CLIMATE

Polar and Expedition Packing Checklist

For Arctic, Antarctic, Greenland, Svalbard, and other remote expedition journeys. Supplier instructions always control.

Expedition essentials

- ☐ Operator-issued packing list reviewed line by line
- ☐ Waterproof shell jacket and trousers if not supplied
- ☐ Warm base and insulating layers
- ☐ Waterproof expedition boots if not supplied
- ☐ Warm waterproof gloves plus backup liner gloves
- ☐ Warm hat and neck protection
- ☐ Polarized sunglasses and reef-safe sunscreen
- ☐ Dry bag or waterproof phone pouch

Ship and landing days

- ☐ Small expedition daypack
- ☐ Binoculars
- ☐ Camera with weather protection and spare batteries
- ☐ Casual layered shipboard clothing
- ☐ Slip-resistant indoor shoes
- ☐ Swimsuit for sauna or polar plunge if desired
- ☐ Seasickness plan discussed with a medical professional
- ☐ Walking poles if permitted and useful

Remote-travel preparation

- ☐ Travel insurance that meets operator requirements
- ☐ Medical forms completed by deadlines
- ☐ Emergency evacuation coverage reviewed
- ☐ Luggage dimensions and charter-flight limits confirmed
- ☐ Prescription supply plus reasonable contingency
- ☐ Offline copies of essential documents
- ☐ No prohibited biosecurity items; clean footwear and gear as instructed

Important

Expedition operators may provide parkas, boots, dry bags, or other gear and may prohibit certain equipment. Use this as an organizer only; follow the operator's current list.