



FUNDACJA LITORAL: EXPEDITION  
**SVALBARD2015**

**clothes & equipment**

# CLOTHES & EQUIPMENT& FOOD - **less weight, more comfort**

## 1. CLOTHES

thermal underwear – 2 sets + 1 thermal t-shirt with short sleeve (avoid cotton)  
regular underwear - try to find personal ballance between comfort and weight  
Fast-drying towel - 1  
Trekking socks - 6 pairs  
Woolen socks - 1 pair is enough  
Good quality trekking trousers - wind & waterproof - 2 pairs  
Woolen sweater / polar jacket - 1  
Waterproof jacket (i.e. GORETEX) - 1  
Down jacket for isolation - 1  
Flipflops - 1 (light ones)  
Buff - 1  
Regular gloves - 2  
Winter hat - 1  
Polarized sunglasses  
\*Cap - 1 - **OPTIONAL**

## 2. EQUIPMENT

### a) HIGENE

Toothbrush and toothpaste  
Baby tissues  
Light UV face protection

### b) CAMPING

Karimata (the choice is yours, I use MATA Z type)  
Trekking Backpack  
Waterproof bags - few sizes (for mobiles or keeping shoes dry during night)  
Sleeping bag - optimal choice should have T COMF around 0-5 °C  
Tent - the lighter, the better  
Spork  
Swiss Army Knife (remember not to take it in your hand lugagge)  
\*Hiking poles - **OPTIONAL**

## 3. FOOD

20 bags of lyophilized meals, 10 energy bars, 10 energy gels and nuts weight approx. 3,5 kg