

## Packing List – Arctic

First of all, the atmosphere aboard is casual. There is no expectation of any formal dress whatsoever; after all, it is an expedition. Please pay close attention to our packing list and follow it carefully. Without adequate cold-weather gear, your experience on this expedition will be compromised. Below is a packing list developed by one of our expedition leaders. If you have any questions, please give us a call.

Packing List	
<input type="checkbox"/>	<b>A heavy jacket and/or parka.</b>
<input type="checkbox"/>	<b>A waterproof rain jacket</b> for rainy or windy weather that is too warm for a parka.
<input type="checkbox"/>	<b>Waterproof pants</b> (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 every landing.
<input type="checkbox"/>	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.
<input type="checkbox"/>	One wool ski cap and a scarf if the cap cannot be pulled down to cover your neck.



<input type="checkbox"/> <b>One pair of fully waterproof knee-high rubber boots with sturdy, high-traction soles are essential to your participation.</b> 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, from outdoor clothing suppliers, or through our supplier at <a href="http://www.gearupexpedition.com">www.gearupexpedition.com</a> .
<input type="checkbox"/> 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.
<input type="checkbox"/> One full set of thermal or silk long underwear.
<input type="checkbox"/> 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.)
<input type="checkbox"/> Two or three pairs of warm, casual trousers to wear under your waterproof pants. Wool and/or fleece fabrics are recommended; if you have ski pants, you might want to include them in your selection of casual trousers.
<input type="checkbox"/> An assortment of fleeces, sweaters, and other layered clothing.
<input type="checkbox"/> Workout clothing, for use in the ship’s fitness center.
<input type="checkbox"/> One or two bathing suits for the onboard sauna.
<input type="checkbox"/> 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.
<input type="checkbox"/> Personal toiletries, including sun block, moisturizing lotion and lip balm to protect your skin against harsh elements.
<input type="checkbox"/> Electrical converter and adapter for your hotel stay (220V to 110V).
<input type="checkbox"/> Collapsible walking stick, if you are more comfortable using one on uneven terrain.
<input type="checkbox"/> Camera, lenses, instruction manual, plenty of memory cards/film, battery charger and extra batteries.
<input type="checkbox"/> Binoculars. A good pair of binoculars is essential to your participation in viewing wildlife.
<input type="checkbox"/> A small backpack or rucksack; a waterproof bag to hold your camera and/or binoculars.
<input type="checkbox"/> Travel alarm clock.
<input type="checkbox"/> <b>Note:</b> Robes are provided in your cabin.

Visit our online store, [www.gearupexpeditions.com](http://www.gearupexpeditions.com), for a convenient way to shop.