

# Suggested Packing List

## Great Bear Rainforest

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
- \*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

- Full bedding sets are provided, including duvets, sheets, and pillowcases.
- Hand towels and bath towels are supplied.
- Rain gear must be fully waterproof and durable enough to withstand wet and windy conditions—Gore-Tex or similar materials are highly recommended.
- Rubber boots are provided and will be used daily for shore landings and coastal rainforest walks.
- Luggage aboard *Cascadia*: Thick, hard-sided suitcases do not fit under the beds, though they can be stored upright in the corner of your cabin. Soft-sided, compressible bags are preferred, as they stow easily beneath the bed.
- Dress in layers to adapt to variable weather conditions. Lightweight thermal layers and synthetic fabrics are recommended. Don't forget a warm hat and gloves.
- If you're prone to seasickness, consult your doctor for recommended medication. Conditions are generally calm, but it's best to be prepared.
- A selection of books and games is available on board for guest use during the voyage.
- In support of our commitment to sustainability, we aim to minimize on-board recycling. Please pack with this in mind and avoid bringing single-use plastics wherever possible.