



2024 Arctic Packing List

Outer Layers

- Beanie (x2)
- 200-300 Weight Polar Fleece Jacket
- Waterproof Pants or Ski Pants
- Mittens & Gloves
- Glove Liners (2 pairs)
- Sneakers
- Comfortable Shoes for Wearing Onboard

Inner Layers

- Scarf / Neck Warmer
- Fleece Vest
- Polar Fleece Pants
- Thermal Socks
- Wool Sweater

Under Layers

- Underwear
- Thermal Top / Long Underwear
- Thermal Bottom / Long Underwear
- Turtleneck

Other

- Swimsuit (for jacuzzi and Polar Plunge)
- Sweatshirts/sweaters
- Winter pants/bottoms
- Slippers
- Workout wear (there's a gym)

Accessories

- Walking Softer / Cotopaxi daypack for landings
- Waterproof Cell Phone Holder
- Camera/Video Camera, Extra
- Batteries/Extra Memory
- Book
- Binoculars
- Sunscreen and Chapstick
- Moisturizer for Wind and/or Sunburn
- Prescription Glasses or Contact
- Sunglasses/Case/Cord
- Goggles
- Lenses
- Ear Plugs
- Watch
- Airtags
- Eyemask
- Double-Adapter for Multi-Charging
- Small Flashlight
- Personal Medication
- Sea Sickness Medication

- Pajamas
- Hats
- Casual Happy Hour Attire
- 4th of July Attire



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Aurora Expeditions will provide:

- ✦ Expedition Parka: 3-in-1 jacket with an insulated layer + waterproof layer that can be worn together or separately
- ✦ Muck Boots for Landings and Zodiac Cruises
- ✦ Hiking Poles

Tips for an effective layering system:

- ✦ Several thin layers work better than one thick layer.
- ✦ Avoid tight clothing since it leaves no room for trapped air. Wool and silk are superior to cotton because they can trap warm air.
- ✦ The important layer is the outer waterproof and windproof shell. A small wind of 4 miles per hour can carry away eight times more body heat than still air!
- ✦ Being wet accelerates the loss of body heat. Avoid over-dressing as this leads to perspiration; and in wet weather, wear waterproof outer garments that will keep you dry on the outside but still 'breathe' enough so that moisture from your body can escape.
- ✦ Body heat is most likely to be lost from your head, hands and feet so they need to be kept warm and dry. Even if the rest of your body is covered, as much as 90% of the heat you lose is from your head, so be sure to wear a warm hat.

Notes

- ✦ When packing, please be mindful of the weight limits on our charter flight: Your checked luggage (1 piece) can not exceed 55 lbs (25kg), and your carry-on (1 piece) can not exceed 17 lbs (8kg). You may also bring a personal item that can fit under the seat in front of you.
- ✦ When on-board for lectures and meals you will wear your regular casual winter wardrobe.
- ✦ Laundry is available on-board for an added fee with about a 24 hour turn around.

For more information, visit: walkingsofter.org/the-arctic