



# Clothing and Equipment: Expedition Essentials

Practical and comfortable are the main principles for packing; the dress code on board is casual. When packing, don't weigh yourself down with too many clothes or too much gear. Select practical, technical attire for your expedition days. The following is intended to assist in packing for expedition travel and should not be considered an exhaustive list.

## Clothing

- \*Rain waterproof jacket with hat or attached hood (GoreTex recommended)
- \*Waterproof rain pants
- \*Tall rubber boots (about mid calf)\* Very important!
- \*Large towel
- Shoes; soft soled and non-marking for wearing on deck
- Warm jacket
- Warm sweater
- Warm hat
- Warm gloves or mittens
- Long underwear
- Socks—at least two pairs, wool
- Long sleeved shirts / turtlenecks
- Sandals or water shoes for destinations with hot springs
- T-shirts / base layers
- Long underwear & under garments
- Long pants and shorts
- Swimsuit

**\* Essential items**

## Personal Items

- Sunglasses
- Spare eyeglasses
- Personal toiletries
- Sunscreen
- Sun hat
- Personal medication (clearly labeled)\*
- Reusable or disposable face masks (please note there is no laundry service onboard to launder masks).
- Re-fillable water bottle

## Optional

- Reading materials\*\* (see below notes)
- Camera and memory cards
- Extra camera batteries
- Sketching materials
- Journal or note paper
- Binoculars or spotting scope
- Small backpack / daypack
- Small flashlight or headlamp
- Refillable water bottle (for shore excursions)
- Trekking poles
- Bug spray

## Notes

- We supply full bedding sets with duvets, sheets, and pillowcases.
- We supply hand towels and bath towels.
- Rain gear needs to be completely waterproof—to remain comfortable in windy and wet conditions—and strong enough to stand up to wear. We recommend choosing Gore-Tex.
- Rubber boots should be comfortable. Knee high boots will ensure dry feet. Expect daily use when stepping ashore from small boats at the ocean's edge and while walking in coastal rainforest.
- Rubber boots are essential.
- Due to space limitations, we cannot accommodate suitcases aboard the boat and ask that your clothing and equipment be brought aboard in soft sided, compressible bags that can be easily stowed.
- Plan to dress in layers to accommodate changes in weather. A good, light thermal layer can go a long way in providing comfort. Synthetic materials are recommended. Don't forget your hat and gloves!
- If you are concerned about seasickness, your doctor can recommend suitable medications. We seldom travel in rough waters.
- We have an extensive natural history library onboard—with a variety of field guides—available to our guests for use during the trip.
- Please note that we are committed to reducing on-board recycling. We kindly request your cooperation in packing with sustainability in mind, making an effort to minimize the inclusion of single-use plastics in your luggage.