

# Suggested Packing List:

## Your Atlantic Canada 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. Itinerary changes are often an unavoidable aspect of our journeys, 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 Atlantic Canada 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                  | To use in the ship's gym, stretch classes, etc.  |
| <input type="checkbox"/> Bathing suit                       | For hot tub, pool, sauna, and optional (but highly recommended!) polar dip   |
| TO WEAR ON LANDINGS   | NOTES  |
| <input type="checkbox"/> Waterproof rain pants              | <b>ESSENTIAL ITEM.</b> 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"/> Socks                              | Wool or wool blends recommended for hiking   |

|   |  |
|---|--|
| <input type="checkbox"/> <b>Long underwear / base layer</b>                 | For colder days; quick-drying wool or synthetic materials are best   |
| <input type="checkbox"/> <b>Pants</b>                                       | Walking & hiking trousers for shore excursions   |
| <input type="checkbox"/> <b>Short- and long-sleeved shirts</b>              | Wool or synthetic materials for layering   |
| <input type="checkbox"/> <b>Light sweater</b>                               | Wool or synthetic materials for layering   |
| <input type="checkbox"/> <b>Thicker sweatshirt or fleece</b>                | Wool or synthetic materials; consider zipper pockets & adjustable wrist seals                                |
| <input type="checkbox"/> <b>Toque / beanie / hat</b>                        | For warmth and wind protection   |
| <input type="checkbox"/> <b>Sun hat</b>                                     | For sun protection   |
| <input type="checkbox"/> <b>Sunglasses</b>                                  | Polarized with UV protection is recommended  |
| <input type="checkbox"/> <b>Gloves / mittens</b>                            | For Zodiacs travel and landings; waterproof and "gripped palms" are ideal                                    |
| <b>ADDITIONAL ITEMS</b>   | <b>NOTES</b>   |
| <input type="checkbox"/> <b>Waterproof backpack / dry sack</b>              | Note that your pack will be at your feet during Zodiac transfers and may sit in 1-2 inches of water          |
| <input type="checkbox"/> <b>Sunscreen</b>                                   | SPF 30+  |
| <input type="checkbox"/> <b>Collapsible walking stick</b>                   | If desired; quantities available on board to borrow  |
| <input type="checkbox"/> <b>Binoculars</b>                                  | For wildlife observation. See FAQ in Adventurer Package for details  |
| <input type="checkbox"/> <b>Insect repellent</b>                            |  |
| <input type="checkbox"/> <b>Bug netting / hat</b>                           |  |
| <input type="checkbox"/> <b>Ear plugs</b>                                   | To combat ambient noise  |
| <input type="checkbox"/> <b>Electric converter</b>                          | For electric devices (220V). See FAQ in Adventurer Package for details                                       |
| <input type="checkbox"/> <b>European two-pronged plug adapter</b>           | For electric devices (220V). See FAQ in Adventurer Package for details                                       |
| <input type="checkbox"/> <b>Camera / Phone</b>                              | See Photography Tips in Adventurer Package for details   |
| <input type="checkbox"/> <b>Camera / Phone chargers</b>                     |  |
| <input type="checkbox"/> <b>USB key</b>                                     | For the optional photoshare computer on board  |
| <input type="checkbox"/> <b>Passport / travel documents</b>                 | See FAQ in Adventurer Package for details  |
| <input type="checkbox"/> <b>Medications</b>                                 | See below and FAQ in Adventurer Package for details  |
| <input type="checkbox"/> <b>Toiletries &amp; other essentials</b>           |  |
| <input type="checkbox"/> <b>Extra prescription glasses / contact lenses</b> |  |
| <input type="checkbox"/> <b>Money / currency</b>                            | Euros in Saint-Pierre and Miquelon and Canadian dollars elsewhere. 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!)