



Pre-Departure Information

GREENLAND WILDLIFE AND NATURE SAFARI



Table of Contents

TRAVEL INFORMATION

Passport
Visas
Money
Tipping
Special Diets
Communications
Electricity

MEDICAL INFORMATION

Inoculations
Staying Healthy

HELPFUL INFORMATION

Photography
Being a Considerate Traveler

PACKING LIST

The Essentials
WT Gear Store
Luggage
Notes on Clothing
Clothing
Equipment
Personal First Aid Supplies
Optional Items

READING LIST

Essential Reading
Also Recommended

Reminders Before You Go

WELCOME!

We're delighted to welcome you on this adventure! This booklet is designed to guide you in the practical details for preparing for your trip. As you read, if any questions come to mind, feel free to give us a call or send us an email—we're here to help.

PLEASE SEND US

- Trip Application:** Complete, sign, and return your Trip Application form as soon as possible if you have not already done so.
- Medical Form:** Complete, sign, and return your Medical Form as soon as possible if you have not already done so.
- Air Schedule:** Please forward a copy of your email confirmation, which shows your exact flight arrival and departure times. Refer to the Arrival & Departure section of the Detailed Itinerary for instructions. Please feel free to review your proposed schedule with Wilderness Travel before purchasing your tickets if you have any questions about the timing of your arrival and departure flights or would like to confirm we have the required minimum number of participants to operate the trip.
- Vaccination Card:** Please send us a photo or scanned copy of your completed Covid-19 Vaccination Card if you have not already done so. Just the front side of the card is sufficient.

PLEASE CAREFULLY REVIEW

- Travel Documents & Medical Information:** Carefully review the Travel Documents and Medical Information sections of this booklet to familiarize yourself with Passport and Visa entry requirements for your destination, as well as any recommended inoculations.
- Optional Travel Insurance:** Review the Trip Cancellation & Transfer Fee Schedule included in the Detailed Itinerary. We recommend that all trip members purchase Travel Insurance.
- Final Documents:** Approximately three weeks before your trip, we will send you final departure documents, including hotel and local contact information and rendezvous instructions.

QUESTIONS?

Call: 1-800-368-2794, go to our **website** (www.wildernesstravel.com) or e-mail us at: info@wildernesstravel.com.

Travel Information

PASSPORT

A valid passport is required for your trip. Be sure to check the expiration date. Your passport must be valid for six months after your date of exit from Greenland. In addition, we recommend your passport have at least two completely blank visa pages for every country you will be visiting. It is very important that the blank pages say “Visas” at the top. The last few pages of your passport, which say “Amendments and Endorsements,” and the final page of your passport, which may not have a page number, are not considered to be legitimate visa pages. The service of adding pages for visas was discontinued as of January 1, 2016. You can request a new passport through **US Passport Services Office** (<http://travel.state.gov/passport>) or use a visa service agency, which can take care of your passport renewal and expedite the process, if needed. We recommend **Passport Visas Express** (<http://www.passportvisasexpress.com/?affId=2120>). Be sure to allow sufficient time to acquire this before your trip.

It is a good idea to carry photocopies of your passport’s photo page and any acquired visa pages for your trip (if applicable) in case your passport is lost or as an additional piece of identification, as well as two extra passport photos.

VISAS

US citizens do not need a visa for countries visited on this trip. If you are a citizen of any country other than the US, check with a local consulate for entry requirements.

MONEY

The currency in Greenland is the Danish krone (DKK). Foreign currencies can be exchanged in all major banks and you will find ATMs everywhere. Most hotels also provide their guests with exchange services. Visa, MasterCard, Diners Club, and American Express are widely accepted. Note that some grocery stores/supermarkets do not allow foreign credit cards, although they accept debit cards. If in doubt, ask before shopping.

To use an ATM internationally, you must have a four-digit PIN. If you plan to use your credit cards, inform your credit card company before your departure that you will be using the card abroad.

You will need to budget spending money for gratuities, meals not included, international and domestic airport departure taxes, and personal items such as beverages.

TIPPING

Tipping is completely discretionary, but over the years, clients have asked us for tipping guidelines to reward guides for outstanding service. A range of reference would be \$110-150 USD per trip member for the Trip Leader, which can be given in either USD or DKK. The Trip Leader takes care of gratuities for luggage handling, waiters at restaurants, and drivers or guides who are with the group for only a short time.

SPECIAL DIETS

We will do our best to accommodate special dietary needs, however, please keep in mind that certain cultural differences or limitations due to logistics can make it extremely difficult and at times impossible to accommodate dietary restrictions. Please inform us at least eight weeks before your trip if you have a restricted diet. It is important to bring a flexible attitude and supplemental snacks.

COMMUNICATIONS

Telephone

The international dialing code for Greenland is 299. Please contact your cell phone company for specific instructions for international use.

Email & Internet Access

Internet access is available at most of our hotels.

ELECTRICITY

Europe has 220-volt current. Plugs usually have two or three prongs.

Medical Information

The following recommendations should be used as a guideline only; consult your physician for medical advice. It is vital that you let Wilderness Travel know of any medical problems, allergies, or physical limitations you may have. Please fill out and return the personal medical questionnaire, and feel free to consult us if you have any questions about your ability to undertake this particular trip.

Wilderness Travel is not a medical facility and has no expertise or responsibility regarding what medications or inoculations you and your physician decide are necessary for your safe participation in the trip.

Traveler's health information is available from the **Centers for Disease Control**. (<http://www.cdc.gov/travel/index.htm>)
Medical travel products are available from **Travel Health Medicine** (<http://www.travmed.com>) and from **Magellan's Travel Supplies**. (<http://www.magellans.com>)

INOCULATIONS

No inoculations are required. However, it is easy to get a small cut, so a tetanus booster is strongly recommended (good for 10 years). If you take prescription medicines, be sure to bring enough for the duration of your trip.

STAYING HEALTHY

You can reduce your risk of getting a cold on the trip by washing your hands often and not touching your face with unwashed hands. If you arrive on the trip with a cold or feel the symptoms of a cold, avoid close contact with others and move away from people before coughing or sneezing. The CDC recommends coughing or sneezing into a tissue or into the crook of your elbow or upper sleeve, not your hands.

Helpful Information

PHOTOGRAPHY

Camera Recommendations

With the many advances in digital technology, a simple compact digital camera or even your smartphone is capable of taking pictures suitable for the needs of most people. For higher quality images and the ability to use long lenses for closer wildlife pictures, a DSLR camera is well worthwhile, though heavier. Most digital cameras and phones have good video options, but you may want to consider a GoPro for a lightweight, waterproof option. Always practice ahead of time with new equipment and bring your manual with you. Camera equipment is available for rent from **Borrow Lenses** (<https://www.borrowlenses.com/discount/wildernesstravel>), with a 10% discount offered to Wilderness Travel clients. This is an especially good idea for renting large zoom lenses that you may need for just one trip.

Camera Accessories

We recommend bringing at least two large capacity memory cards or a small digital storage unit (or tablet) to back up your photos, freeing space on your memory cards. Don't forget to bring a battery charger and a backup battery so one is always charged and ready to use. For trips where you may be away from power sources for multiple days, consider looking into a solar-powered battery charger or buying additional backup batteries, and check that you have the appropriate adapter for the electrical outlets in your destination.

Sharing Your Images

We would love for you to share photos from your trip, and with your permission, may even use your photos in our marketing materials or on our photo blog. We request that you send us a small sample of your best images. Please email your photos to wtphotoblog@gmail.com or tag us **@WildernessTravel** on social media.

Photography Etiquette

When taking pictures of local people, be aware of cultural considerations. Approaching people with a warm smile and using polite gestures or simple phrases to ask permission to photograph them usually works well. It is always recommended to engage people in conversation before asking to photograph them, but if people do not wish to have their photo taken, please honor their requests. We urge travelers to avoid giving money in exchange for photo opportunities, which makes it harder for future travelers to have a meaningful personal interaction with local people. Please always heed your Trip Leader's guidelines for what is appropriate.

BEING A CONSIDERATE TRAVELER

Please show respect for the cultures we are visiting by observing local customs concerning appropriate dress, particularly in sacred places. Your Trip Leader is always available to answer any questions that you may have regarding this. If it is necessary to use a cell phone during the trip, please do so privately. Smoking is rarely an issue these days, but if you do smoke, please do so only away from the group.

Packing List

THE ESSENTIALS

- Air tickets (or E-tickets)
- Passport
- One other picture ID, such as a driver's license
- Expense money

WT GEAR STORE

To help you prepare for your next WT adventure, we've put together a great collection of top brands including Patagonia, Outdoor Research, Eagle Creek, and more at our **WT Gear Store** (<http://wildernesstravel.newheadings.com>).

LUGGAGE

We encourage you to pack light! You may have to carry your luggage from the ferry, train, or car to your hotel room and back.

- Soft-sided suitcase, with a small padlock (must be unlocked for air travel).
- Daypack, large enough for a jacket or rain gear, water bottle, camera, and other items you want on the trail. Note: Very few daypacks or fanny packs are waterproof and any items that you need to keep dry should be put in a waterproof stuff sack inside your pack.
- (Optional) Small roll-up bag to carry home purchases.

NOTES ON CLOTHING

Bring clothes you find most comfortable for walking. Quick-drying fabrics are the best for travel. Although these hikes take place during the summer, this is Greenland and you can expect cold, rainy weather at any time and prepare to layer accordingly. You will want a change of clothes for evenings, but nothing dressy is necessary. Casual wear is fine, and coats and ties are not required.

Please pack everything in one piece of luggage for the walking tour, as this simplifies transportation of luggage en route. Although airline service to Europe is generally reliable, it is best to wear or carry your hiking boots with you on your flights in the event that your luggage is lost or delayed. Likewise, don't pack valuables, such as travel documents, camera gear, or prescription medicines in your checked luggage.

CLOTHING

- Good quality breathable rain gear, such as a Gore-Tex rain/wind shell jacket with hood and Gore-Tex rain/wind pants
- Medium fleece jacket or similar warm outer layer
- Lightweight fleece or wool sweater or sweatshirt for layering
- Long-sleeved shirt. Quick-drying “travel” fabrics like nylon are recommended.
- T-shirts or short-sleeved shirts.
- Hiking pants. Lightweight cotton or synthetic hiking pants are a practical choice. Jeans are not recommended because they take a long time to dry if they get wet.
- Shade hat with a wide brim—preferably a waterproof one you can use as a rain hat as well
- Medium-weight hiking boots or low-top hikers with Vibram-type soles and good ankle support. Waterproof your hiking boots before your trip.
- Comfortable shoes for walking in towns
- Hiking socks. Some people like the thick Thorlo-type socks with padded toes and heels, or a combination of an outer sock and synthetic liner sock.
- Lightweight fleece hat for cool days
- Lightweight fleece gloves
- Underwear/sleepwear. Synthetics dry faster.
- Casual city/hotel attire

EQUIPMENT

- Personal toiletries, including shampoo and conditioner
- Hiking poles
- Waterproof stuff sack to carry inside your daypack
- Waterproofing material for leather boots (Sno-seal or a silicon product)
- One or two reusable water bottles, 1 qt. capacity
- Good quality sunglasses with case. A spare pair of sunglasses is a good idea should your first pair be broken or lost.
- Mosquito head net to fit over your hat
- Plastic bags to compartmentalize items in duffel, Ziploc-style bags to carry small items during the day
- Small umbrella

PERSONAL FIRST AID SUPPLIES

Every trip member should bring a small kit for personal use. Your own experience will influence your choices.

- Insect repellent, lotion for skin or spray for use on clothing
- Sunscreen SPF 30 or higher and lip balm with sunscreen. We recommend mineral-based sunscreens with zinc oxide or titanium dioxide because they do not contain harsh chemicals that are harmful to the environment. Brands such as Honest Company, Badger, and Alba Botanica are found in most sporting goods stores and drugstores.
- Aspirin, ibuprofen, or Tylenol for muscle pain or headaches, Tylenol PM for sleep
- Blister kit. Look for the long-lasting gel-type bandages that you can apply directly on blisters, such as Band-Aid Advanced Healing Bandages or Curad Gel Multi-Day Bandages. "Liquid band-aids," such as New-Skin, are useful because they dry rapidly to form a tough protective cover over a blister.
- Prescription medications properly labeled
- Spare contact lenses or spare prescription glasses
- Insect repellent

OPTIONAL ITEMS

- Voltage converter and plug adaptor for appliance use in hotels
- Long underwear if you tend to get cold
- Laundry soap for hand-washing clothes
- Camera, spare batteries, memory cards
- Reading/writing material
- Lightweight binoculars
- Tevas or other sturdy sandals
- Washcloth, if you like to use one (most European hotels do not provide them)

Reading List

ESSENTIAL READING

The Arctic, A Guide to Coastal Wildlife

Tony Soper

2012, 160 PAGES

An essential handbook for the ship-based traveler, this compact guide to the plants, marine mammals and birds of the Circumpolar North features handsome watercolor illustrations and lively text. This new edition includes a section on the Bering Sea.

The Greenlanders

Jane Smiley

2005, 608 PAGES

This marvelously researched novel recreates life in the Viking settlements in Greenland, which disappeared 500 years ago.

This Cold Heaven

Gretel Ehrlich

2003, 400 PAGES

Ehrlich spent seven seasons in Greenland, mostly alone, traveling by boat, helicopter, plane and dogsled. This exhilarating book reflects her insight, knowledge and deep appreciation of the people and barren landscapes of the north.

Greenland & North Pole Map

ITMB

2013

With the North Circumpolar region on one side, including Iceland, and a detailed map of Greenland on the other.

ALSO RECOMMENDED

Penguin Historical Atlas of the Vikings

John Haywood

1995, 144 PAGES

This history of the Vikings tells their story through a series of innovative maps and excellent photographs. It traces the routes of 9th-century Viking merchants and explorers throughout Europe and the New World.

The Sagas of Icelanders

Robert Kellog

2001, 848 PAGES

Nine sagas and six tales composed between the years 1000 and 1500, including an account of Leif Eriksson's voyage to North America, all newly translated.

Last Places, A Journey in the North

Paul Theroux

2000, 242 PAGES

Millman explores the culture and history of the Faroes, Iceland and Greenland in this hilarious account of his travels in the wake of the ancient Vikings.

A Naturalist's Guide to the Arctic

E.C. Pielou

1994, 327 PAGES

A primer on Arctic climate, geography, plants, birds, mammals and insects in a single nicely written book. It's a highly recommended, enthusiastic guide to natural history throughout the Circumpolar North.

Vikings, The North Atlantic Saga

Elisabeth Ward

2000, 432 PAGES

An extensively illustrated volume of Viking culture, history and exploration that focuses especially on voyages to North America. Published in conjunction with a Smithsonian exhibit, it features essays and 400 color photographs.

Greenland Explorer Map

Ocean Explorer Maps

2007

This full color map (1: 3,250,000) includes a timeline, wildlife guide, history and illustrated biographies of notable people on the reverse.

Inuit Folk-Tales

Knud Rasmussen

2009, 303 PAGES

This pocket edition of Inuit tales collected the pioneering Arctic anthropologist at the turn of the last century, originally published in 1921 as Eskimo Folk-Tales.

The Sledge Patrol, A WWII Epic of Escape, Survival and Victory

David Howarth

2008, 224 PAGES

An engrossing true-life adventure story of Danish and Norwegian hunters evading Nazi troops across the hostile terrain of Greenland.

Eden of the North

Signe Rink

2014, 192 PAGES

This unique exploration of Greenland's history provides firsthand accounts by Greenlanders as their island is colonized by the Danes in the 19th century. The poetic prose delves into traditional customs including local ritual, politics and the status of women.

Arctic Dreams

Barry Lopez

2001, 417 PAGES

A dazzling meditation on the Arctic, breathtaking in scope. Lopez draws on his travels throughout the North, including Baffin Island, the Chukchi and Bering seas, Alaska, the Yukon and Greenland, interweaving natural history, accounts of early exploration, anecdote and lore into an indelible portrait of place.

Collapse, How Societies Choose to Fail or Succeed

Jared Diamond

2011, 575 PAGES

Diamond tackles nothing less than the history and fate of civilization in this compelling book in which he offers case studies, present and past, of societies that work and societies that do not, devoting 100 carefully reasoned pages, for example, to the fate of the Norse settlements in Greenland (climatic change, Inuit) and another big section on Easter Island (deforestation, hubris). This revised edition includes a new afterword.

The Frozen Echo, Greenland and the Exploration of North America, 1000-1500

Kirsten Seaver

1997, 407 PAGES

A scholarly account of Norse settlements in Greenland and Canada -- the best analysis of the subject to be published in decades.

Weird and Tragic Shores: The Story of Charles Francis Hall, Explorer

Andrea Barrett

2000, 350 PAGES

The tale of 19th-century Arctic explorer Charles Francis Hall, and the mysterious circumstances surrounding his untimely death somewhere in Greenland.

Frozen in Time, An Epic Story of Survival and a Modern Quest for Lost Heroes of World War II

Mitchell Zuckoff

2014, 416 PAGES

Mitchell Zuckoff (Lost in Shangri-La) delivers the page-turning story of the 1942 B-17 crew who were stranded on an arctic glacier after a search-and-rescue mission went awry.

Journal in Greenland, 1770-1778*Hans Egede*

2009, 302 PAGES

A new pocket edition of the firsthand account of the land, people and history of Greenland by grandson of the beloved missionary and founder of Nuuk

White Eskimo, Knud Rasmussen's Fearless Journey into the Heart of the Arctic*Stephen R. Bown*

2015, 336 PAGES

In his important biography of Knud Rasmussen, author and historian Stephen Brown traces the explorer's life, keying into his landmark three-year journey by dog sled from Greenland to Alaska.

No One Thinks of Greenland*John Griesemer*

2002, 320 PAGES

In this enthralling historical novel, the author uses an real-life army base built by the U.S. during WWII in South Greenland as the inspiration for an inventive tale of secret goings-on during the Korean War.

The Fate of Greenland*Philip Conkling*

2013, 224 PAGES

Both a sumptuous portrait of a remarkable place and an overview of research into climate change, this gorgeously illustrated book brings together essays by leading geoscientists and oceanographers.

Revised: August 14, 2019

The Ice Finders, How a Poet, a Professor and a Politician Discovered the Ice Age*Edmund Blair Bolles*

2000, 272 PAGES

A wonderfully eccentric history of 19th-century science, focusing on three personalities and their ideas about the role of ice in Earth's history. Each contributed to the Victorian debate among scientists, explorers and the man on the street about the nature of the polar regions.

Cold Earth*Sarah Moss*

2010, 280 PAGES

A thrilling historic novel that follows an international team of six archeologists unearthing a lost Viking settlement in Greenland. The hopeless group must face a deadly winter as they lose contact with the outside world.

Narwhals, Arctic Whales in a Melting World*Todd McLeish*

2014, 216 PAGES

Combining lore, natural history and conservation, McLeish travels in search of the much-mythologized cetacean to visit climate researchers in Colorado, to see them in the wild (and in the market) in Greenland and to spend time among the Inuit. He also includes portraits of walrus, polar bear, bowhead and beluga, the ivory gull and other creatures of the High Arctic.