



## ARCTIC PACKING LIST

v. February 13, 2025

*All items must fit in one (1) soft-sided duffel carry-on, we recommend [Helly Hansen 70 L or 90 L duffel](#). Check bags at your own risk! Remember, no laundry during the passage, only ashore if available. (Hand-wash is an option, but not recommended).*

### Required for All Passages:

- Your wallet & passport
- Swimsuit (1) (Remember that the shower is outside, in the cockpit)
- Water bottle for use onboard
- LED headlamp (with red /white option, rechargeable with USB)
- Hat / cap (with a retainer clip) / visor / sun protection
- Polarized sunglasses ( \*2 in case one gets lost overboard)
- If you wear regular glasses – make sure you bring a spare!
- Earplugs & sleeping mask to block noise and light during day time naps.
- Watch (to keep track of time on / off watch). Waterproof
- Personal toiletries
- Medications you take (you MUST tell us your health issues in the crew forms)
- Seasick medication
- Sunscreen – for body and lips. Preferably a reef safe / environmental friendly.
- Set of comfortable clothes to lounge & sleep in off-watch
- An open mind and a willingness to work hard

### Passage Specific – Arctic

- Full foulies (bib & jacket - the 59° North team wear the Helly Hansen's [Skagen' Offshore](#) range or [Aegir Race](#). You may need to go up a size to fit mid-layer underneath.
- Layer 1: Three (3) sets of good quality base layers ([merino preferred](#))
- Layer 2: Warm mid-layers: 100% wool, simple sweaters best. ([Or the fancy stuff](#)).
- Layer 3: Down jacket & insulated pants (we use HH [Verglas hooded down insulator](#) / [Lifaloft 3/4 pants](#) or warm fleece pants)
- Balaklava and a [Buff](#). Buff's are warm as scarves // easier to pack.
- Gloves for helming, working on deck, we recommend a minimum 3 pairs of gloves.
  - [Warm ski mittens](#) - simply to keep your hands warm



- [Fisherman gloves](#) with insulation - the only gloves that will keep your hands dry
- Deck gloves to work on lines etc on deck
- Warm hat x2
- Sailing boots - warm! (thick sole for warmth) (59° North team wear [Dubarry 'Ultima' boots](#) and [Boatboot](#))
- Boots for shore side, hiking etc. Need to be warm & multi-use - think good enough for hiking, but okay for the pub too! Break them in before the passage!
- [Wool socks](#) - your boots may need to be a size bigger than normal to fit socks.
- Slippers for inside the boat, the floor will be very cold! Classic sheepskin or crocs.
- Set of clothing for hiking and exploring ashore - think 'multi-use'.
- [Outdoor / hiking pants](#) (quick-dry preferred).
- 1 set of summer clothes (quick-dry preferable) for the occasional sunshine.
- Deck shoes / Sailing Shoes
- Sleeping bag.

### Optional Gear

- iPad or Kindle for reading/podcast listening plus headphones.
- Knee pads when working on deck (Musto & Spinlock make nice ones)
- Dry bag for electronics
- Shore clothing if you plan to spend time ashore before / after the passage.
- [Hydration salt / Electrolyte tablets](#) (to help stay hydrated during passage). Recommended 1-2 tabs per day.
- Carabiners to hang your water bottle or gear around your bunk.
- Quick dry wash cloth / baby wipes between showers.

### What NOT to Bring (Provided Onboard)...

- Bath towel (we have cotton towels from [buldano.com](#) for crew to use)
- Sheets & pillow (we provide a fitted sheet around the mattress and a pillow with pillow case)
- Large electronics (like laptops – iPad's & Kindle's are okay)
- PFD & tether
- Insulated mug for hot drinks (we have onboard for crew to use)

*See additional 'Packing Notes PDF' for more details and explanations.*