

Northern Europe & British Isles Packing List



Practical information for your journey

Once you've booked your expedition, it's time to start thinking about what to pack to be ready for anything throughout your trip!

When embarking on a Northern Europe expedition, guests should be prepared for oceanic climate with sudden weather and temperature changes with occasional rains and wind.

The list below has been curated by our Expedition Experts to help you prepare the right gear, which is essential for your adventure.



What to pack

LIFE ONBOARD

Experience the ultimate luxury expedition vacation onboard our expedition ships shipboard attire is always casual.

During the day, casual wear, similar to five-star resort sportswear, is suitable for daytime activities. Shoes should be non-skid, flat, or low-heeled for deck activities.

Evening attire falls into two categories: **Casual**: open-neck shirts, trousers, and sports outfits are appropriate, with the exception that jeans and shorts are not permitted in The Restaurant. **Informal**: On informal evenings, ladies may choose to wear a dress or pantsuit, while gentlemen must wear a jacket in indoor spaces. A tie is optional.

ESSENTIAL CLOTHING ITEMS

When travelling on an Expedition Voyage, many of the experiences will involve Zodiac® cruising and remote areas ashore. It's important to be prepared with the proper clothing and gear. For additional expedition gear visit [Ship to Shore](#).

Here are the most important items to have with you:

- **Rain jacket** : Waterproof, breathable and lightweight.
- **Backpack**: Lightweight and water resistant: We provide complimentary water-resistant backpacks for carrying personal items ashore and keeping your arms free for embarking and disembarking the Zodiacs.
- **Hiking Boots/Walking Shoes**: Comfortable, waterproof hiking ankle high boots with a strong, non-skid sole so you will have great traction navigating rough terrain.
- **Waterproof trousers** – Waterproof, breathable and wide enough to fit over boots. Knee-high side zippers are preferred to get your walking/hiking boots on and off easily. We recommend these are larger than your base layer to ensure comfortable sitting in the Zodiac with one or two layers under the trousers.

ADDITIONAL CLOTHING ITEMS

Important note: When the wind is constant, it's easy to be robbed of body heat quickly. Adequate wind and rain gear is vital. Cotton is ideal in warm weather. However, once it becomes wet, it will drain body heat.

Base layer

- **Long underwear**: Breathable, lightweight tops and bottoms provide warmth without bulk. Wool or synthetics such as Capilene, MTS and Thermal dry quickly and retain body warmth well. We suggest two sets.

Insulation layer

- **Expedition stretch top and bottoms**: This lightweight layer is worn over the base layer and under the waterproof outer layer. Warmth and flexibility are important for comfort when sitting in Zodiacs. Expedition stretch tops and bottoms are flexible. The legs taper to fit into boots and the tops have articulated sleeves that fit easily over the base layer.
- **Loft jacket, pullover or vest**: The loft traps heat with remarkable efficiency, even when wet. It's feather-light and compact for easy packing. Loft garments are water-repellent and windproof and double as outerwear in mild weather. Fleece is also an insulation layer option, but it tends to bunch up when worn with layers.

Footwear

- **Socks**: Extra heavyweight socks made of wool or wool blend.
- **Sock liners**: Thin sock liners, worn under your socks for extra warmth. Pack as many liners as you have socks.

Hats & gloves

- **Hat:** Fleece is excellent because it's lightweight and extremely warm. Wool is also recommended.
- **Neck gaiter:** A practical and stylish way to protect your neck. Neck gaiters are more flexible than balaclavas and don't fly around like scarves. For added warmth, wear two and pull one over your face to protect your mouth and nose.
- **Glove liners:** These are recommended as they provide extra warmth on cold days. Some glove liners are wind-resistant and will protect your hands when you slip off your glove to take photos.

ACCESSORIES

- **Trekking poles:** A lightweight, collapsible walking staff (also called a trekking pole) provides a sense of security, and increases balance and confidence when walking on ice, snow or rugged terrain.
- **Seal-proof waterproof bags:** Heavy-duty plastic used to store camera, binoculars, phone and more in the backpack.
- **Binoculars:** For spotting birds and other wildlife. These are an essential part of your field gear and will enhance your experience.
- **Foot/Hand warmers:** To put between your feet and socks or slip over hands for extra warmth.

ALSO RECOMMENDED

- A pair of good sunglasses or goggles with UV filter protection.
- Protective lotion for lips, hands and face.
- Camera, film, memory cards and extra batteries. Bring extra film and/or memory cards. Certain film types will be difficult to purchase or unavailable once the trip begins. Test your camera before leaving home to ensure it's working properly, and pack the manual for reference should unexpected problems arise.
- Consider bringing a camera beanbag to support a 300mm+ lens to help stabilise your shots.
- Motion sickness remedies.
- Spare contact lenses or glasses.
- Reading and writing materials.
- Insect repellent

OTHER ITEMS TO PACK

Some toiletries are available in the Boutique onboard, as well as limited quantities and varieties of film and batteries for your camera. However, we do suggest to pack a substantial supply of essential items since they may be unavailable in foreign ports and remote destinations.

Also, be sure to bring an ample supply of over-the-counter medications and prescription drugs in your carry-on hand luggage.