

## **Items for Thule Field Course**

Summer temperatures can vary widely in NW Greenland. You may experience below freezing conditions or warm sunny days of 50° F. Be prepared for wind, rain, fog, sun, and cold. *You may liken this to a winter day in the mountains.* Remember the 3 Ws of staying warm: wicking, warmth, and wind. You can accomplish that by having a thin layer (long underwear) to pull moisture away from your body, a warmth layer (such as a fleece jacket) to retain your body heat, and a wind layer (windbreaker) to deflect the chilling winds from the Greenland Ice Sheet. For days spent on base, regular street clothes (jeans, etc) will be appropriate.

### **Suggested clothing list includes one each (unless noted otherwise) of the following items:**

- 2 pair long underwear (non cotton, mid-weight)
- 2 pair liner gloves
- leather working gloves
- 2 pairs of warm gloves or mittens
- wind-tight hat
- neck gaiter
- rubber boots (preferably insulated)
- 2 pair field pants (e.g. Carharts or wind pants is not cotton, e.g. nylon)
- windbreaker\* (consider one with insulated liner)
- 1-2 fleece jackets or sweaters
- 2 pair warm socks (liner socks and varying weights are ideal for layering)
- sturdy hiking boots (insulated would be ideal)
- rain coat and pants\*

\*consider a Gore-Tex jacket and pants that double as a windbreaker and a rain coat

### **Other required items:**

- Sleeping bag rated to 32 F or cooler (ground insulating pads will be provided)
- medium size backpack
- waterproof field notebook (e.g. Rite-in-the-Rain)
- sunglasses
- sunscreen

### **Recommended Items**

camera, binoculars, hand and toe warmers