

# World Extreme Medicine

## Polar Medicine - kit list



Please note, all kit below is a guide. There is an endless amount of kit on the market and a huge variance in personal preference and needs. If you have any questions get in touch with the WEM team or consider our friends at [The Climbers Shop & Joe Brown](#) who can provide the necessary equipment tailored to your needs.

To help understand the clothing required for this course, [we have put together this video with the help of our Norwegian guide](#) 😊

**World Extreme Medicine will provide the following equipment to all clients –**

- Nordic skis
- Ski boots – these will be the only boots you need for outdoor activities and they work well both with and without skis. Please send your sizes to us early, to ensure we can provide your size.

**Participants must bring the following:**

### Outer layer

- Shell jacket - must be windproof, breathable (not necessarily waterproof), with a generous hood and pockets. Gore-Tex or eVent materials are great! This must not be an insulated ski-type jacket.
- Shell pants – can be pants or salopettes, must have side zips for venting, must not be tight over base layers as this can increase the chance of cold injury to thighs. If wearing salopettes a drop seat is best to stop excessive clothing removal for toilet breaks.

### Insulating layer

- Down or synthetic jacket – thicker is better and sized to fit over outer clothes is ideal but not essential. Must have a generous built-in hood. If you have a light down jacket and thicker / expedition weight jacket, bring both.
- Down or synthetic gilet – sized to fit over a shell layer if possible.
- Down or synthetic shorts, pants or skirt (optional) – we highly advise bringing insulated legwear. This is great for use at the camp or during periods of inactivity. The Guides don't travel without this

### Base layer

- Base layer tops – two sets of high-quality wool or synthetic, it is recommended one is a mesh design. Should have long sleeves, **no zips**, ideally one with a hood.
- Base layer leggings – two sets of high-quality wool or synthetic, one is recommended to be a mesh design.

### Fleece layer

- Fleece top – preferably with a hood and a pocket(s). Consider bringing a lightweight (polartech alpha or similar) and a heavier weight (polartech powerstretch or similar)
- Fleece tights / pants – mid weight, close fitting.

### Feet

- Work socks – minimum 2 pairs, warm, padded wool, or synthetic blend. Long to the mid-shin or knee. Ideally expedition weight, should fit over a liner sock.
- Liner socks – minimum 2 pairs, wool or synthetic
- Insulated booties / tent mules – perfect for the tent and lodge.
- Warm boots – to wear whilst travelling to and from the hut - whatever your go to warm boot is, Sorels are great or any warm winter boot, ensure a loose fit for warm socks.
- Gaiter – essential if your trousers don't have good / proven built-in gaiters. If you have built in gaiters, be sure they are up to the job for long, cold days in soft snow.

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### Head

- Goggles – must have good UV protection, thinner frames allow for a larger field of vision, interchangeable lenses are useful especially in low light conditions.
- Sunglasses – Cat 3 or 4 lenses, wrap-around type or with side shields, **no metal frames**.
- Balaclava (optional) – lightweight fleece or synthetic, snug fitting, full face cover.
- Buff – synthetic or polar buff preferred
- Beanie hat – bobble optional

### Hands

- Bring spare gloves and ensure you have a very warm pair of mittens
- Liner gloves – 1 pair, lightweight, thin fleece or merino, close fitting.
- Fleece gloves – 1 or 2 pairs, thick fluffy fleece, nothing fancy needed, should be loose and comfortable.
- Thick gloves – 1 pair, sturdy ski gloves, gauntlet type with hard wearing palms
- Mittens – lots of options depending on your needs. Buy in large sizes to fit over gloves for additional warmth.
- Leather work glove (useful if working with machines, dogs, collecting firewood etc)

### Sleeping – Sleeping bags and mats can be rented for NOK500 – email [admin@extreme-medicine.com](mailto:admin@extreme-medicine.com)

- Sleeping mat – inflatable and foam mat, must be an insulated / 4 season mat. Concertina foam mats are better, they pack smaller. Inflatable mats should be brought with repair kits.
- Sleeping bag – minimum comfort rating of -25C, down is much lighter and packs smaller. The bag should be a good size, with some space and a generous hood, full length zips are important. Consider an over bag for your current lighter weight sleeping bag, rather than investing in a new sleeping bag. *If you are a cold sleeper adjust accordingly, seek expert advice if unsure. Night temperatures could range from -10C to -30C and in extremes -40C.*
- Sleeping bag liner – choose from lightweight to heavy insulating liner dependant on your needs
- Bivy bag (only required if you would like to try a night in a snowhole) – anything waterproof and big enough for your sleeping bag, army surplus stores are great for these.

### Eating / drinking

- 1 litre Nalgene bottles – bring two or three! Wide mouth bottles are best. We prefer Nalgene as they don't leak and last forever. One may be used as a pee bottle, popping something in that rattles will help you pick the right one at night!
- Insulated Nalgene bottle cover – optional but can be essential if it's cold enough.
- 1 litre thermos and mug
- Metal spork, or long handle spoon i.e. Life venture titanium long handle spoon
- Tupperware/container for transporting sandwiches

### Miscellaneous

- Rucksack – day sack size for your time out in the snow 30-45 litres will be fine depending on your kit, I'd recommend aiming toward the higher end of that range.

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- Large duffel bag – adequate size for all your kit.
- Clothes for the lodge – anything comfy
- Hand warmers
- Towel
- Swimwear (for use in the sauna and hot tub on the last night)
- Toiletries
- Earplugs – anything that works for you
- Compass and whistle (GPS if you have one)
- Snacks
- Leatherman or other multi-tool - not in hand luggage
- Torch - head torch is best with spare batteries
- Biodegradable wet wipes
- Sunscreen – high factor
- Hand sanitiser
- Lip slave – SPF 45+
- Tuff sacks / dry bags – as required
- Small waterproof bag containing passport, airline ticket, credit cards and money
- Personal first aid kit (see below)
- Matches
- Laptop / tablet (not essential)
- Powerpack / portable charging unit/continental plug
- Cash in Norwegian Krone (NOK) – enough for sleeping system hire from the local agent

### **Personal First Aid Kit** containing at least the following:

- All regular medication (double quantities to keep in two separate places)
- Ibuprofen / paracetamol or other appropriate analgesia
- Imodium
- Antiseptic wipes
- Gauze pads / small haemorrhage control kit
- Crepe bandage and triangular bandage
- Zinc oxide tape
- Blister kit including Compeed and moleskin (a couple of packs – the ski boots may rub & give you blisters)
- Safety pins (not in hand luggage)
- Sticky plasters and steristrips