

Frobisher Bay Kiting Clothing & Equipment List

Equipment and Clothing

NorthWinds uses state-of-the-art polar expedition-tested equipment and clothing. Our goal is to let you try out different systems to see what works best for you and what gives you the greatest protection from the elements. We encourage you to bring any of your own equipment & clothing, particularly if you are training for an upcoming expedition, to test how it works when it's -40° C. You would be surprised how many tents can not be erected when the nylon shrinks due to extreme cold!

Developing Your Arctic Clothing System:

Your Arctic clothing must work as a system that wicks away perspiration, insulates you from the cold and protects you from the wind. The most versatile system is made up of layers. This allows you to easily adjust your clothing to changes in the weather or changes in your heat output.

- The first layer next to your skin must wick perspiration away from your skin to keep you dry and warm: capilene polyester is excellent, untreated polyesters, wick-able polyesters (polypropylene) and the new smart wool are also good. We will not allow you to bring cotton long-underwear, as it is a poor wicking layer.
- The second layer (or layers) provides insulation. This layer retains your body heat without restricting movement. Pile, polar fleece and synchilla are great. (From now on they will be called "fleece".)
- The third layer offers protection from the wind. The more wind proof a garment is, the less breathable it will be. A mountain parka or anorak, made of a 60/40 cotton/nylon blend, ventile or micro fiber is best. We do not allow participants to wear Gortex or any breathable-waterproof products as they do not breathe in extremely cold temperatures. (For those coming for the Kiting Polar Training in April/May Gortex and breathable-waterproof products are fine.)
- The fourth layer offers extra insulation and is worn when you are inactive; when taking a break, repairing a broken binding on the trail or setting up camp. A down or synthetic filled expedition parka and pants are ideal.

NorthWinds supplies you with the following:

- 1 pr. double lens goggles with customized nose guard
- 1 Helly-Hansen cowl (a head and neck "helmet" made of fleece with a nylon shell)
- 2 neck gaiters (fleece neck tube to protect lower face)
- 2 pr. Helly-Hansen polar mittens (fleece with nylon shell)
- 2 pr. Helly-Hansen fleece socks
- winter boots: Sorel, Acton or Meindl
- anorak (pull-over wind breaker w/ fur trim on hood)
- wind pants
- down expedition parka
- fiberfill over pants with full side zippers
- winter sleeping system: (good to -40° C)
 - * winter down sleeping bag
 - * insulated bivi bag or primaloft over bag
 - * vapor barrier liner (keeps moisture from getting into sleeping bag)
 - * winter sleeping pad system

Equipment

- Fischer Europa 99 or 109, metal edge XC touring ski, mounted with Sherpa Berwin bindings or NNN BC Rotefella bindings
- Ski poles
- Pulk (sled) with trace & harness: SnowSled, Acapulka, Fjelpulken, and Wilderness Engineering
- Tents: Hilleberg, Helsport and Integral Designs

You need to bring:

- 1 pr. spare eye protection: mountaineering sunglasses (w/ side shades) or goggles (w/ yellow lenses for flat lighting). Eye protection must cut 90 % UV rays. Goggles offer better face protection in the cold; sunglasses are preferable in May and June. The choice is yours.
- 1 warm, wind-proof hat with ear flaps to cover ears
- 2 pr. polypropylene or lightweight polar fleece glove liners (to wear in larger mitts)
- 2 pr. polypro sock liners
- 2 pr. thick wool socks
- 1 pr. capilene or polypropylene top and bottom (or one-piece) long under-wear
- 1 pr. thick polar fleece pants (medium weight in May & June)

- 1 fleece shirt (fleece 100) to wear as second layer over long under-wear
- 1 fleece pull-over or jacket, (fleece 200) that can be worn over fleece shirt
- Insulated gloves, thick XC ski gloves, or leather gloves with liner
- Headlamp with new batteries, or small flashlight (not necessary in May & June!)
- Personal toilet kit: tooth brush, small tube of tooth paste (Colgate does not freeze), comb or small brush, hair elastics for long hair, nail file and chap stick. Women - tampex or tampons (see note in medical information)
- Vest: fleece or fiberfill for a little extra warmth (optional)
- Add zipper tabs to all zippers (about 2" long) to enable you to operate zippers with mitts
- Daypack for around town

Optional Kiting in April/May:

- Your own power kites, harness, extra lines (15 M, 30 M)
- Headband and/or hat with sun visor
- Sun screen
- Downhill skis

Valuables and town clothes may be left at NorthWinds

NorthWinds runs a small specialty store of Arctic equipment & clothing.

If you are having difficulty finding clothing, e-mail or fax us and we will make sure that we have your size available. Prices are in Canadian dollars. (Please add 7% GST to prices below.)

- Helly Hansen Polypro glove liners, come in S, M, L \$8.50
- Helly Hansen Polypro sock liners, come in S, M, L \$8.75
- Lifa long underwear, top & bottom, Women's S - L Men's S - XL \$32.00 each
- Patagonia mid wt. Capilene bottoms & tops, Men's & Women's \$48.50 each
- Sierra Designs fleece pants, unisex size XS- XL, and \$80.00
- Patagonia expedition wt. Capilene shirts, unisex XS- XXL \$75.00
- Assorted fleece jackets from Patagonia, Helly Hansen and Sierra Designs, \$130.00 to \$245.00
- Suunto Compass: M-3G Global Leader \$66.50
- Etrex GPS (I can order it for you through MEC for about \$200)

Concept Air Power Kites

Kites	First		FreeStyle	
	1 meter	\$199.00	2.5 meter	\$549.00
	2 meter	\$299.00	3.5 meter	\$649.00
	3 meter	\$399.00	5.5 meter	\$799.00
	4 meter	\$499.00	7.5 meter	\$999.00
	5 meter	\$599.00	9.5 meter	\$1199.00

Harness

DaKine Speed Seat \$89.00

DaKine XT \$129.00

Reactor Bar \$44.00