

# Packing Checklist

## Polar Bear Safari

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Pack your polar fleece—this is a Polar Bear Safari after all! Come prepared for chillier weather by choosing dual-purpose, lightweight clothing that you can efficiently layer. Merino wool and synthetic fabrics like polar fleece are recommended.

If you're not sure what any of the items in the packing list are, please ask us or your nearest outdoor outfitter. We want you to be Girl Scout-prepared for your adventure ahead!

Please ensure you check the local forecast before your trip and pack accordingly.

## Required Items

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- Main piece of luggage: a sports bag with wheels, a soft sided suitcase, a backpack (30-50 L) or similar
- Daypack (which you can use as your carry-on:10-20 L is sufficient)
- Warm, hooded parka
- Long underwear or thermal/base layers (Helly Hansen, for example)
- Snow/ski/wind pants
- Warm sweater/fleece and/or hooded sweatshirt
- Wool blend socks (brands like Smartwool or Darn Tough will be your BFFs)
- Gloves or mitts and thin gloves (combined)
- Warm hat (toque for the Canadians!), scarf or fleece buff/neck warmer or similar to cover and protect your face against the bitter northerly winds
- Warm rubber-soled winter boots

- Reusable, sealable travel mug/Thermos and/or water bottle
- Camera with extra batteries and card (cold weather will drain batteries very quickly)
- Personal first aid kit and medications (for example: Ibuprofen/ASA, Band-aids, adhesive tape, antihistamines, anti-nausea tablets, Polysporin, Imodium, throat lozenges, extra prescription medication you may be taking (pack the extras separately), blister kit if you're prone (2nd Skin, Compeeds or moleskin).
- Basic personal toiletries
- Sunglasses (preferably polarized)
- Small flashlight or hands-free headlamp
- Alcohol-based sanitizer and face masks
- RAT Antigen test kit for self-monitoring during trip
- Binoculars (minimum magnification recommendation: 8 x 42)—\*this trip is centered around wildlife observation—binoculars are not required but highly recommended to amplify your experience. You can always borrow a pair from a friend or family member!
- sunscreen (SPF50 suggested), lip balm
- Trail runners or versatile shoes (whatever your style is) to wear in transit and at the lodge



More information on [What To Wear](#)



To make packing for your adventure to Churchill stress-free, we can provide you with winter kit rentals that include [Canada Goose parkas and snow pants](#) and [Baffin boots](#). Please make your request on the WWE Travel Details form to take advantage of the Frontiers North [Gear Rental Program](#) (use Tour Code G73 in the drop-down menu). No need to hog precious packing real estate with heavy boots and fluffy parkas, we've got you covered! Rental fees are indicated below:

Parka- \$35 per day

Pants - \$30 per day

Boots - \$ 25 per day

## Suggested Items

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- Hand/foot warmers
- Small pillow (for travelling, if desired)
- Pencil and notebook/journal/sketchbook (if you do such things!)
- iPod
- Reading material (you can plan to exchange books or mags with your group!)
- Portable battery pack
- Energy snacks and drinks: Snacks will be provided but you may wish to bring an emergency “hangry stash” if you have special dietary needs or personal favourites.
- Personal first aid kit: for any essential items that you know you'll need (e.g. blister treatment if you are prone to blisters, anti-nausea meds if you get motion sick etc.). Your guides will carry a group first aid kit.

## Essential Documents

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- Passport: stored in a waterproof wallet/Ziploc bag
- Copies of your passport, medical insurance, air tickets (pack separate from the originals)
- Money: cash in local currency, credit/debit cards with pin number for cash withdrawals
- Air tickets and itinerary

## Packing Notes

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### Luggage Logistics

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Prepare for lost or delayed luggage by wearing or carrying on the items that are essential to your expedition (like your polar fleece and binoculars!). When packing your carry-on try to include what you would need to be comfortable for your first few days in case your checked baggage is misrouted by the airline (toque, medications, itinerary, snacks, change of socks/underwear).

**As a general rule, don't bring more than you can carry!** This will help ensure smooth-as-putting transfers in airports, through customs, hotels, and loading vans/trailers/boats. On adventure travel trips it is best to travel with one larger check-in bag and one carry-on bag. Most airlines have reduced the weight maximums for checked bags to 50 lbs (22 kg). Be sure to check with your airline for weight restrictions **and** carry-on allowances.

We recommend soft-sided luggage or a medium duffle bag or backpack of 30-50 L (your checked bag) and a medium daypack of 20 L (your carry-on bag) for most adventures.

**Your Daypack Essentials are:**

- Water bottle/Thermos
- Snacks
- Toque/Buff/scarf
- A warmer layer if need be (or extra mitts/gloves)
- Binoculars
- Notebook to record observations
- Camera
- Sunglasses
- Alcohol-based hand sanitizer and face masks (if necessary)
- Personal medication
- Lip balm, SPF
- Your sense of humour! Or, humor if you're American!

## Resources for Buying Outdoor Gear & Clothing

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- **Mountain Equipment Co-op, REI, SAIL, Atmosphere, Sportchek**
- **Borrow:** Why buy when you can borrow from a friend?
- **Variety/Value Village, Goodwill, Salvation Army** and online swap sites are also great places to find second-hand gear for a fraction of the price.
- **Reduce, Reuse, Recycle, Rewear!**