

Suggested Packing List: Your Arctic Small-Ship Expedition

Our expeditions encompass a range of weather conditions, and your readiness for these conditions, as well as the sea and Zodiac environments, will ensure you are able to fully participate in all aspects of the adventure. Given the unpredictable Arctic weather, our itinerary may undergo constant changes, making flexibility a key trait to embrace when packing your clothing.

We highly recommend **dressing in layers** for adaptability and comfort, with a focus on outerwear that is **windproof and waterproof**, as these are expedition essentials. You will be supplied with an Adventure Canada expedition jacket that is a windproof and waterproof outer shell and yours to keep after your voyage. Detailed information about your jacket can be found in the *Enhancements* section of your Adventurer Package. Rubber boots are also supplied for your expedition, and don't forget to pack rain pants—an essential component. Zodiac drivers have the authority to deny disembarkation if you are not appropriately dressed for the weather, so please prepare accordingly.

When packing for the journey, focus on practicality and comfort, as our on-board dress code is casual. Please remember that the *Ocean Endeavour* maintains a **scent-free environment**, so we kindly ask you to refrain from bringing scented products on board.

While the following list is not exhaustive, it is intended as a helpful guide for packing and to ensure you are well-prepared for your Arctic expedition. For any further inquiries or assistance with preparations, don't hesitate to reach out to your Client Services team or travel advisor. Additionally, you can find extra packing information in the FAQs within the *Essentials* section of your Adventurer Package.

TO WEAR ON BOARD	NOTES
<input type="checkbox"/> Indoor shoes	We recommend comfortable shoes with a sturdy sole for walking on deck, as surfaces may be slippery
<input type="checkbox"/> Comfortable casual clothing	Lighter shirts, pants, or jeans, etc.
<input type="checkbox"/> Nicer outfit	For any special occasions, such as the Captain's welcome supper, if so desired
<input type="checkbox"/> Exercise clothing	For use in the ship's gym, stretch classes, etc.
<input type="checkbox"/> Bathing suit	For the hot tub, pool, sauna, and optional (but highly recommended!) polar dip
TO WEAR ON LANDINGS	NOTES
<input type="checkbox"/> Waterproof rain pants	ESSENTIAL ITEM. Gore-Tex or similar waterproof material; ankle zippers are recommended to fit them over boots
<input type="checkbox"/> Comfortable walking / hiking shoes	For shore landings; should be water-resistant or waterproof
<input type="checkbox"/> Warm socks	Wool or wool blends recommended

<input type="checkbox"/> Long underwear / base layer	Quick-drying wool or synthetic materials are best
<input type="checkbox"/> Pants	Walking & hiking trousers for shore excursions
<input type="checkbox"/> Long-sleeved shirts	Wool or synthetic materials for layering
<input type="checkbox"/> Light sweaters	Wool or synthetic materials for layering
<input type="checkbox"/> Thick sweater, fleece, or puffer-style jacket	Wool or synthetic materials; consider zipper pockets & adjustable wrist seals
<input type="checkbox"/> Toque / beanie / hat	For warmth and sun protection
<input type="checkbox"/> Buff/neck warmer/balaclava	For warmth and wind protection
<input type="checkbox"/> Sunglasses	Polarized with UV protection is recommended
<input type="checkbox"/> Gloves / mittens	For Zodiac travel and landings; waterproof and “gripped palms” are ideal. An extra pair is recommended
ADDITIONAL ITEMS	NOTES
<input type="checkbox"/> Waterproof backpack / dry sack	Note that your pack will be at your feet during Zodiac transfers and may sit in 1-2 inches of water
<input type="checkbox"/> Sunscreen	SPF 30+
<input type="checkbox"/> Collapsible walking stick	If desired; quantities available on board to borrow
<input type="checkbox"/> Binoculars	For wildlife observation. See FAQ in Adventurer Package for details
<input type="checkbox"/> Insect repellent	
<input type="checkbox"/> Bug netting / hat	
<input type="checkbox"/> Ear plugs	To combat ambient noise
<input type="checkbox"/> Electric converter	For electric devices (220V). See FAQ in Adventurer Package for details
<input type="checkbox"/> European two-pronged plug adapter	For electric devices (220V). See FAQ in Adventurer Package for details
<input type="checkbox"/> Camera / phone	See Photography Tips in Adventurer Package for details
<input type="checkbox"/> Camera / phone chargers	
<input type="checkbox"/> USB key	For the optional photoshare computer on board
<input type="checkbox"/> Passport / travel documents	See FAQ in Adventurer Package for details
<input type="checkbox"/> Medications	See below and FAQ in Adventurer Package for details
<input type="checkbox"/> Toiletries & other essentials	
<input type="checkbox"/> Extra prescription glasses / contact lenses	
<input type="checkbox"/> Money / currency	Canadian dollars in Nunavut, Nunavik, & Nunatsiavut, Danish krone in Greenland. See FAQ in Adventurer Package for details



Recommended Medications

Always remember to pack prescription medications in your carry-on luggage and to bring copies of your prescriptions with you. Besides these necessities, it can be helpful to pack:

- Seasickness medication
- Over-the-counter medications for allergies, minor aches and pains, indigestion, or other common ailments

Some Things You Could Skip

If you find yourself needing to reduce your packing weight, you can consider removing the following items from your suitcase:

- A waterproof shell jacket (you will be provided with your own expedition jacket.)
- Tall waterproof boots to wear for Zodiac wet landings (we will equip you with a pair when you arrive on board.)
- Books (we have lots to choose from in our ship's library.)
- An alarm clock (you'll get a morning update from the expedition leader over the PA system each morning.)
- A hair dryer or bathrobe (these are provided for you in your cabins.)
- A water bottle (you'll receive a reusable water bottle that will be yours to keep! There are water stations throughout the ship for your use.)
- A ballgown/tuxedo (our dress code on board is all about casual comfort!)