

DOG SLEDDING KIT LIST

Across the Divide provide the following thermal arctic kit for you to wear during the days activities:

- An outer layer made up of insulated suit with hood
- Outer mitts (gloves)
- Insulated boots

Your personal kit will be limited to 15kg per person. You will need **one main bag** for your kit and **one small day bag** to carry your snacks, thermos flask and packed lunch. When packing, please **do not** strap items such as sleeping bags to the outside of your bags. There is a good chance that they will be ripped off while in transit. They also make handling the bags more difficult when loading buses during the event. It is much better to bring a larger bag that is big enough for all your kit rather than a smaller one onto which you have to strap extra equipment.

NOTE: You probably won't need to change your clothes as often as you may usually do at home, due to the nature of the event (too cold to get undressed!) so please keep this in mind when packing and keep clothes to a minimum.

Essential items to wear under arctic kit:

- Long, warm thermal underwear – both tops and bottoms are very important as they help to keep in the warmth. You may wish to bring a couple of sets of thermals – a set for during the day and others for bed!
- Jogging bottoms or fleece trousers
- Two warm fleeces or jumpers – please ensure these are close-fitting to keep you warm. Baggy fleeces do not help your body contain the heat.
- Balaclava to stop the cold air on your face
- Warm hat to be worn over balaclava
- Warm neck guard
- Mitts - Bring a good, thermal or fleece pair of mitts which can be worn underneath the over-mitts during sledding. You will be issued with a pair of over-mitts but these are just to keep out the wind-chill.
- Goggles and sunglasses (goggles are best during sledding)
- Wind / waterproof jacket – to wear instead of arctic suit in warmer weather.
- Several pairs of thick woollen socks to wear inside insulated boots
- Thin, insulating socks

Items for your day bag:

- Antibacterial Alcohol hand wash gel – *important for use before eating and after toilet stops*
- Hand warmers – help to warm up your fingers throughout the day (disposable recommended rather than re-usable, as the disposable ones tend to work better. A pair a day recommended and a few spares).
- Chocolate and energy snacks – to keep you going during the day.
- Camera, lots of memory space / film and a spare battery – batteries lose power more quickly in extreme cold
- Sun screen – minimum factor 30 (non water based) and SPF Lip Salve
- Water bottle – plastic bottles such as Platypus tend to freeze in the cold, so bring an insulated container
- Small thermos – for **hot** drinks at lunch time (Steel rather than plastic – the glass in plastic thermos can smash)

Essential items for morning / evening working with dogs:

- Sleeping bag (2 - 3 season) – pack inside a dry-bag to ensure it does not get wet during sledding.
- Sleeping bag liner (fleece or silk liners are warmest)
- Down jacket or equivalent – this is required for the evenings
- Boots or trainers (to wear when not wearing snow boots!)
- Slippers (To wear in lodges. The floor sometimes gets wet from drying clothes, so with soles are better than thick house socks)
- Good head torch, LED recommended or spare batteries – essential for working outdoors with the dogs at the end of the day
- Leather work gloves - you need to work with your fingers when putting the harnesses on the dogs. Woollen gloves tend to get wet when working with the dogs, and are cold. We recommend that you bring a pair of gloves with a leather front for working with. We also recommend you keep these for use ONLY with the dogs, to avoid any cross-contamination and tummy bugs.

Optional useful items:

- Small towel
- Clean clothes for celebratory meal
- Swimming costume (for sauna at lodge)

NOTE: Some of your kit will need to be left in storage at our base in Gargia as we will need to carry the minimum amount of kit on the sleds – the dogs can only pull a limited amount of weight. When packing, try to pack items that you won't need until the end (such as celebratory meal clothes and clothes for flight home) in a plastic bag that can be easily removed from your main pack.

The ATD doctor will carry a complete medical kit during the event, but cannot supply everyone with essentials such as painkillers. You are requested to bring a comprehensive First Aid kit for personal use during the event. If you are travelling with a friend, you may wish to share your first aid kit, but please ensure you bring a full weeks' supply of painkillers, plasters, Imodium and other 'essentials' for both of you.

First Aid kit

- Painkillers (avoid those that contain aspirin as they tend to thin the blood)
- Ibuprofen or other anti-inflammatory (not for asthmatics)
- Imodium for diarrhoea
- Antihistamine tablets and cream
- Antiseptic wipes
- Plasters
- Gauze pads
- Crepe bandage
- Zinc oxide tape (or Leucotape which is much better)
- Moleskin and/or 'Compeed' for blister treatment
- Dehydration mix such as Dioralyte
- Small tub of Vaseline
- Tweezers (not in hand luggage on flight)
- Scissors (not in hand luggage on flight)
- Safety pins (not in hand luggage on flight)

(For all tablets follow advice given on packet and keep instructions with the tablets)