



WILD WOMEN
EXPEDITIONS

YOUR GUIDE TO THE ARCTIC



For more information please contact: adventure@wildwomenexpeditions.com or call 1 (888) 993-1222



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AN INTRODUCTION TO US & OUR PARTNERS

We are so thrilled that you have decided to travel with Wild Women Expeditions! Our goal is to inspire and empower women to live more fulfilling and nourishing lives by connecting with wild spaces and outdoor adventure opportunities in the company of like-minded women. We want to take you to the ends of the earth!

Why expedition with us? Wild Women Expeditions is committed to choosing local partners who are field experts and equally dedicated to sustainability, challenging women and supporting the local communities that we visit in a meaningful way. We insist on environmentally and culturally conscious local experts wherever we go and the Arctic region is no different.



**ADVENTURE
CANADA**

Adventure Canada is a family-run travel company with more than thirty years' experience specializing in small-ship expeditions to the world's more remote coastlines. Adventure Canada's mission is to engage, educate, and entertain by connecting people to each other and the land through travel - by traveling to the best places, with the best people, in the best way.

Their pioneering approach to expedition cruises and small-group experiences emphasizes wildlife, culture, learning, and fun. By traveling with local experts, learned scholars, scientists, artists, and expedition specialists, they hope to help you open your mind and heart.



THIS IS HOW WE ROLL: THE ROLE OF THE WILD WOMEN EXPEDITIONS HOST

Your Wild Women Expeditions host is there to facilitate a smooth adventure. They will cheerlead you if need be, they will encourage you to push your own self-imposed limits. They will buoy the group spirit just like that friend you know who is always the life of the party.

Traveling with other like-minded adventurous women means you have an instant built-in friend circle to travel to the Arctic regions with. Everyone is in the same boat as you. Really! It's the *Ocean Endeavour*. On our Arctic small ship expeditions, we share space with other passengers. This adventure is not women-only and not Wild Women-exclusive, that's why our hosts are there, at the ready, to help you navigate ship life and excursions with confidence.

Your host is a constant – she will share meals with you (Wild Women Expeditions has reserved seating in the main dining room area but we will be sharing the space with other passengers), organize private Zodiac cruises and landings (when logistically possible) and help you orient to ship life and advocate for everything that you may need to truly absorb your trip of a lifetime. Our hosts will do their best to organize private spaces and receptions for you and your Wild Women community to ensure that you have intimate opportunities to connect and relax with each other on the ship.

Your Wild Women Expeditions host is your number one contact on the ship and facilitator between you and the expedition staff and experts on board. Their goal is to ensure that you get the assistance and information that you need, but she is not your personal assistant! Please note, you are not expected to tip your host. Naturally, she will help with any worries you have surrounding luggage, passports and menu concerns!



A FEW MORE THINGS WE'D LIKE YOU TO KNOW....

- Depending on the starting city of your expedition, Wild Women may organize a welcome dinner prior to the ship expedition. You will be notified if something is planned. This pre-trip dinner is not included in the trip price and is totally optional!
- Please be prepared for sea sickness and consult your travel doctor about the best prescription or natural alternatives for your trip.
- The majority of the Arctic expeditions start and end with a charter flight in order for you to meet the ship in its remote location. The cost of these charter flights is not included in the total trip price. Once you've booked your trip, these charter flights will be organized for you and the additional cost will be added to your final invoice.
- Wild Women Expeditions pricing is the exact same as what Adventure Canada offers but the added value is traveling with Wild Women and the Wild Women community is priceless. The added bonus of a Wild Women host means your Arctic experience will be unique and as seamless as possible and 100% girl-power in action.
- Roommate pairing - we will try our very, very best to match you with another Wild Woman, however, based on how the cabins are allocated, there is a possibility that you may not have a Wild Woman roomie (but it will definitely be a woman!)
- We will be sharing emergency contact information with you about 30 days prior to your trip departure.

As you prepare for your journey, please carefully consider the arrival and departure details. Since international air transportation is not included in the cost of your expedition, you will have some flexibility in planning your flights.



ARCTIC HISTORY AND EXPLORATION: THE CONDENSED VERSION

THE EARLY VOYAGES

Arctic exploration has always been a testament to human ingenuity and adaptability. In the early days, explorers relied on rudimentary tools and methods. Wooden ships, fortified against ice, were guided by simple compasses and sextants. Dog sleds and the knowledge of indigenous peoples were invaluable for overland treks. However, these early expeditions were often fraught with danger, as limited understanding of the Arctic's harsh conditions led to numerous tragedies.

The allure of the Arctic began as early as the 330s BC, with the Greek explorer Pytheas venturing north from Britain. However, it wasn't until the late 1500s that the search for the Northwest Passage — a direct route from Europe to Asia through the Arctic — intensified.

- John Cabot (1497): An Italian explorer, Cabot believed he could find a shortcut to Asia by sailing west. Although he didn't find the passage, he did discover parts of North America.
- Martin Frobisher (1576-1578): This English explorer undertook three major expeditions between 1576 and 1578. On his initial voyage, he believed he had discovered gold on Baffin Island, leading to heightened interest in subsequent expeditions. However, the supposed gold later turned out to be worthless pyrite. Despite not finding the coveted passage or striking it rich, Frobisher's journeys were significant for their early exploration of the Arctic region and for establishing England's claim to parts of modern-day Canada.



A GOLDEN AGE OF EXPLORATION

The 1800s saw a surge in Arctic exploration, driven by scientific curiosity, national pride, and the ever-beckoning call of the unknown.

- **Sir John Franklin (1845):** The Franklin Expedition, led by Sir John Franklin in 1845, is one of the most enduring mysteries of Arctic exploration. Tasked with discovering the elusive Northwest Passage, Franklin and his crew of 128 men aboard the HMS Erebus and HMS Terror vanished without a trace. The disappearance — and the reward offered for the expedition’s recovery — sparked one of the largest search operations in history. Numerous expeditions were launched to uncover their fate, but it wasn’t until the 21st century that significant clues emerged. In 2014 and 2016, the wrecks of the Erebus and Terror were respectively located, offering some answers but leaving many questions about the crew’s final days.
- **Robert Peary and Matthew Henson (1909):** In the early 20th century, the duo embarked on multiple expeditions to the Arctic, culminating in their most controversial claim: reaching the North Pole in 1909. Peary, an American naval officer, led the expedition, while Henson, an African American explorer, played a crucial role as his right-hand man. Henson’s skills, acquired from years of polar experience and his rapport with the Inuit, were instrumental to the expedition’s success. While Peary received much of the acclaim, Henson’s contributions have since been recognized, making him one of the first African Americans to be celebrated for his achievements in Arctic exploration.



- Roald Amundsen he led the first expedition to successfully traverse the Northwest Passage on the sloop *Gjøa* from 1903 - 1906. Amundsen's success as first to traverse the Northwest Passage was an attribute to his extensive interaction with the local Inuit people. Amundsen and his men acquired the knowledge and skills crucial to survival in the harsh Arctic conditions. Amundsen learned to dog sled, hunt for seals, kayak, fish, and even wear the clothes of the Inuit. Once he traversed the Northwest passage he set his sights on the South Pole, he was the first person to reach the South Pole in 1911. With both accolades to his name he began his quest to be the first to reach the North Pole. His first attempt to reach the North Pole by ship was in 1918. After failing to reach the North Pole by traversing the Northeast Passage, Amundsen began planning for an aerial expedition instead. On 12 May 1926, Amundsen and 15 other men in the airship *Norge* became the first explorers verified to have reached the North Pole.

MODERN EXPLORATION AND SCIENTIFIC RESEARCH

As time progressed, technology became a game-changer for Arctic exploration. Modern navigation tools, such as GPS, replaced traditional instruments, increasing accuracy and safety. Satellite imagery provided a bird's-eye view of ice patterns and potential routes. More recently, drones and underwater autonomous vehicles have been employed to study areas previously unreachable by humans. Advanced clothing and shelter technology have also allowed explorers and scientists to withstand the Arctic's extreme temperatures for extended periods. This evolution in technology has not only unlocked the Arctic's mysteries, but has also facilitated critical research on climate change.



THE ANCIENT INDIGENOUS CULTURE OF THE ARCTIC

The Thule people were an ancient Indigenous culture who inhabited the Arctic regions of North America from around 1000 AD to the early 20th century. They are considered the ancestors of modern Inuit peoples and played a significant role in shaping the cultural and technological landscape of the Arctic.

- **Migration:** The Thule people are known for their remarkable migration across the Arctic. They originated from the Bering Strait region and gradually spread eastward across the Canadian Arctic and Greenland, eventually reaching as far as Labrador in northeastern North America. This migration is believed to have occurred between 900 and 1500 AD, and it represents one of the most significant population movements in Arctic history.
- **Technology and Adaptation:** The Thule people were adept at utilizing the resources of their harsh environment to survive and thrive. They developed innovative technologies such as the kayak, the umiak (a larger open boat), and the harpoon for hunting marine mammals like seals, whales, and walrus. Thule culture also saw the widespread use of dog sleds for transportation across the ice and snow.
- **Social Organization:** Thule society was organized into small, mobile groups of extended families or bands. These bands traveled seasonally across the Arctic landscape in search of food and other resources, often congregating in larger settlements during the summer months. Cooperation and sharing within and between bands were essential for survival in the challenging Arctic environment.



- **Material Culture:** Archaeological evidence, including artifacts such as tools, pottery, and dwellings, provides insights into Thule material culture. They were skilled artisans, crafting intricate objects from bone, ivory, wood, and stone. Thule art often depicted scenes of hunting, fishing, and daily life, reflecting their close connection to the natural world.
- **Legacy:** The Thule people played a foundational role in the development of modern Inuit cultures across the Arctic. Many aspects of their traditional knowledge, social organization, and technological innovations continue to influence contemporary Inuit societies. Despite the challenges posed by colonialism, climate change, and other modern pressures, Inuit communities today maintain strong cultural ties to their Thule ancestors and heritage.

Overall, the Thule people were a resilient and adaptable culture whose innovations and achievements continue to resonate in the Arctic region today. Their legacy underscores the enduring relationship between Indigenous peoples and the Arctic environment.



ANCIENT INUIT'S HISTORICAL IMPACT ON POLAR EXPLORATION

The ancient Inuit, whose ancestors inhabited the Arctic regions of North America for thousands of years, had a profound impact on polar exploration, particularly in the late 19th and early 20th centuries. Their deep understanding of the Arctic environment, survival skills, and techniques for navigating icy terrain were invaluable to explorers attempting to reach the North Pole.

- **Survival Skills:** Inuit knowledge of how to survive in harsh Arctic conditions, including building igloos, hunting seals and other game, and navigating treacherous ice fields, was crucial for early polar explorers. Many expeditions would not have been able to survive without adopting Inuit techniques for staying warm, finding food, and avoiding hazards.
- **Navigation:** Inuit navigational techniques, such as reading subtle cues in the landscape, observing wind patterns, and using stars and celestial bodies for orientation, were essential for guiding explorers across the vast, featureless expanses of ice and snow. Inuit knowledge of sea ice conditions and the behavior of Arctic wildlife also helped expeditions plan their routes.
- **Technology and Equipment:** Inuit innovations in clothing, such as the development of waterproof and insulating materials like sealskin and caribou fur, greatly improved the ability of explorers to withstand extreme cold temperatures. Additionally, their lightweight and sturdy kayaks, known as qajaqs, inspired the design of early Arctic exploration boats.



- Communication and Cultural Exchange: Interaction with the Inuit provided explorers with valuable insights into the local environment and geography. Inuit guides often served as intermediaries between explorers and indigenous communities, facilitating trade and cultural exchange. These interactions helped bridge cultural divides and fostered mutual respect and understanding.
- Legacy: The contributions of the Inuit to polar exploration are evident in the names of landmarks, geographical features, and exploration routes in the Arctic region, many of which bear Inuit names. The resilience and ingenuity of the Inuit people continue to inspire admiration and respect among explorers and historians alike.

Overall, the ancient Inuit played a vital role in polar exploration by sharing their knowledge, skills, and technology with early explorers, thereby enabling them to navigate and survive in one of the harshest environments on Earth. Their legacy continues to influence Arctic exploration and remains an integral part of the history of polar discovery.



OUR PARTNER'S COMMITMENT TO REGENERATIVE TOURISM AND SUSTAINABILITY

So, what is regenerative travel? Regenerative is a term more often associated with natural systems and agriculture. Essentially, regenerative travel seeks to leave ecosystems, communities, and economies better off than we encounter them, through a holistic process in which the host community's priorities are more valued than those of the traveller.

The traveler's view of a regenerative approach involves three important and deeply integrated elements: the traveler's relationship with the Earth, with others (community hosts and other travelers), and with oneself.

Adventure Canada has emphasized and been recognized for its focus on the first two of these three elements. They take travelers to some of the world's most beautiful and fragile places and create authentic opportunities for meaningful cultural learning wherever they go.

But what of that third key element—you, the traveler? What changes do you need to make inside yourself to assure your impact on the places you visit is regenerative? Do you need to align your values differently? These are tough questions, but necessary ones.



Both travel provider and traveler should strive to invest in these relationships with community hosts, contributing more than extracting. The hosts decide what the community needs, and what they choose to share authentically and meaningfully with travelers in exchange.

Adventure Canada's long-standing Giving Back program and the relationships they hold with their partners demonstrate this approach, providing an outlet for and inviting travelers to become active participants in positive change on many fronts—social, cultural, economic, political, and environmental.

Supporting the United Nations 2030 Sustainable Development Goals

In support of the UN's 2030 goals Adventure Canada is continuously building new partnerships and engaging with new projects.

They are committed to:

- Developing and implementing a multi-year Regenerative Tourism Plan
- Expanding our climate change education programs
- Auditing our carbon footprint and setting reduction targets
- Investing in CO2 drawdown strategies and offsetting mechanisms to mitigate our emissions, including clean ship technologies
- Expanding our Taste of Place initiative to improving food security in local economies and sustainable purchasing
- Prioritizing contracts with value and action-aligned services, companies, and organizations
- Reducing Adventure Canada's use of single-use plastics, integrating systemic waste reduction, water conservation, recycling, and re-using programs on land and at sea



SHIP SHAPE: ABOUT THE OCEAN ENDEAVOUR

The Ocean Endeavour is the perfect vessel for expedition cruising. Outfitted with twenty Zodiacs, advanced navigation equipment, multiple lounges, and a top deck observation room, she is purpose-built for passenger experiences in remote environments. The Ocean Endeavour boasts a 1B ice class, enabling her to explore throughout the polar summers. Launched in 1982, she has had numerous upgrades, most recently in 2016.

At 137 metres in length, the *Ocean Endeavour* has plenty of interior and exterior space. Ample deck space offers comfortable lounge chairs, a swimming pool, two saunas, and a hot tub. The spacious interior allows for varied workshops and presentations to occur simultaneously. The three lounges aboard the *Ocean Endeavour* are optimal locations for seminars, events, parties, and conversation.



LIFE ON BOARD: WHY YOU WON'T BE BORED

Life aboard *Ocean Endeavour* is as relaxed or as engaged as you want it to be. The onboard spa, library, hot tub, sauna, gift shop, multiple lounges, and viewing areas offer comfort and ease.

Our programming is designed to enhance your understanding and appreciation of the regions we visit. Presentations, workshops, entertainment, and special events complete the excursions.

From dances to polar plunges, from lounge concerts to theme parties, we love to have a great time together!





LET'S EAT!

Enjoy open-seating meals in the roomy Polaris Restaurant, surrounded by ocean views. Adventure Canada staff mingle and share their expertise over meals.

Breakfast and lunch include a wide variety of tasty and healthy choices. Globally inspired a la carte suppers offer options to suit every taste, including fish and vegetarian options. Desserts, made fresh daily, are a highlight! Food sensitivities, special diets, and personal choices can be accommodated with advance notice.

Early-bird breakfast, afternoon tea, late-night snacks, and treats round out the offerings. And tea, coffee, and cookies are always available!



**Please note that the Ocean Endeavour is unable to accommodate Halal and Kosher dietary restrictions.*



Photo: Acadia Johnson

THE EXPERT EXPEDITION TEAM

Adventure Canada's expedition team—experts in their fields—are approachable, available on deck and at meals, and always on shore during excursions. Their unique mix of entertainment and camaraderie is integral to your evening concerts, daily gatherings, and learning opportunities.

Each day, your onboard and onshore programming is thoughtfully planned to make the most of the local environment. Hiking, wildlife viewing, historic sites, community visits, and Zodiac cruising are regular activities.



LEARN FROM THE LOCALS

Adventure Canada has a myriad of connections in the regions they visit; nothing beats being welcomed as an honored guest. Esteemed local guides connect you to destinations, people, and culture—personally!



Photo: Acadia Johnson



SAFETY FIRST. EXPERIENCE, FOREMOST

You're in good hands: their expedition team members are experienced, knowledgeable, and attentive. They'll ensure your comfort and safety—then enlighten, inspire, and entertain you!

LEARN FROM PASSIONATE EXPERTS

Make the most of every learning opportunity, aboard and ashore, in geology, botany, marine biology, archaeology, photography, cultural history, and more! Adventure Canada's hand-picked experts are as excited as you are to be on board. Join them on deck searching for wildlife, share daily meals for personal in-depth conversations, participate in workshops, attend presentations, and learn on the land. The Adventure Canada team has a deep love for discovery, learning, exploration, and growth, and is at your service.





WHAT'S INCLUDED?

Want to add some more goosebumps to your adventure beyond your ship? Each voyage offers a variety of recreational activities to enhance your polar experience.

ZODIAC CRUISING

Zodiacs (rugged inflatable watercraft) are the workhorses of polar expeditions, taking you to places the ships can't access like remote shorelines to explore shallow inlets and search for unique wildlife. Expedition staff make stepping in and out of the Zodiacs safe at all times and your Zodiac drivers will provide active interpretation, making the landscape come alive with their knowledge about animal behavior and the birds above. When possible, we will try to arrange for Wild Women-only Zodiac excursions so we can share these precious moments together as a group.

HIKING

Hiking in the Arctic is free-form and supervised by the expert staff who set out a strict perimeter or paths at each landing site. While you hike, staff will be available to answer all your burning questions about the wildlife, history and geography of the area.

PRESENTATIONS

We encourage you to enjoy daily chats with and presentations by the world-class onboard polar experts—expedition guides, specialists, photography guides and other special guests who will introduce you to the fascinating history, biology, ornithology, glaciology and geology of the region.



POLAR PLUNGE

This rite of passage, scheduled only once per expedition, gives you the chance to jump safely into the bracing Arctic waters under the watchful eye of the staff—and just about every single camera on board!

PHOTOGRAPHY

Documenting your voyage so you can take the memories home and wow your friends and family is a necessary experience. There will be a photography guide onboard and if you have any questions, they can help you hone your skills and selfies to capture the marvel of the polar region.



WHAT ELSE CAN YOU DO?

We're glad you asked...

QAJAQ (VOYAGE-LONG KAYAKING)

Adventure Canada's Qajaq program provides a quiet, fun and relaxing way to reconnect with the marine environment. The Qajaq (the proper phonetic spelling of "kayak") was invented by Inuit and is a feat of engineering whose design remains unchanged after thousands of years.

Kayaking has become an increasingly popular mode of exploration. Paddling in pristine waters, near marine life, in the wilderness, or along a historic coast will overwhelm even the most seasoned adventurer. It is a rare opportunity, for few have experienced these magical places by qajaq.

Limited space is available. Please book in advance, prior to departure, to avoid disappointment! Please contact us at support@wildwomenexpeditions.com to reserve your spot in a kayak! *Adventure Canada guarantees a minimum of two kayak excursions per expedition. The fee will be pro-rated in case they are unable to offer a minimum of two excursions.

KONA BICYCLE RENTAL PROGRAM

Adventure Canada has a fleet of thirteen Kona mountain bikes, available for rent during set times throughout each expedition. This unique experience allows passengers to explore and discover the landscape on two wheels.

Cycling excursions are only available in pre-determined community visits and may be modified at any time at the discretion of the Expedition Leader.

Passengers will be notified when excursions will be available, one to two days in advance of the excursion at the daily recap. Details on difficulty level, distance, and guides will be provided at this time. For more information, please visit the cruise director office once onboard.



INCLUSIONS AND EXCLUSIONS (YES, THE PESKY FINE PRINT)

INCLUSIONS:

- Passage aboard the Ocean Endeavour
- Applicable taxes and credit card fees
- Complimentary expedition jacket *Contribution to Adventure Canada's Discovery Fund
- Special access permits, entry, and park fees
- Expert expedition team
- Guided activities
- Sightseeing and community visits
- All Zodiac excursions
- Port fees
- Pre-departure materials
- Educational program
- Photo Equipment Trial Program
- Interactive workshops
- Evening entertainment
- All shipboard meals

EXCLUSIONS:

- Commercial and charter flights
- Program enhancements/optional excursions
- Personal expenses
- Mandatory medical evacuation insurance
- Additional expenses in the event of delays or itinerary changes
- Possible fuel surcharges and administrative fees
- Pre- and post-trip hotel accommodation
- Gratuities (A recommended tip of \$15 USD per person per day is added to your final Shipboard Account statement and divided among the ship's crew. Tipping is a personal choice, and you can adjust the amount, or tip individually. Please notify the Reception Desk of your tipping preference. The Adventure Canada expedition team does not accept tips.)



MEDICAL AND ADDITIONAL PERSONAL INFORMATION

Wild Women will collect some of this information but Adventure Canada, our partner, will require you to fill out certain forms directly. Once booked, you will be emailed a unique link to your Adventure Canada portal closer to departure. When received, please click on the link to complete the necessary forms and if you have any issues or concerns, please call the Wild Women team for assistance!





PRIVATE FACEBOOK GROUP

What else? You will be able to meet your fellow Wild Women on Facebook 3 - 4 months prior to departure.

This exclusive private group will be for members of your expedition departure to chat about pre-trip plans or to compare packing notes.





EXPEDITION SPIRIT

Embracing the unexpected is part of the legacy—and excitement—of expedition travel. When traveling in extremely remote regions, your Expedition Team must continually consider the sea, ice and weather to determine the safest route and itinerary details. Your itinerary is a tentative outline of what you may experience on this voyage; please be aware that no specific itinerary can be guaranteed. By the same token, wildlife encounters as described are expected, but not guaranteed. The puffins and polar bears are not paid for their appearance!

Your Expedition Team will use their considerable experience to seek out wildlife in known habitats, but the presence of any particular species of bird or marine wildlife is not guaranteed. You'll have to take that up with Mother Nature and the wishbone you wished upon!

We ask that you are supportive and patient with your fellow group members. There will be night owls and early birds. There will be women who would like a little quiet time or those who would like to chat the night away. Please be respectful, helpful and open to the adventure and the neat dynamic of meeting so many diverse women in one spot! Every Wild Woman adds a unique and integral dimension to our community and the group travel experience!



WHAT TO PACK ON YOUR POLAR EXPEDITION

Your expedition will encompass a range of weather conditions, and your readiness for these conditions, as well as the sea and Zodiac environments, will ensure you are able to fully participate in all aspects of the adventure. Itinerary changes are often an unavoidable aspect of our journeys, making flexibility a key trait to embrace when packing your clothing.

We highly recommend dressing in layers for adaptability and comfort, with a focus on outerwear that is windproof and waterproof, as these are expedition essentials. You will be supplied with an Adventure Canada expedition jacket that is a windproof and waterproof outer shell and yours to keep after your voyage. Detailed information about your jacket can be found in the Enhancements section of your Adventurer Package, which you will receive 3 - 4 months prior to departure.

Rubber boots are also supplied for your expedition, and don't forget to pack rain pants—an essential component. Zodiac drivers have the authority to deny disembarkation if you are not appropriately dressed for the weather, so please prepare accordingly.

When packing for the journey, focus on practicality and comfort, as our on-board dress code is casual. Please remember that the Ocean Endeavour maintains a scent-free environment, so we kindly ask you to refrain from bringing scented products on board.

While the following list is not exhaustive, it is intended as a helpful guide for packing and to ensure you are well-prepared for your Arctic expedition. A full list that is specific to your expedition will be provided to you in your Adventure Package 3 - 4 months prior to departure.



TO WEAR ON LANDINGS:

- Waterproof rain pants - ESSENTIAL ITEM - Gore-Tex or similar waterproof material; ankle zippers are recommended to fit them over boots
- Comfortable walking/hiking shoes - For shore landings; should be water-resistant or waterproof
- A toque, beanie or winter hat that covers ears
- Waterproof gloves or mitts, ideally with texturized palms for gripping (bring an extra pair)
- Warm wool or synthetic socks (keep a dry pair in your bag, and bring extras for layering)
- One complete set of long underwear (top and bottoms) - For colder days; quick drying wool or synthetic materials are best
- Lightweight or cropped pants and short-sleeved shirts
- Long-sleeved shirts, a light sweater, and warm pants
- A thick sweater, fleece, or puffer-style jacket
- Comfortable clothes to wear on board
- Scarf, buff, or other face protection
- Waterproof, lightweight backpack or dry sack
- Polarized sunglasses with UV protection (bring an extra pair)
- Sunscreen
- Lip Balm

It's important that all passengers wear closed toe, non-slip shoes at all times on the ship--even during dinner. Flip-flops, slippers, sandals and slippery soles (ballet shoes, in particular) just aren't safe in the hallways, or out on the decks. Some Expedition Leaders and guests prefer shoes with no laces that slip on, so long as they have a heel for safety and good arch support. Dock shoes are another popular type of footwear onboard.

- Comfortable casual clothing like lighter shirts, pants or jeans, etc (in case the ship gets warm)
- Nicer outfit - For any special occasions, such as the Captain's welcome supper, if so desired
- Exercise clothing - To use in the ship's gym, stretch classes, etc.
- Indoor shoes - Comfortable non-slip closed-toed unheeled shoes with a sturdy sole for walking on deck as surfaces may be slippery. (flip flops, sandals or slip-on shoes should not be worn on board due to safety concerns)
- Bathing suit - For hot tub, pool, sauna, and optional (but highly recommended!) polar dip



ADDITIONAL ITEMS:

- Light warm jacket to wear during travel to the ship
- Binoculars (Highly recommended)
- Hand and feet warmers
- Camera with charger and extra batteries
- Extra memory or laptop with spare storage (for saving photos)
- Waterproof cell phone case or rain sleeve for camera
- Lens cloth for camera
- Earplugs and eye masks for sleeping
- European two-pronged plug adaptor(s) and a converter to charge and use electronic devices on the ship
- Moisturizer for face and hands (polar air can be dry)
- Extra pair of prescription glasses or contact lenses
- Reusable waterproof bags or plastic bags with zippers (to keep small items organized and cameras dry)
- Seasickness, indigestion, headache, or other medications
- Hand sanitizer
- Passport, visas, immunization and vaccination records, travel documents, etc. (as required) Small amount of local currency
- Water bottle (a reusable water bottle will be provided onboard)

SOME THINGS YOU COULD SKIP:

If you begin packing and realize you need to lighten your load, you could ditch the following from your suitcase:

- Collapsible walking sticks for hiking
- A waterproof shell jacket (We'll provide you with an expedition jacket, which is yours to keep after the voyage!)
- Tall waterproof boots to wear for Zodiac wet landings (We will equip you with a pair when you arrive on board.)
- Books (We have lots to choose from in our ship's library.)
- A bulky camera kit (if photography is not a passion of yours the professional photographer on your expedition will provide all guests with a digital photo album at the end of the trip.)
- An alarm clock (You'll get a cheery wake-up call from the expedition leader over the PA system each morning.)
- A hair dryer or bathrobe (These are provided for you in your cabins.)



SEE YOU ONBOARD!