

Coming Home

Greenland - July 2010

Packing list

Worldly Backpack:

Tent - wind and weather resistant (there may be snow)

Insulating sleeping mat / Thermarest

Warm sleeping bag

(Tent, Insulating mat and sleeping-bag can be rented on site. If needed, please inform us with your registration)

Walking or trekking boots (we are in the tundra)

Layers of clothes (onion principle, temperatures can strongly vary and go below freezing)

Wind and rain jacket

Warm jackets and fleece

Durable pants

Glasses, contact lenses

Sunglasses

Sunhat or baseball cap

Sunscreen

Insect repellent and head net

Towels for daily body care

Toiletries (biodegradable - we will wash ourself in the stream or lake)

Refreshing tissues / towelettes / sanitary wipes

Toilet paper and personal sanitary bags

Personal dishes and cutlery

Pocketknife

Water flask

Blankets for use during circle time

Camera (and if needed films)

Eye shade (it does not get dark at night)

Personal medicine

First aid kit including space blanket

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Sweat Lodge:

Warm seating pad

Towel

Light clothing (if desired)

Shamanic backpack (optional):

Drum, rattle, etc.

Sacred objects