



• WHAT TO PACK • EXPLORING THE BALTIC'S HISTORIC WATERWAYS

First of all, the atmosphere aboard is casual. There is no expectation of any formal dress whatsoever; after all, it is an expedition. However, for the welcome and farewell dinners and your time on land in Russia, you may want to have something slightly dressier, a blouse and skirt or a simple dress for women and a sports jacket and tie for men, although this is entirely optional.

Scandinavia and the Baltic countries are at their best during our voyage, but the weather in these regions is always highly changeable. You should be prepared for a variety of temperatures, with an average daily temperature ranging from a low in the 40's to a high in the 60's.

Below is a packing list developed by one of our expedition leaders. If you have any questions, please give us a call.

We recommend that you bring the following items:

- A windbreaker, a lightweight raincoat, rain poncho or umbrella.
- Lightweight rain gear – waterproof pants and jacket – under which you can wear pants and a sweater, to protect you from spray during Zodiac rides as well as from possible rain when you are walking in various areas.
- Two or three different weight sweaters or sweatshirts.
- Warm jacket.
- A woolen or fleece hat with ear protection in case it gets cold; and a hat that offers sun protection in case it is very sunny.
- 1 or 2 pairs of 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.
- Comfortable walking shoes with rubber soles for use both on board ship and during shore excursions. You may want to take two pairs so that you will have a dry pair if one should get wet.
- A pair of hiking shoes for nature walks and for use on cobblestoned streets.
- Lightweight sweaters. Clothes that can be layered will serve you well.
- T-shirts for possible warmer days.
- A swimsuit for a possible Baltic dip (weather permitting) or the ship's sauna.
- Cotton slacks.
- Cotton socks.
- Workout clothing, for use in the ship's fitness center.
- Sunscreen and sunburn relief products.
- Sunglasses.
- Camera, lenses, plenty of film and/or memory cards, and extra batteries.
- Binoculars – one pair per person is highly recommended. Binoculars can add immeasurably to the quality of your travel experience.
- Electrical converter and adapter for your hotel stay (220V to 110V).
- A small backpack or rucksack; a waterproof bag to hold your camera and/or binoculars.
- Travel alarm clock.
- Note:** Robes are provided in your cabin.

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