



WHAT TO PACK • LAND OF THE ICE BEARS

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 likely conditions in the region you're exploring. However, for the welcome and farewell dinners, as well as for your stay at the hotels in Oslo (or at the hotels selected for optional extensions), you may want to have something a little dressier, such as a blouse and skirt or simple dress for women and a sports jacket and tie for men, although this is entirely optional.

For this voyage, our expedition team suggests you include the following items:

- One pair of fully waterproof rubber boots with sturdy, high-traction soles. Traditional Wellington boots with insulated soles are ideal. We stress the importance of boots that are completely waterproof so that your feet will not get wet when you step into shallow, icy water during Zodiac landings. Additionally, boots should have good traction because you are likely to encounter poor footing on ice and rough terrain. Also, comfort is important - if your boots are too heavy or bulky, your footing will be awkward. Wellington boots can be purchased at sporting goods stores, fishing supply stores, and from outdoor clothing suppliers.
- One waterproof rain jacket for rainy or windy weather that is too warm for a parka.
- One pair of waterproof pants (made of Goretex or similar waterproof, breathable fabric) that are loose enough to wear over a regular pair of trousers. You will need these for almost every landing.
- 1 full set of thermal or silk long underwear.
- Comfortable walking shoes with rubber soles for use both on board ship and during sightseeing (some people prefer lightweight hiking boots for better ankle support).
- 1 or 2 pairs of sturdy sunglasses with UV protection. The brightness of the summer sun reflected off the ice can be dangerous to under-protected eyes. We recommend bringing a spare pair in case one breaks or is lost.
- Camera, lenses and plenty of film.
- 1 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 (for the on-board sauna)
- 2 or 3 pairs of warm, casual trousers to wear under your waterproof pants. Wool and/or corduroy fabrics are recommended; if you have ski pants, you might also include them in your selection of casual trousers.
- 1 or 2 pairs waterproof ski mittens or gloves. You might bring a pair of thin, polypropylene gloves that fit under your ski mittens so that you can take your mittens off during photography without getting your hands cold. You may want to bring an extra pair of mittens in case your other pair gets wet.
- T-shirts and other casual warm weather clothes, for layering and on board ship.
- Old tennis shoes (protective footwear must be worn in the hot springs).
- 1 wool ski cap and a scarf if the cap cannot be pulled down to cover your neck.
- Collapsible walking stick, if you are more comfortable using one on uneven terrain.
- 2 or 3 warm, long-sleeved shirts (wool or flannel suggested). Turtlenecks are also a good layering option which offer good insulation against the wind.
- 3 or 4 pairs of warm, sturdy, tall wool socks and an equal number of thin socks to wear underneath for extra insulation. Silk or polypropylene sock liners do well for this purpose. (Make sure you bring several pairs of socks since you will probably get your feet wet.)

- 2 or 3 warm woolen or polar fleece sweaters (a combination of lighter and heavier sweaters is preferable for greater flexibility). Please note that fleece is lighter and dries more quickly than wool.
- Electrical converter and adapter for your hotel stay (220V to 110V).
- Water-resistant nylon backpack for carrying cameras or other equipment.
- Zip-lock plastic bags as added protection for camera, film, etc.
- Personal toiletries, including sun block, moisturizing lotion and lip balm to protect your skin against harsh elements.
- Workout clothing, for use on the ship's fitness center.
- Travel alarm clock.
- Note: Robes are provided in your cabin.

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.

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