

Clothing and Equipment Checklist

It is very important that you are warm, dry and comfortable. It is especially important that you look after your head, hands and feet. The following list of suggested clothing will cover most of your needs. If you have any questions or concerns about what to bring please contact us at the Students on Ice office.

Students on Ice will also be providing passengers with a few items: a t-shirt, a ball-cap, an expedition journal, and two warm expedition items: a wool toque (wool winter hat/beanie) and a down-filled vest. Both are provided by our partner, Canada Goose, a reputable company known for high-end and high-quality winter gear and apparel.

Clothing

- 1 Waterproof jacket** - Eg: Rain jacket or waterproof shell
- 1 pair Hiking boots/shoes** – For excursions on land
- 1 pair Comfortable indoor shoes** - For onboard the ship
- 1 pair Rubber boots** – For disembarking Zodiacs during shore landings. The boots should be completely rubber/waterproof, with good tread and mid-calf height. We will be wearing these boots a lot so they need to be comfortable - neither too tight nor too sloppy. Leave enough room for an extra pair of socks and a felt insole for extra warmth.
- 1 pair Waterproof pants** - Eg: Rain pants or waterproof outer shell – not snowpants!
- 1 Down jacket** - Optional
- 2 Wool sweaters and/or fleece shirts**
- 2 Thermal long-sleeve underwear shirts** - Synthetic fabrics, not cotton
- 3 Casual shirts** - For onboard the ship
- 1 Fleece, wool, or warmer pant of your choice**
- 2 Thermal long underwear pants** - Synthetic fabrics, or wool, not cotton
- 3 pairs Casual pants** - For onboard the ship
- 8 - 10 pairs of underwear**
- 6 - 8 Pairs of socks** - Thick wool or synthetic fabrics
- 2 Pairs of gloves and mittens** - Must be warm and waterproof
- 1 Cold weather hat** - Wool, fleece or synthetic fabrics
- 1 Sunhat/Baseball hat** - For that bright Arctic sun!
- 1 Bathing suit** - To join the Arctic Swim Team! We're not kidding!
- 1 Bug Jacket**
- Sleepwear/pajamas**

Accessories

- Toiletries** - Toothbrush, toothpaste, face wash, shampoo, conditioner, soap/body wash, deodorant, skin cream
- Personal Medication** - If needed/applicable
- Seasickness medication** - Mandatory!
- Small amount of laundry detergent** - For washing small items in your sink
- Sunscreen and lip balm** - SP 15 or higher for both
- Insect Repellent** - If you are not bringing a bug jacket
- 1 Day pack** - Small backpack
- 1 Pair good quality sunglasses with UV protection are a necessity.** - We also recommend a strap ("Croakies") to avoid losing or damaging your glasses.
- Journalling & writing materials**
- Camera, with extra memory cards, batteries and charger**
- High capacity flash Drive/USB memory stick** - For storing your photos
- Reusable water bottle and/or sealable travel mug**
- Musical Instrument** - Optional
- Binoculars** - Optional, but highly recommended!
- A personal item for fun photos** - Eg: a stuffed animal, cute toy, etc.