

# TWIN TRACKS

## Our Pro Packing List for the Arctic

Here is a list of things you should bring for your Arctic Expedition, regardless of whether it's to Svalbard, Greenland, or Northern Canada (or all three). As a general rule: **wool underneath, windproof/waterproof outer!**

### CLOTHING

- Thermal underwear/long johns
- Socks (preferably wool: some thick, some thin for layering)
- Lightweight wool sweater or fleece
- A couple of pairs of hiking pants
- Waterproof trousers - a thin outer layer on top of your long johns & hiking pants
- Waterproof jacket – again, to go on top of layers
- Rubber boots (**required**) that rise at least half-way up your calves (some ships will provide - send us an email about your booking if you're not sure)
- Good windproof or warm hat - possible cap if you have hooded jacket
- Scarf or buff to protect your neck
- Warm gloves
- Supportive hiking shoes – ideally with wool insoles for warmth (insoles can be bought in Longyearbyen if you're departing from Svalbard)
- Backpack for hiking/landing excursions (best if it's waterproof, but not required)

### Suggested for your hiking/landing backpack:

- Down jacket or thick sweater
- Extra pair of windproof mittens
- Extra wool socks (NOT cotton)
- Extra batteries if you're a photographer
- Reusable water bottle to stay hydrated

### OTHER RANDOM:

- If desired, laptop and charger
- International travel plug adaptor
- Sunscreen and protective lip balm
- Swimwear for ice swimming + hot tub and/or sauna (if your ship has one)
- Extra camera batteries + memory cards
- Any required medication
- Passport!

It's important that all things in the backpack you bring ashore are packed in a waterproof manner. Ziploc bags are handy for this. Svalbard and Greenland are not terribly cold, temperature-wise, in the boreal summer but the wide glacial valleys mean they can be very windy places. It's the chillfactor that makes it cold. Layers of wool/fleece and a windproof outer layer is the best. The terrain we'll be walking on when on landings is mostly permafrost, so your feet will freeze faster from the ground up. That's why thick wool insoles are highly recommended!