



Expedition Team Suggested Packing List

We experience a wide variety of weather conditions during our expeditions. Your ability to cope with weather, sea, and Zodiac conditions—and dress accordingly—will ensure you are able to participate fully in all aspects of the expedition. The following list is intended to provide you with basic guidelines and should not be considered an exhaustive list.

We recommend dressing in layers. By wearing a series of clothes in varying materials and thicknesses, you can readily adjust comfort levels more precisely than with single, heavier garments. The most important layer on our expeditions is the outer one: your wind- and waterproof raingear. We supply the rubber boots.

Practical and comfortable are the main principles for packing; the dress code on board is expedition professional. When packing, don't weigh yourself down with too many clothes or too much gear. Select practical, technical attire for your expedition days.

ITEM	SUGGESTED QUANTITY	NOTES
Comfortable walking/hiking shoes/boots	1 pair	For all shore landings; should be water resistant
Indoor shoes	1 pair	For aboard the ship
Warm socks	4-5 pairs	Wool or wool blends recommended
Pants	2-3 pairs	Lightweight for on board and warmer for shore excursions
Long underwear/base layers	1 complete set	Synthetic materials are best
Shorts	1 pair	For use aboard or ashore for non-Arctic trips
Long-sleeved shirts	4	Consider synthetic materials for layering
Light sweaters	2	Consider synthetic materials for layering
Thick sweater or fleece	1	Consider synthetic materials for layering; look for zippered pockets and adjustable seals at the wrist and waist
Waterproof rain pants	1	ESSENTIAL ITEM. We suggest GoreTex or Klimate; look for ankle zippers for ease of use.
Waterproof jacket	1	ESSENTIAL ITEM. Consider bringing a liner or puffer jacket as well depending on the climate of your trip.
Toque/beanie/hat	1	For warmth and sun protection. Adventure Canada will also provide all expedition team members with one hat.
Gloves/mittens	2 pairs	For Zodiac travel and shore walks; waterproofing is ideal, as are “gripped” palms.



ADVENTURE CANADA

Backpack/day pack	1	For carrying items ashore
Waterproof bag/dry sac	1	For keeping essential gear dry on Zodiacs
Sunglasses	1 pair	For sun protection
Sunscreen	1 bottle	SPF 30+ recommended
Insect repellent	1 bottle as desired	
Bug jacket/hat	1 set as desired	
Bathing suit	1	For hot tub, pool, sauna, and perhaps a polar plunge!
Exercise clothing	1 set as desired	For use in on-board gym
Binoculars	1 pair	For wildlife observation
Collapsible walking stick(s)	1 or 2 as desired	
Alarm clock	1	Our morning staff meetings begin immediately after the Expedition Leader's wake-up call. Don't be late!
Passport and travel documents	All required	ESSENTIAL ITEM. Please ensure your passport is up to date. If you are not a Canadian citizen, please bring any additional travel documents as required. See the Travel Information section of your expedition team package for more information.
Certifications	All required	ESSENTIAL ITEM. Please bring physical copies of all relevant certifications with you on board (First Aid, STCW, firearms licence, proof of vaccination, etc.). See the Certifications section of your expedition team package for more information.
Medications	As required	See suggested list below.
Toiletries	As required	Environmentally friendly shampoo and body wash is provided in cabins. Don't forget all other items of personal preference.
Money/currency	As desired	For buying souvenirs ashore.
Equipment needed for your on-board position	As required	According to your position on board, please bring all required tools and equipment, such as cameras, lenses, instruments, or specialized artistic tools. Don't forget necessary batteries and/or charging cables.
USB key	1	To store and carry your on-board presentations and for data transfers.
European two-pronged plug adaptor	1	For electric devices (220V)
Electric converter	1 as required	For electric devices with a motor, such as electric razors (220 V)
Ear plugs/sleep mask	1 set as desired	



In addition to an ample supply of your prescription medications, you may wish to consider some or any of the following as anticipated. Some over-the-counter medications are also available in the ship's gift shop or for a fee from the ship's infirmary.

MEDICATION NAME	SYMPTOMS	PRESCRIPTION
Bonamine	Motion sickness	Yes
Gravol	Motion sickness	No
Transderm patch	Motion sickness	No
Dramamine	Motion sickness	No
Zofran	Motion sickness	No
Lomotil	Diarrhoea	Yes
Imodium	Diarrhoea	No
Benadryl	Allergies	No
Reactine, Claritin	Allergies	No
Advil	Aches, pains, inflammation	No
Tylenol	Aches, pains, symptom relief of minor illness	No
Polysporin	Ointment for minor cuts (+ Band-Aids)	No
Mylanta, Maalox	Heartburn, indigestion	No