Wool jumper, Thin insulated jacket, Gillet**

A wool jumper will go nicely over your mid layer, charity shops are full of them, remember to buy a size too big as its going over layers, another option is a thin Down/Synthetic jacket or a Gillet. Its just a boost layer for when we are less active.

- **Down/synthetic Jacket.**

This is for when we stop, I have a big Rab jacket that's worked great for years, throw it on over my layers at lunch and brew stops and it's also great for around camp and makes a super pillow in the hammock!

- **Snow Smock/Parker**

Buy a cheap Swedish army snow smock on eBay, they are around £10 and brilliant. It's a canvas smock that will be your outer shell, we can regulate our layers underneath but this will remain your shell. There are fancy options here, but unless you travel to the Arctic a lot it's not worth the outlay for something you're only going to use in the far north!

- **Outer Pant**

Same as above, you can get cotton snow trousers for £5 on eBay and they work great as an over-trouser. Also a thin windproof pant or breathable waterproof trouser will work here.

- **Liner Socks X4**

Thin cotton socks, some people find a liner sock is great at adding heat to their feet, but they also give us a changeable sock without carrying loads of thick wool socks.

- **Wool Socks X4**

British army Arctic socks, on eBay, super cheap and bombproof! Others are available but will be pricey. Buy wool not synthetic materials as when you sweat the wool will still keep you warm.

- **Inner liner glove**

A thin glove is great for protecting your hands when you pop your mitts off to do something like take a photo or go to the loo, I have some with a touchscreen tip on the index finger and thumb so I can operate my phone and camera screen without having to take them off, Decathlon had them for £3.

- **Inner Woollen Mitts**

Dachstein mittens are great, but any pure heavy wool mitten will work they go over your liner glove and under your outer mitten.

- **Outer Mitts**

Look surplus again here for a cheap option, Swedish army Arctic mitts are great, and can also come with an inner mitten with the price. You can go expensive but in my experience surplus winter gear has always worked great.

- **Buff/scarf**

The area from your collar to your chin is a nightmare to keep warm without one! A buff doubles as a balaclava on a night so I find that works best.

- **Wool Hat**

A wool hat or a trappers style hat is a must, they are cheap to find online and yet again surplus is a great choice!

- **Balaclava/Face Mask**

If you're not packing a buff then a balaclava will keep your face warm in the hammock, there are loads of them around and they are cheap to pick up.

- **Winter Boots / Tinglies / Mukluks**

A vital item, you can get cheap Army mukluks on eBay, also winter boots from Sorel can be found for cheap like the Glacier XT Boot, Felt liners again can be found online, eBay has a few options, these with thick wool insoles will keep your feet toasty! Make sure you have a spare set of the insoles in case yours get wet with sweat. Tinglies are a rubber over boot, you can also look at

rubber motorbike overboots, when around camp i usually take off my boots and pop my liners into the rubber over boots.

- **Felt boot liners and extra insoles**

Mentioned above, they are an inner boot for your footwear. eBay is good. some winter boots come with them.

- **Snow Shoes**

We will be using snow shoes daily, you can rent them from our stores in Kiruna for £70 or if you enjoy the north you may have your own as we do. let us know if you need to rent some and we will get that arranged for you.

- **Sunglasses**

Polarised lenses are a good option, glacier glasses work well but so will any old sunnies you have laying around!

- **Snow/ski goggles**

Dog sleds and blizzard will give you a need for these, cold wind in the face is horrible so locate a cheap set, Bloc Eyewear is our favourite as they are very good and under £30.

- **Wrist covers**

Old socks with the toes cut off and a thumb hole work well, but you can get them online, having a warm wrist is a must!

- **Leather Belt**

To go around your snow smock with your knife on, make sure its big enough...

- **Swimming shorts/costume**

handy for saunas etc. but not essential

## **Personal Clothing (Night Time)**

- **Thermal Trousers**

Old jogger bottoms, or thicker leggings are great.

- **Thermal shirt/Top**

Jumper, fleece or a thick thermal will be perfect.

- **Wool socks**

Same as your day socks but filled with foot powder and only used in bed.

- **Wool Hat and Balaclava/Buff**

Essential bedwear! A dry hat and buff will keep your head and face warm.

- **Frost Bib**

When we exhale in the far north our breath will condense and subsequently freeze onto our sleeping bag/Topquilt. having a frost bib which you can make from a Rectangle of polar fleece (50cm x 30cm) that you cut a neck hole into and lay over your sleeping bag just like a bib will allow this process to take place on the bib and not your bag, then in the morning you just brush the frost off.

## **Extra Day/Night Kit**

- **Knife**

A good fixed blade like a Mora is perfect, make sure it has a serviceable sheath.

- **Axe**

Not essential as the team will have them. but if you have your own then its great for camp craft chores.

- **Lighters**

Pack 3 or 4 they are very handy with cold hands lighting stoves and fires. pop one on a paracord lanyard and wear around your neck.

- **Frost Brush**

Dish washing brush or a baby bottle brush is perfect. frost and snow will stick to your clothing and the brush is essential to stop it melting and wetting out your equipment.

- **Sharpening puck/stone**

Axe Pucks work great, as do the Falkniven DC4

- **Lip Salve**

Essential!!! have a few at hand.

- **Camera**

We will be taking plenty of photos but if you want your own a spare battery and big memory card are a must, its amazingly beautiful up there and your sure to have it out a lot!

- **MP3 player/Phone/Headphones**

For in the hammock or on the road, again not essential but handy.

- **Head torch**

Make sure you have spare batteries!

- **Water bottle**

Big enough for 1L of water as a minimum, we carry 2.

- **Water purification**

Another must, tablets work well, like the MOD style. we will mainly melt snow for water and boil but having a pack of these is great if we find flowing water.

**Fish hooks and line**

We will aim to set a few night lines so if you have a few laying around throw them in!

## **Food**

The Expedition is self feeding, so you will require Hot drinks, breakfast, lunch and dinner for the duration, we advise meals like instant porridge for breakfast with some dried fruit, lunches can be snack bars, noodles or soups, and evening meals with hearty ingredients are great, we can shop on arrival for fresh food. if you wish to group cook our evening meals we can discuss this before departure and al chop in at the store for larger meals like pasta, curry etc.

## **Additional kit for travel etc.**

These items can be left in the car in your hand luggage bags so don't need to be packed on the trips.

- **Mobile Phone**
- **Money (SEK)**
- **Passport**
- **Insurance**
- **Chargers for camera/phone**
- **Change of clothes for flight**
- **Small wash kit**
- **Anything else you need to travel and don't need.**