

Packing Checklist – Russian Arctic

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

- A heavy-duty, wind- and weather-resistant jacket
- Waterproof, rubber knee-high boots with non-slip soles (See **Important Packing Notes** below). Boots must be mid-calf or higher. Boots may be rented through Ship to Shore Traveler. Click the link below for more information:
<https://apex-expeditions.shiptoshoretraveler.com/rentals/arctic-bpp-apex>
- Rain jacket—waterproof and breathable
- Insulated, waterproof pants
- Thermal underwear—top and bottom
- Scarf or neck gaiter
- Wool or fleece hat with ear protection
- Baseball cap or visor (rain/snow protection)
- Thin, polypropylene gloves
- Waterproof, insulated gloves or mittens
- Binoculars*—a good pair of binoculars is an absolutely essential item
- Waterproof daypack (for landings ashore)
- Dark, polarized sunglasses with UV protection
- Passport and airline ticket confirmation details and Final Document Packet, including ship ticket*

Clothing (in soft-sided luggage)

(Avoid cotton - bring wool or synthetics such as Capilene, MTS or Thermax)

- 1 pair sturdy walking shoes or boots—non-skid soles
- Insoles for rubber boots
- Warm, midweight fleece pants (for layering between thermal layer and waterproof pants)
- Midweight fleece tops
- Sweater or midweight polar fleece jacket
- Long-sleeved shirts or blouses (for onboard and layering)
- Short-sleeved T-shirts (for onboard and layering)
- Polypropylene sock liners / lightweight socks
- Tall wool or wool-blend socks
- Casual wear and casual shoes (for onboard vessel)
- Casually elegant wear for Captain's Dinner
- Underwear
- Swimsuit (for hot tub)

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)
- 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
- Band-Aids and blister 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)
- Foot/Hand warmers

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

Important Notes:

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. Make sure your hiking shoes or boots are sturdy with 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!

