

GLACIALEXPEDITIONS

YOUR EXPERTS IN ADVENTURE TRAVEL

Polar Packing Checklist

Everything you need for your expedition cruise

Clothing:

1. Insulating Layers:
 - a. Thermal underwear (tops and bottoms)
 - b. Fleece jacket
 - c. Insulated pants or snow pants
2. Waterproof Outer Layers:
 - a. Waterproof jacket (provided by the cruise line)
 - b. Waterproof pants
 - c. Waterproof gloves or mittens
 - d. Hot Hands - Hand Warmers for inside your gloves
3. Head and Neck Gear:
 - a. Insulated, waterproof hat
 - b. Neck gaiter or scarf
 - c. UV-blocking sunglasses
4. Footwear:
 - a. Insulated, waterproof boots (often provided by the cruise line)
 - b. Thick, moisture-wicking socks
 - c. Sneakers/Casual shoes for onboard
5. Casual Clothing:
 - a. Comfortable clothing for indoor activities on the ship (T-shirts, sweater/sweatshirt, jeans, jogging pants)
 - b. Pajamas
 - c. Swimsuit for the Polar Plunge & Hot Tubs

Health and Safety:

1. Medications:
 - a. Personal prescription medications
 - b. Seasickness medication (Motion sickness bands or patches)
2. First Aid Kit with basic first aid supplies
 - a. Painkillers, diarrhea meds, antihistamines, bandaids...
 - b. Tissues, Handwipes & Santizer
3. Sunscreen:
 - a. High SPF sunscreen for face and exposed skin
 - b. Lip balm with SPF

Documents and Essentials:

1. Passport
2. Travel Insurance
3. Credit Cards (make sure to let your bank know you are traveling)
4. Covid Vaccination Documents (these aren't needed for travel, but I like to have them along just in case)
5. Make a photocopy of all of these documents to bring along just in case anything gets lost

Accessories:

1. Backpack - A small, waterproof backpack for shore excursions
2. Binoculars
3. Camera Gear:
 - a. Camera with a telephoto lens (wildlife)
 - b. Camera with wide angle lens (scenery)
 - c. Extra memory cards and batteries
 - d. Lens cleaning kit
 - e. Tripod
 - f. Large ziplock bag for extra protection
4. Laptop and external hard drive (storage for photos and videos)
5. Electronics:
 - a. International power adapter
 - b. Portable charger or power bank

Miscellaneous:

1. Basic Toiletries:
 - a. Deodorant / Perfume
 - b. Razor & Shaving Cream
 - c. Dental (toothbrush, toothpaste, etc.)
 - d. Lotion & Face Cream
2. Books or e-reader for leisure time
3. Deck of cards