

# EXPEDITION VOYAGE PACKING CHECKLIST



## Clothing (Layered & Warm)

- ☐ T-shirts for indoor wear
- ☐ Thermal underwear (silk or polypropylene)
- ☐ Warm pants or ski pants
- ☐ Waterproof trousers (e.g., Gore-Tex)
- ☐ Sweaters or polar fleece jacket
- ☐ Turtlenecks (great for layering)
- ☐ Waterproof/windproof jacket with hood
- ☐ Woolen hat and scarf
- ☐ Warm, tall, and sturdy socks (multiple pairs)
- ☐ Thin liner gloves (polypropylene) + mittens
- ☐ Extra pair of gloves or mittens



## Health & Personal Care

- ☐ High-SPF sunscreen
- ☐ Lip balm with SPF
- ☐ Motion sickness medication
- ☐ Moisturizer or skin balm
- ☐ Personal medications (plus extra supply)
- ☐ Earplugs



## Leisure & Travel Comfort

- ☐ Lightweight book, Kindle, or e-reader
- ☐ Music with headphones
- ☐ Printed copies of travel documents & itinerary
- ☐ Eye mask
- ☐ Reusable water bottle (insulated)



## Footwear

- ☐ Sturdy shoes with non-slip sole
- ☐ Comfortable indoor shoes (flipflop and open toe shoes not allowed)
- ☐ Optional: Insoles or extra socks for boot comfort



## Gear & Essentials

- ☐ Waterproof backpack with shoulder straps
- ☐ High-quality sunglasses
- ☐ Ski goggles
- ☐ Binoculars
- ☐ Camera with extra memory cards/film
- ☐ Tripod or long-exposure camera
- ☐ Headlamp
- ☐ Travel adapter (Type C or F)
- ☐ Extra batteries or power bank

