



WHAT TO PACK – MEDITERRANEAN

Lindblad Expeditions' ships are casual environments. Your travel wardrobe should be informal and comfortable. Clothing which can be layered is most suitable; for example, a t-shirt, sweater or sweatshirt, and windbreaker or jacket. The emphasis is on casual attire; dress is never formal, even at dinner. Some guests choose to remain in their daytime attire in the evenings, while others prefer a casual change of clothing. However, for the welcome and farewell dinners, you may want to have something a little dressier – a blouse and skirt or simple dress for women, and a sports jacket and tie for men, although this is entirely optional. For this program, our expedition team suggests you include some or all of the following:

- Comfortable walking shoes with rubber soles for use both onboard the ship and during 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 or muddy.
- Windbreaker.
- Long-sleeved shirts/blouses for protection from the sun.
- T-shirts, polo shirts, and/or comfortable short-sleeved shirts.
- Shorts.
- Cotton or other lightweight long pants.
- A sweater, sweatshirt, and/or jacket. Light clothes that can be layered will serve you well. Some people find the air-conditioning to be cool, so a light sweater that can be worn in the evenings is advisable.
- Bathing suit.
- Wide-brimmed hat for rain and sun.
- Sunscreen and sunburn relief products.
- Sunglasses.
- Camera, lenses and plenty of film.
- Binoculars - one pair per person is highly recommended. Binoculars can add immeasurably to the quality of your travel experience.
- Extra film and 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.
- Lightweight raincoat, rain poncho, or umbrella.
- A small backpack or rucksack; a waterproof bag to hold camera and/or binoculars.
- 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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