



### GRAB CONTENTS LIST – ARCTIC

#### Introduction

Equipment listed below should be included when travelling north of Arctic Circle and in high Alpine regions.

#### Assumptions

1. The grab bag described below is designed to support overland travel by vehicle in and through towns / villages or travelling on established and regularly trafficked roads or tracks in the Arctic.
2. The purpose of this grab bag is not to support walking or other adventure activities in the mountains, fjords or remote areas. Appropriate safety equipment will be required.
3. Windproof, waterproof warm clothing with stout boots, gloves hat and snow goggles / glasses will be routinely worn or immediately available in addition to the recommended contents.
4. In case of vehicle breakdown, except in very unusual circumstances, crews shall stay with or close to the vehicle to await assistance or rescue.
5. Whilst the area is remote, well trained and equipped emergency services, could reasonably be expected to respond within 6 -12 hours providing the weather is fair.
6. The contents should also support sudden country evacuation in the unlikely event it is required.

#### CONTENTS

##### Water

- 2 litre bladder with drinking hose fitted
- Portable water filtration unit

##### Communications

- Iridium Go (one only); and /or,
  - Garmin InReach mini (one only); and / or,
  - Personal satellite rescue beacon
- Motorola PMR (Group internal communications 3-5 miles)
- PMR headset with PTT
- PMR spare battery
- Personal mobile phone
- Omni 20 (power)
- Flashing strobe / beacon
- Whistle
- Signal mirror

##### Navigation

- Garmin GPS receiver
- Map
- Compass
- Monocular (10 x 42)

##### Sleeping

- Sleeping bag (Arctic)
- Inflatable insulated sleeping mat
- Bivibag - goretex

##### Shelter

- Tent
- Folding snow shovel
- Walking poles
- Spare pegs

##### Cooking

- Fire starter / waterproof matches / lighter



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### Food and snacks

- Stove and cook pot / mug
  - Windbreak – aluminium folding type for stove
  - Spare fuel (methylated spirits or denatured alcohol)
  - Candle
  - 'Liffoon'
  - Cleaning kit
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- Freeze dried expedition main meals x 6 (1000 calories each)
  - Freeze dried expedition breakfasts x 3
  - Dried packet soup x 3
  - Tea and coffee
  - 6 x Energy bars in ziplock bag
  - Trail mix / Billtong
  - (Condiments / spice pot)

### Medical

- Group Trauma Kit (1 only) - if practical
- Group dental first aid kit
- Personal first aid kit
- 'Sharps' Kit
- Prescription medication
- Water purification tablets
- Space blanket
- Sunscreen, lip balm. Factor 50
- Zinc cream
- (Hip flask - 'tipple' of your choice)

### Personal admin

- Zipped Wallet (RFID proof)
  - Passport & VISA's
  - Inoculation Record
  - Travel documents
  - Prescriptions (medication and spectacles)
  - Vehicle insurance and Carnet docs
  - Driving licences
  - Credit / Debit card(s)
  - Emergency cash
  - USB Stick
  - Keys – Vehicle and personal
  - Notebook and pencils
- Hygiene
  - Toothbrush & tooth paste
  - Shower gel / body wash
  - Towel (small)
  - Ziplock bags and toilet paper
  - Wet wipes
  - (Razor and tampons)
- Head torch (with red filter)
- 2 x cyalume sticks
- Clothing (vacuum packed)
  - Underwear and spare socks
  - Base layer
  - Mid layer
  - Gloves, Buff or shemag
  - Duvet jacket
  - Woolly hat
- Sunglasses / snow goggles
- Tank (Gorilla) tape (50mm) small roll
- 'Housewife' (sewing kit) + fish hooks



## GRAB BAG CONTENTS - ARCTIC

- Knife and Multitool
- Paracord (Type 550 4mm x 10m) Green or black
- Large heavy duty orange bin liner
- Personal Emergency Plan (PEP)