

Essential guide to **GREENLAND**

Good preparation is essential to enjoy Greenland in comfort and safety. Between Arctic landscapes, small communities and vast areas of untouched wilderness, conditions can change quickly. This guide brings together important information to help you make the most of each experience with greater peace of mind, safety and confidence.

With the right preparation and the support of our team, you will be ready to experience Greenland with greater safety, comfort and peace of mind, focusing on what truly matters: making the most of every experience.



THE 3 LAYER SYSTEM

BASE LAYER:

Merino wool or thermal fabric worn close to the body to retain warmth and help control moisture. Avoid cotton, especially during outdoor activities.

MID LAYER:

Fleece, wool or another insulating layer to retain body heat. On colder days, it may be necessary to add an extra layer.

OUTER LAYER:

A waterproof and windproof jacket, preferably with a hood. Even in summer, it is important to be prepared for rain, wind and sudden changes in temperature.

IMPORTANT:

The weather can change quickly. Dress in layers so you can easily adapt your clothing throughout the day.



ESSENTIAL PACKING LIST

FEET:

Waterproof, durable footwear with good grip. In winter, suitable footwear for ice or anti-slip accessories may be necessary.

PROTECTION:

Gloves, hat, scarf or neck protection, sunglasses and sunscreen. The reflection of light on snow and ice can be quite intense.

WELL-BEING:

Reusable water bottle, moisturising lip balm and moisturising cream. During summer, insect repellent can be useful.

USEFUL ACCESSORIES:

A small backpack for daily outings, with space for an extra layer of clothing, water and small snacks.

ELECTRONICS:

Mobile phone, charger and power bank. Cold temperatures can reduce battery life, so keep your devices protected whenever possible.



MONEY AND CONNECTION

PAYMENTS:

Cards are accepted in most hotels, restaurants, shops and services. Even so, it may be useful to carry a small amount of cash, especially in smaller communities.

CURRENCY:

The currency used in Greenland is the Danish Krone, DKK. In most situations, there is no need to carry large amounts of cash.

INTERNET:

Mobile coverage is available in the main towns and communities, but the signal may be limited or unavailable in more remote regions.

ESIM:

A local SIM or eSIM can be a practical option, especially if your plan does not include roaming in Greenland.

TIP:

Do not rely exclusively on your mobile phone during activities in remote areas. On certain experiences, satellite communication equipment may be used by the guides.



HEALTH AND SAFETY

TALK TO YOUR GUIDE:

Inform your guide in advance about allergies, physical limitations, special needs or any condition that may affect the planned activities.

MEDICATION:

Bring enough personal medication for the entire trip and keep the most important items in your hand luggage.

MEDICAL PRESCRIPTION:

If you take prescription medication, bring the prescription or corresponding medical documentation, preferably in English.

EMERGENCIES:

The emergency number in Greenland is 112. In remote areas, access to emergency services may take longer.

LOCAL CONDITIONS:

Weather and road conditions can change quickly. Always follow your guide's instructions and local safety warnings.



GOLDEN RULES IN GREENLAND

RESPECT THE COMMUNITIES:

Ask for permission before photographing people and respect local customs. When entering some homes, it is common to remove your shoes.

RESPECT THE ICE:

Never walk on glaciers, sea ice or frozen areas without specialised guidance. The appearance of the ice does not necessarily mean it is safe.

WILDLIFE:

Do not attempt to approach animals to photograph them. Keep a safe distance and always follow your guide's instructions during wildlife sightings.

NATURE COMES FIRST:

Do not leave rubbish, remove stones, plants or other natural elements, and always respect the areas indicated by your guides.

FOLLOW YOUR GUIDE:

In Arctic environments, local conditions always take priority over the original plan.