

# BEFORE YOU TRAVEL

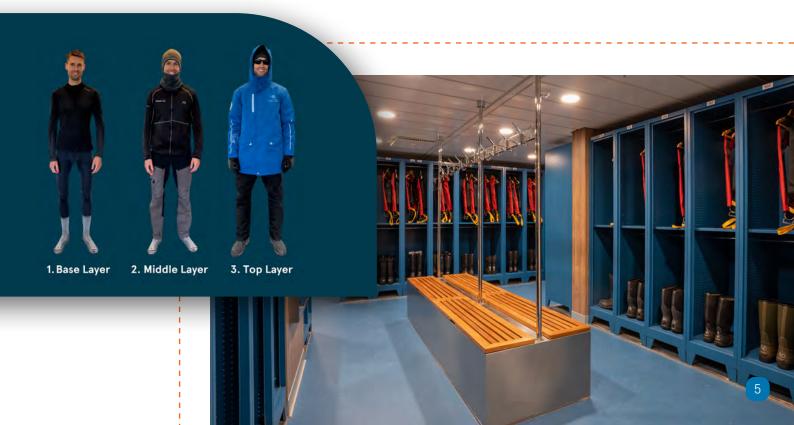
## PACKING - WHAT TO BRING?

Preparing for an Arctic expedition cruise requires thoughtful packing to accommodate varying temperatures and activities. On board, the dress code is casual, prioritizing comfort, though you're welcome to dress up for dinner if you want!

For shore excursions and outdoor time, warm, windproof, and waterproof clothing is essential. The key to staying comfortable is layering:

- Begin with a moisture-wicking wool base layer, add an insulating fleece or sweater, and finish with a wind- and waterproof jacket.
- · For your legs, lightweight, durable pants are typically sufficient on land, while thermal underwear provides extra warmth on colder days. Water-resistant pants are necessary for all Zodiac excursions and excursions in wet or windy conditions.
- · Sturdy, slip-resistant hiking boots are ideal for both onboard wear and exploring villages or trails.

To simplify your packing, our expedition experts have prepared a list of must-bring and recommended gear. Happy packing!





# **CHECKLISTS**

MUST BRING:	
	IMPORTANT NOTE:
☐ Waterproof jacket	Your access to zodiac operations
☐ Waterproof trousers	may be denied if you don't wear proper waterproof clothing.
☐ Slip-resistant shoes	propor waterproof clothing.

#### WHAT WATERPROOF GEAR YOU MUST BRING ON BOARD:

We strongly recommend the waterproof gear to have a 10000 mm water resistance or higher. Please note that water repellent or water-resistant gear is not sufficient to join most of our off-board and on-shore activities.

WE RECOMMEND TO CARRY ON BOARD THE FOLLOWING CLOTHING:	EXPEDITION ACCESSORIES AND TRAVEL ESSENTIALS:
Base Layer: Technical fabrics / Lightweight clothes	Passport
Mid Layer: Wool/Fleece sweater(s)	☐ Credit card and US\$ or local currency
Outer Layer: wind jacket	Seasickness medication
☐ Thermal Underwear	Sunscreen & SPF lip balm
Leisure trousers	☐ Binoculars
Sun hat (+ mosquito hat - Greenland only)	☐ High-protection sunglasses
☐ Winter hat, scarf and waterproof gloves	☐ Waterproof backpack
☐ Wool socks	☐ Waterproof bags
☐ Hiking shoes / boots	Camera, extra battery and memory card
☐ Swimsuit	

### STAY PROTECTED - SUNSCREEN AND SEASICKNESS TIPS:

The Arctic sun can be intense, so pack a high-factor sunscreen to protect your skin. For rough seas, bring seasickness medication that suits you, as options vary and may cause drowsiness. Consult your doctor for the best choice and bring your own supply, as the ship's stock is limited.