



• WHAT TO PACK •

LAND OF THE ICE BEARS: AN IN-DEPTH EXPLORATION OF ARCTIC SVALBARD

First of all, the atmosphere aboard is casual. There is no expectation of any formal dress whatsoever; after all, it is an expedition.

The climates of the locations on this expedition are at their best during your expedition, but are highly variable. Please be prepared for a significant variation in temperature during the voyage. Average daily temperatures will range from the high 30's to the high 70'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 heavy jacket and/or parka.**
- A **waterproof rain jacket** for rainy or windy weather that is too warm for a parka.
- 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.
- One or two pairs of waterproof ski mittens or gloves. You might considering bringing 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.
- One wool ski cap and a scarf if the cap cannot be pulled down to cover your neck.
- One pair of **fully waterproof knee-high rubber boots** with sturdy, high-traction soles. We stress the importance of boots that are completely waterproof so that your feet will not get wet when you step into shallow, ice 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. “Muck boots” can be purchased at sporting goods stores, fishing supply stores, and from outdoor clothing suppliers.
- Comfortable walking shoes with rubber soles for use both onboard the ship and during shore excursions. Most people find tennis shoes or sneakers suitable. A good pair of hiking boots is recommended if you plan on taking long hikes into the fjords.
- Old tennis shoes, if you are on the extension to Iceland. Protective footwear must be worn in hot springs.
- One full set of thermal or silk long underwear.
- Three or four 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 to bring several pairs of socks, as your feet are likely to get wet.)
- Two or three 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 want to include them in your selection of casual trousers.
- An assortment of fleeces, sweaters, and other layered clothing.

Checklist continued on the next page...

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- Workout clothing, for use on the ship's fitness center.
- One or two bathing suits, for the onboard sauna.
- One or two 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.
- Personal toiletries, including sun block, moisturizing lotion and lip balm to protect your skin against harsh elements.
- Electrical converter and adapter for your hotel stay (220V to 110V).
- Collapsible walking stick, if you are more comfortable using one on uneven terrain.
- Camera, lenses and plenty of film and/or memory cards, and extra batteries.
- Binoculars.
- 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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