

You've done your research, you're counting down the days; you're ready to go on your Arctic adventure! Pack the essentials with help from the experts at Adventure Canada and One Ocean – and take away a tip or two.

Wind and waterproof outer layers are best. Both Adventure Canada and One Ocean will supply wind/waterproof expedition jackets.

Cotton is absorbent and not quick-drying. Silk does not retain enough heat. Jeans may be comfortable, but won't keep you warm.



Find a pair that are both comfortable and supportive. Both Adventure Canada and One Ocean will supply rubber boots for wet landings.



Often found in active wear, synthetic fabrics wick away moisture, dry quickly, and are great for layering.



One Ocean provides guests with a set of high quality Nikon or Bushnell binoculars.



Adventure Canada has a free on-board Nikon Lender program. One Ocean recommends wearing a thin pair of gloves (under a waterproof pair) to work your camera.



The cold, dry air and UV from the sun can dry your lips and skin dramatically. Pack plenty of moisturiser and lip balm."

- Long underwear
(1 complete set)
- Lightweight, and warm pants
(3 pairs)
- Long-sleeved shirts (4)
- Light sweaters (2)
- Waterproof rain pants
- Wool socks (5 pairs)
- Waterproof gloves

- Motion sickness medication
- Acetaminophen, ibuprofen
- Insect repellent during Arctic summers

- Polarized sunglasses with lanyard
- 30+ SPF sunscreen, and sunhat
- Wool toque/beanie
- Waterproof gloves
- Waterproof bag
- Binoculars

- European two-prong plug adapter
- Electric converter
- Alarm clock



One Ocean Expedition offers endless experiences around the Arctic. Visit OneOceanExpeditions.com for a full list of adventures.

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**Art work created by Jamesie Itulu of Pond Inlet, Nunavut.*