



Equipment List for Voyages in Polar Regions

Indoor Clothing

The dress code aboard the ship is relaxed and casual, and you are not expected to dress formally for meals. Bring casual and comfortable indoor clothing.

Outdoor clothing

All guests will receive a wind and water resistant jacket as a memento (sizes XS to XXXL). A woollen sweater or fleece jacket is required to wear underneath.

We suggest several layers instead of one thick piece of clothing, as the temperature may vary quite a lot during the day.

- Wind and water resistant pants are a necessity at sea
- Warm cap or headband
- Scarf or fleece-tube
- Gloves or mittens
- Long underwear (we recommend wool)
- Warm woollen sweater and/or fleece sweater/jacket
- Warm socks (we recommend wool)
- Swimsuit for use in our on deck Jacuzzis

Our on board shop carries a small collection of warm clothes in various sizes.

It is mandatory to wear waterproof or water resistant pants during landings with our PolarCirkle boats. We recommend you to bring these with you to the ship, as the on board shop only carries a small selection of water proof pants.

Rucksack

Please bring with you a small waterproof rucksack, which is necessary for carrying essentials on excursions and trips ashore. Be aware that water spray is to be expected during transfers from ship to shore and v.v on board our Polar Cirkle Boats, which may damage camera equipment. We do not recommend use of plastic bags ashore.

Shoes/footwear

Aboard the ship you may wear ordinary shoes or tennis shoes. Shoes with good soles are recommended for use outdoors on deck, and for excursions ashore. You may also lend one pair of rubber boots to wear during landings. Boots in sizes from 30 to 49 (European sizes) are available on board. On landings in Antarctica passengers are expected to wear rubber boots.

Sun protection

Due to high light refraction combined with a thinning ozone layer, we suggest all our guests to wear sun protection when outdoors.

Binoculars

We recommend you to bring a pair of binoculars to get a closer look at wildlife and nature.

Camera

During your voyage you will have the opportunity of photographing wonderful nature and unusual scenery, so we strongly recommend that you bring your camera equipment that will allow you to capture this unforgettable experience. You should always use UV or skylight filter and lens hood. If you use special brands of film make sure you bring your own, special films are difficult to obtain in this remote region. We advise you to bring extra batteries for your camera as battery life is shorter in cold areas. If you have a digital camera we recommend you to bring a memory card with a large capacity. There are sockets in the cabins for charging video camera batteries. We recommend that you bring sufficient video films, as the ship's kiosk only carries limited stocks.

Medicine

Remember to bring sufficient medication to last through any unforeseen delays. We also recommend that you keep your medication in your hand luggage properly labelled and with clear instructions for its use. If you depend on vital drugs, please inform the ship's doctor upon embarkation.

Seasickness pills are available in the reception at a low cost. If you are prone to seasickness please bring pills you are familiar with.

Passport/VISA

Make sure to have a valid passport that extends more than six months after you return to your home country. Check if you need a visa. If you bring a VISA onboard, please inform the reception upon arrival.