

<b>Calatorie Polul Nord</b>	Durata
Numar de zile	8
Numar de nopti	7

Itinerar	Loc plecare	Punct intermediar	Loc sosire	Data sosire	Data plecare
Ziua 1 - 3 aprilie	Bucuresti	Copenhaga	Oslo	3/Apr	4/Apr
Ziua 2 - 4 aprilie	Oslo	Tromso	Spitzbergen	4/Apr	6/Apr
Ziua 3 - 5 aprilie	n/a	n/a	Spitzbergen	n/a	n/a
Ziua 4 - 6 aprilie	Spitzbergen	n/a	Camp Barneo 89N	6/Apr	7/Apr
Ziua 5 - 7 aprilie	Camp Barneo 89N	Polul Nord 90N	Camp Barneo 89N	7/Apr	8/Apr
Ziua 6 - 8 aprilie	Camp Barneo 89N	n/a	Spitzbergen	8/Apr	9/Apr
Ziua 7 - 9 aprilie	Spitzbergen	Tromso	Oslo	9/Apr	10/Apr
Ziua 8 - 10 aprilie	Oslo	Copenhaga	Bucuresti	10/Apr	10/Apr

Info airline	
Limita de greutate bagaje de cala (kg)	20
Cost depasire greutate (EUR / Kg)	11
Greutate maxima / bagaj (kg)	32
Nr. de bagaje admis in cabina	1

Sumar	Kg continut
Geanta mare	20
Geanta medie	10
<i>Greutate totala bagaje cala avion</i>	30
Bagaj de mana (rucsac)	5

Capitole
Haine "de drum"
Echipament "de stat"
Echipament de alergat
Acte & bani
Electronice
Set tobe
Trusa recoltare
Accesorii
Altele

Lista de calatorie
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vezi mai jos

Haine "de drum"	Buc./perechi	Verificare
Blugi	1	
Tenisi	1	
Bluza de corp	2	
Tricou	2	
Boxeri	4	
Sosete	4	
Short de baie (piscina & sauna hotel Oslo & Spitsbergen)	1	

Echipament "de stat"	Buc./perechi	Verificare
Ochelari de soare	1	
Cagula	1	
Windstopper pentru gat	1	
Ciorapi lana	4	
Underwear	4	
Pantaloni thermo Kalenji	1	
Pantaloni thermo polar Apex	1	
Pantloni 3 straturi Mammout	1	
Pantaloni thermo Scott 3/4 O	1	
Parazapezi lungi	1	
Papuci exterior Mammout	1	
Manusi duble Level	1	
Bluze de corp Thermo	4	
Bocanci Raichle	1	
Bluza polar Mammout	1	
Bluza Polar Himalaya tcm	1	
Pulover de lana	1	
Geaca puf Mammout	1	
Caciula polar	2	

Echipament de alergat	Buc./perechi	Verificare
Ochelari de schi (pt rotatie)	3	
Cagula (pt rotatie)	2	
Masca windstopper	2	
Ciorapi lana & primaloft	3	
Underwear poliester	1	
Burlan pentru gat	2	
Pantaloni scurt neopren	1	
Bluza corp Spider	1	
Bluza polar Lafuma	1	
Geaca puf Mammout	1	
Geaca windstopper Mammout	1	
Pantaloni thermo Scott 3/4	1	
Genunchiere	1	
Pantaloni thermo Lafuma	1	
Pantaloni 2 straturi Mammout	1	
Glezniere	1	
Caciuli polar (pt rotatie)	3	
Manusi windstopper	1	
Manusi polar	1	
Manusi 1 deget	1	
Parazapezi scurte - neopren	1	
Ghete Lowa Renegade	1	
Snowshoes	1	
Spikes titan - antiderapant	1	

Acte & bani	Unitati	Verificare
Pasaport + copie	1	
Carte de identitate + copie	1	
Asigurare calatorie & bagaje	2	
Imputernicire recoltare probe gheata & permafrost	1	
Adeverinta participare la maraton	1	
Carti de vizita	50	
Carduri	2	
Bani cash	tbd	
Lista de calatorie	1	
Lista numere de telefon (organizatori, etc.)		
"To do list"	1	

Electronice	Unitati	Verificare
Telefon satelit Iridium	1	
Charger Iridium	1	
Telefon GSM	1	
Charger GSM	1	
Aparat foto & filmat	2	
Charger baterii	1	
Laptop	1	
iPod Classic	1	
iPod Shuffle	1	
Boze iPod cu baterii & jack Y	1	

GPS	1	
Charger GPS	1	
Adaptor electric	1	

Set tobe	Unitati	Verificare
Toba mare + membrana	1	
Pedala toba mare	1	
Toom-uri (2) + membrane	2	
Stativ toom-uri	1	
Crash	1	
Stativ crash	1	
Set bete (2)	2	
Cheie suruburi tobe	1	
Suruburi & piulite de rezerve	4	

Trusa recoltare probe permafrost si gheata	Unitati	Verificare
Spatula	1	
Termos & vata protectoare	1	
Recipiente (sticla & plastic)	6	
Hartie determinare PH	1	
Etichete	6	
Markere	2	

Accesorii	Unitati	Verificare
Lacate bagaje	3	
Saci de compactat	5	
Acoperitoare de ochi pentru somn	1	
Manusi de plastic	10	
Pastile de incalzit maini	4	
Pastile de incalzit talpile	4	
Pastile de incalzit degetele picioarelor	4	

Altele	Unitati	Verificare
Trusa cosmetica		
Mini-periuta de dinti	1	
Pasta Sensodyne	1	
Dental floss	1	
Unghiera	1	
Feet-nails smoothener	1	
Trusa medicamente		
Bioparox	1	
Ketonal	4	
Aspirina	6	
Nurofen	10	
Tylenol	8	
Glicerina	4	
Imodium	6	
Artrostop Rapid	8	
Crema Ice Power Heat	1	
Crema Ice Power Cold	1	
Sun protection Pizbuin factor 50	1	
Lipbalm Pizbuin	1	
Plasturi URGO	10	
Banda adeziva URGO	1	
Suplimente		
Carbo-loader	1	
Isotonic	1	
Activator	3	
Energy bar	4	
L-Glutamina (10 g)	1	
Recovery shake	1	
Coral-Mine	8	
Microhydrina	30	
Power Min	10	
Diosin	25	
Protivity	10	
Green Gold	45	
Ginkgo Biloba	8	
Q10	16	
First Food	16	
Omega 3	12	
Batoane Spirulina	2	
Papaya	24	
Lip therapy	1	
Shaker	1	
Termos 1 litru	1	