



EXPLORA

Project

Swedish Lapland Expedition 2019 (First Track) EQUIPMENT LIST

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MANDATORY EQUIPMENT

YOUR EQUIPMENT WILL BE REVIEWED AT BASE CAMP BEFORE TRAINING.
FAILURE TO HAVE AN ITEM WILL RESULT IN NOT BEING ALLOWED TO START THE EXPEDITION

#	ITEM	COMMENTS	QTY.
FEET			
1)		Vapour- barrier socks Ex : https://en.aventurenordique.com/rab-vapour-barrier-socks.html	1
2)		Warm socks (merino wool recommended)	3
3)		Expedition down-filled booty Ex : https://en.aventurenordique.com/exped-camp-booty.html	1

4)		Cold expedition boots (Sorel recommended)	1
HANDS			
5)		Pair of Warm ski gloves	1
6)		Pair of silk liner gloves	2
7)		Pair of expedition down-filled mitts	1
HEAD			
8)		Wool / polar hats <i>1 will be offered by Explora Project !</i>	2
9)		Balaclava	1
10)		Polar neck cover	2
11)		Pair of sunglasses (Cat 4)	1
12)		Ski mask	1

13)		Lipstick UV 30	1
14)		Suncream (50 UV min)	1
BOTTOM BODY			
15)		Waterproof and windproof pants (Gore-Tex type)	1
16)		Warm softshell pants	1
17)		Thermal underwear pants (merino wool recommended)	1
TOP BODY			
18)		Warm down jackets (for evenings and breaks)	1
19)		1 waterproof and windproof jacket (Gore-Tex type)	1

20)		Long sleeves merino thermal shirts	2
21)		Warm polar jacket	1
BASE CAMP			
22)		Wool or polar pyjama	1
23)		Hygiene kit: toothpaste, biodegradable soap	1
24)		Insulated air floor mat (R4 minimum)	1
25)		Sleeping bag comfort -30°c (feather or synthetic fibers)	1
26)		Camping spoon	1
27)		Insulated camping cup	1
28)		Plastic plate (folding recommended)	1

29)		Headlamp + rechargeable batteries	1
ACCESSORIES			
30)		Drybags from 10 to 35L To protect sleeping bag, clothes and personal items from humidity	4
31)		Hiking Backpack 30 Liters	1
32)		First aid kit Waterproof bandages/ Blister patches/ Aspirine/ 1 needle/ 1 tweezer/ Few toes and hands warmers + personal drugs	1
33)		Microfiber towel	1
34)		Survival blanket	1
35)		Thermos 1L	1
36)		Passport	1
37)		Credit card	1

38)		Travel insurance	1
39)		Mobile phone + portable batterie	1
40)		Lighters & matches	3
41)		Insulated bottle 1L with a wide mouth	1
42)		Multi-tools	1
43)		Toilet paper + tiny hand sanitizer in a waterproof bag	1
ACTIVITY (SKI)			
44)		Pair of ski touring shoes	1
45)		Pair of ski touring with bindings + <u>skins</u>	1
46)		Pair of back country poles	1

OPTIONAL EQUIPMENT

THE FOLLOWING IS NOT MANDATORY BUT CAN ADD COMFORT DURING THE EXPEDITION

47)		<p>Pair of waterproof and windproof mitts (Gore-Tex Type recommended)</p> <p>Ex : https://en.aventurenordique.com/outdoor-research-revel-shell-mitts.html</p>	1
48)		<p>1 folding chair Crazy Creek</p> <p>Ex : https://www.crazycreek.com/the-chair/</p>	1
49)		<p>Silk or polar liner</p>	1
50)		<p>Camera / Gopro</p>	1
51)		<p>Pen + notebook Rite in the Rain</p>	1
52)		<p>Insulated foam mattress It can be used to cook, eat, for breaks.</p>	1
53)		<p>Waterproof overshoe down-filled booty</p> <p>Ex : https://en.aventurenordique.com/exped-bivy-booty.html</p>	1

(end)