

# Packing Checklist

## WEATHER CONDITIONS & TEMPERATURES

Weather is very variable; temperatures may hover around the freezing mark and winds can be strong. The continuous daylight warms sheltered areas so that you may sometimes find it warm enough for t-shirts. However, you may encounter snow squalls, fog and white-outs during an expedition and should be ready for any conditions.

**WHAT TO BRING!** Packing for the polar regions doesn't have to be daunting, and to make it easier for you, all Quark voyages include an expedition parka to keep, and a loan of appropriate polar boots. Additional suggested items include:

## FOR SHORE LANDINGS

- Base layers (wool, synthetic or a blend)
- Mid-layer warm/fleece top
- Mid-layer warm/fleece pant
- Wool and synthetic sock (3 to 4 pairs)
- Neck warmer or balaclava
- Warm hat that covers ears
- Waterproof pants
- Waterproof gloves and glove liners
- Sunscreen
- Sunglasses with UV protection
- Spare set of gloves

## SUGGESTED ITEMS

- Waterproof, lightweight backpack or dry sack
- Swimsuit (for the polar plunge!)
- Binoculars
- Camera with extra batteries
- Extra memory cards
- Earplugs (in case of noisy cabinmates)
- Eye masks for sleeping
- Seasickness, indigestion, headache or other medicine
- Voltage converters and plug adapters (220V/European outlets)
- Ski goggles (for Zodiac cruising)

## FOR ON BOARD

- Comfortable casual clothing (pants/jeans, shirts, sweaters)
- Lighter shirts (in case the ship gets warm)
- Comfortable non-slip closed-toed unheeled shoes (**NOTE:** Flip flops or sandals should not be worn on board due to safety concerns)

