

Packing Checklist – British Isles

Apex Expeditions has teamed up with Ship to Shore Traveler to offer many of the items noted on the packing list below. Visit <https://apex-expeditions.shiptoshoretraveler.com/> for a convenient way to order expedition gear and accessories.

Essential Items Needed for this Expedition

- An insulated, wind and weather-resistant parka will be **provided onboard**. The Apex office will place your order on your behalf, based on the size you indicate on your Personal Information Form.
- Waterproof, rubber knee-high boots with non-slip soles will be **provided onboard**. You will be able to try on boots and find a suitable size during the boot distribution session. The following range of sizes are available: US Men's 4-13, US Women's 5-14, EURO 35/36-47, UK 3-12. (See **Important Packing Notes** if you choose to bring your own boots. Boots must be mid-calf or higher.)
- Waterproof jacket (with hood) and pants
- Wool or polar fleece cap (wind-resistant preferably)
- Binoculars*—a good pair of binoculars is an absolutely essential item
- Waterproof backpack (to be **provide by Apex** with your final document packet)
- Dark, polarized sunglasses with UV protection
- Passport and airline ticket confirmation details and Final Document Packet, including ship ticket*

Clothing (in soft-sided luggage)

- Warm, polar fleece jacket and/or wool sweater
- Warm woolen socks (one thin pair, one heavier pair)
- 1 pair casual shoes with non-slip soles for onboard
- 1 pair sturdy walking shoes or boots—non-skid soles
- Thermal underwear—top and bottom
- Gloves / glove liners
- Comfortable city wear for in-town touring
- Comfortable slacks/pants
- Long-and short-sleeved shirts or blouses
- Short-sleeved T-shirts
- Semi-formal wear for Captain's Dinner (blazer/sports coat, collared shirt and slacks; women's equivalent)
- Baseball cap / sun hat
- Underwear
- Insoles for rubber boots
- Swimsuit (for hot tub)

* These items should be packed in your hand luggage, together with a change of clothing for unexpected delays of checked luggage or other contingencies.

Personal Items / Miscellaneous

- Prescription or regular medication*
- Cash / Credit Cards*
- Photocopies of all documents and tickets*
- Camera, lenses, camera chargers, and memory cards
- Plastic freezer bags with zip closures (for keeping camera equipment dry).
- Resealable plastic bags of various sizes
- Toiletries
- Sunscreen and lip balm with minimum SPF 15
- Travel alarm clock
- General antibiotic (Doxycycline or Floxin), antihistamine cream, antibacterial cream, anti-diarrheal tablets (Imodium A-D), aspirin, throat lozenges, antacids, anti-nausea
- Water bottle
- Band-Aids and blister kit in personal first-aid kit
- Pocket Tissues
- Handywipes / hand sanitizer
- Electrical converter kit / adapters
- Extra pair of prescription glasses or contact lenses
- Notebook and pen or pencil
- Travel sewing kit (in checked baggage only)
- Trekking poles (collapsible)
- TSA-approved luggage locks
- Folding umbrella

Important Notes:

Insulated, waterproof knee-high boots with non-slip soles, are essential on this expedition, as you will be stepping into the surf as you embark and disembark Zodiacs during shore excursions. Muck Boots® or BOGS are brands we recommend as they make high quality, knee-high boots that are ideal for this type of expedition. Regular high-top hiking boots do not work for wet landings as your feet will get wet and the ocean is extremely cold. Once ashore, excursions can involve a fair amount of walking and hiking over uneven terrain and on trails, where paths may be damp or icy. Where conditions warrant, your Expedition Leader will advise when to bring walking or hiking shoes ashore to change into. If you find your knee-high boots comfortable for long hikes, you do not need hiking boots. If you do bring hiking shoes, please make sure they are sturdy with ankle support and non-skid soles.

We hope you are as excited about this expedition as we are, and that your **Get Ready Guide** has answered most of your questions. If not, please don't hesitate to contact us. Thanks for choosing Apex!

