



## Practical Information GREENLAND

### THIS DOCUMENT

Our pre-departure information document has been created to help you prepare for your trip and contains general advice only. As with any travel, it is essential that you consult your doctor for health advice relating to your specific circumstances. Travel insurance is compulsory for all trips and visas are your responsibility.

### GREENLAND, THE WORLD'S BIGGEST ISLAND

Stretching approximately 2,800 kilometres (1,750 miles) from north to south and approximately 1,000 kilometres (625 miles) from east to west, Greenland is the world's biggest island. Some people would probably claim that Australia and Africa are bigger islands, but according to international definitions they are regarded as continents.

Such an enormous landmass, of which 85% is actually the ice sheet and is therefore white on the map, requires a lot of space when making maps. However, there are many types of maps that are all interesting to study regardless of whether you are hiking inland or sailing along Greenland's coastline.

### CURRENCY

Greenland is a part of the Danish Kingdom and as such the currency is Danish Kroner; DKK. We strongly advise you to exchange

into Danish Kroner before arriving to Greenland. Most hotels and many shops do accept all major credit cards, but in several places "cash" will be more useful.

### CLIMATE

In Greenland sudden changes in weather are common, and you have to be prepared for all types of weather when on an excursion. During the winter, temperatures range from minus 5° C to minus 30° C and in the summer from plus 5° C to plus 15° C. As the air in Greenland is very dry, temperatures do not feel as cold as in Europe. Kangerlussuaq in particular, is one of the coldest places to visit during winter, which also makes it a perfect spot for Aurora sightings.

### NATIONAL DAY

Greenland's National Day is June 21 and is called "Ullortuneq", which means the longest day of the year. It is also the official Flag Day, so in addition to festivities you will see the striking flag with the red half circle flying proudly everywhere.

### ENTERING THE COUNTRY

Greenland is party to the Schengen Agreement implying that passport and visa regulations are similar to those applicable for Denmark. Valid travel ID or passport must be shown, when entering and leaving Greenland. Please be aware of visa requirements.

These can vary from country to country. Contact the Danish Embassy for further information: <http://bit.ly/XIzQzH>

### IMPORT & EXPORT RESTRICTIONS

Greenland is not considered a European Union country. Information on what you can bring into the country is available in airports – although drugs, weapons, living animals (including pets and birds) are not allowed. Exceptions are made for dogs for the blind. NB: From 1st January 2011 it is forbidden to bring any form of beer, wine, spirits or any other form of alcoholic drinks with you when you come into Greenland.

It is illegal to import any art or artefact created from a marine mammal, including whalebone, walrus tusks (ivory) and narwhal tusks (also ivory) into the USA. For more information, contact a local tourist office.

### MIDNIGHT SUN AND NORTHERN LIGHTS

The midnight sun is present north of the Arctic Circle during the summer, but even towns located further south tend to be light at night. The midnight sun can be experienced above the Disko Bay from the end of May to the end of July. The northern lights actually occur all year round, but cannot be seen during the summer months in Greenland due to the midnight sun. The northern lights can be seen at its best from October to April.

## ELECTRICITY

The electric current across Scandinavia is 220V AC. Thick round ended two-pronged continental points are used. Most hotels have a limited supply of adaptors so we would recommend you take your own adaptor with you. Many gadget chargers these days come with the standard 'figure 8' connection to which a power cable is attached. You can buy the 'figure 8' power cables in local shops if your charger breaks or if you need more options. These will also fit the ipad/iphone chargers ( just remove the 'duck-head').

## HEALTH SYSTEM

Hospitals and dental clinics are found in most towns. Acute treatment is free. There is no hospital in Kangerlussuaq, but a nursing station is open. You are advised to bring your own prescription medicine on the trip. Travel health insurance is recommended. No vaccines are required for travel in Greenland but consult your travel vaccination specialist or GP for the latest advice.

## COMMUNICATION

Greenland has a modern telecommunications infrastructure, and it is possible to access the internet at most hotels and many net cafes. GSM 850/1900 can be used if you have an agreement with AT&T Wireless PCS, T Mobile and Singular Wireless.

## TIME ZONE

There is a two hour difference between the Greenwich Middle Time and Greenland. When it is 10:00 am in Greenland it is 12:00 noon GMT in London.

## TIPPING

Tipping is not compulsory nor expected, but always appreciated. If a service charge is not already included in your restaurant bill, you might wish to leave the small change that is returned to you.

## LAUNDRY

Most hotels will offer a dry cleaning and/or laundry service. You might like to hand wash personal items when staying at hotels for several days if you wish to minimize costs. It is also a good idea to bring some 'travel wash', and a travel clothes line.

## PACKING FOR TRIPS IN GREENLAND

There is no such thing as bad weather, just the wrong clothing! Regardless of whether you are travelling to Greenland during the winter, the spring or the summer, we recommend that you dress according to the layer-to- layer principle. The outermost layer should be wind and waterproof, and underneath you should wear items such as synthetic fibre fur and/or wool.

As a mantra it is important to always keep your head, hands and feet nice and warm. These are the parts of your body that most easily lose heat. The largest investment if you normally live in the southern hemisphere is a pair of warm boots. However, we strongly recommend that you do invest in, or borrow, some nice warm winter or snow boots, as that will ensure you have an enjoyable holiday rather than always being cold. Your boots need to be well insulated and waterproof, it's a good idea to buy a size larger than your normal size so you can wear thick warm socks.

If you are coming to Greenland in spring to drive a dogsled you can hire leather clothing and boots at the local tourist office or from the sled tour company. This is highly recommended as even light winds at sub-zero temperatures can feel bitterly cold. On our Greenland trips we recommend packing in a soft bag (e.g. a duffel bag) or rucksack, rather than a hard shell suitcase. Your luggage allowance on aircraft travelling to Greenland is 20 kilos and one piece of hand luggage weighing up to 8 kilos.

## RECOMMENDED PACKING LIST

- Warm wind and water proof jacket and trousers large enough to fit thick woollen jumper/clothing underneath
- Rain trousers – waterproof and breathable material
- Warm windproof cap/hat
- Warm gloves or mittens
- Windproof gloves or mittens, which you can pull over the warm gloves
- Warm scarf
- 2 pairs of long woollen underwear (Merino wool in a few different thicknesses is perfect)
- 1-2 warm woollen jumper(s), or one jumper and a warm fleece
- Woollen or fleece trousers
- 2-3 pairs of warm woollen socks
- Warm & sturdy footwear with good grip
- Clothes for indoors, i.e. a shirt, T-shirts and jeans or cotton trousers

- Back pack for day trips (approx 30 litre) Light footwear/trainers (mainly for indoors)
- Sun screen & Lip salve ( The sun reflects off the snow and the air is dry )
- Sunglasses Personal medication
- Water bottle - thermo, or include a cover to keep warm (or you can stick it into a warm sock)
- Travel documents (including insurance) Photo ID
- Note book and pencil
- Camera, memory cards and charger Chargers for other gadgets Binoculars
- Adapters

Toiletries etc can, of course, also be purchased locally with most western brands widely available.

When travelling with us you will have access to a 24-hour emergency number in Norway. Our Lillehammer office will look after you if anything arises during your trip that affects your travels or the enjoyment of your holiday. We will always be just a phone call away.

24-hour emergency number: +47 21 04 01 00

[www.fiftydegreesnorth.com](http://www.fiftydegreesnorth.com)