



WHAT TO PACK • THE GALAPAGOS ISLANDS

Lindblad Expeditions' ships are casual environments. There's no need to dress formally, so our recommendations for your 'travel wardrobe' are all about comfort, practicality, and the likely conditions of the region you're exploring. For this program, our expedition team suggests you include some or all of the following:

- "Teva" or similar sandals. These are lightweight, rubber sandals with adjustable ankle straps, available at sporting good stores.
- Shoes with rubber soles and good ankle support such as hiking shoes/boots.
- Comfortable walking shoes with rubber soles and good support (for on board ship and shore excursions). Most people find tennis shoes or sneakers suitable. You may want to bring two pairs so that you will have a dry pair if one should get wet.
- Sun protection: hat, sunglasses, waterproof sunblock: 30 SPF minimum.
- Camera, lenses and plenty of film.
- A good pair of binoculars.
- Extra camera batteries.
- Prescription medicines. If certain medicines are part of your daily health regimen and are vital to your health, make sure you bring an adequate supply for the duration of your trip. Your medications should be packed in your carry-on luggage.
- If part of your medication regimen requires the use of needles or other sharp instruments while on board, please bring a small, personal sharps container for safe disposal. Containers can also be requested on board and we will gladly take care of the disposal for you.
- 1 or 2 bathing suits and cover-up.
- Cotton or other lightweight long pants.
- Windbreaker / light sweater / sweatshirt.
- Lightweight raincoat, rain poncho, or umbrella.
- A lightweight, lycra dive skin (can be acquired at www.divegoddess.com).
- Long-sleeved shirts for protection from the sun.
- Lightweight raincoat or rain poncho
- Shorts.
- Collapsible walking stick, if you are more comfortable using one on uneven terrain.
- 1-2 warm sweaters/sweatshirts.
- A small backpack or rucksack; a waterproof bag to hold camera and/or binoculars.
- Small flashlight
- T-shirts, polo shirts, and/or other comfortable, lightweight short-sleeved shirts. If you plan to use a T-shirt while snorkeling, please pack extra.
- Waterproof insect repellent.
- Travel alarm clock.

Please note that this is a general packing list only. If you are participating on an extension, you will receive a detailed packing list in your pre-tour documents.

Visit our online store WWW.LEXGEAR.COM, for a convenient way to shop for your expedition.