

COLD PACKING LIST

We recommend you pack very light. Pack in a small, squashy duffle-type bag, **not** hard suitcases as there is no room to store them on board. Your primary storage space will be in a box next to your bunk (roughly the size of a 100l duffle bag).

Weather on this trip will be cold, but warmer on shore during sunny days.

You will see that we recommend specific materials for certain items. These materials are recommended for their technical properties, eg wool (thermal and wicking) for base and some mid layers, thermal for mid layers, water proof and / or quick drying for outer layers.

It is required that headlamps have a red light option for use at night, which protects your night vision. For water bottles, we recommend a minimum capacity of 16oz (24-32oz would be better) insulated is ideal, and with carabiner to clip to the helm station and your bunk. We recommend bringing a watch, even if you don't usually wear one, to keep time on deck without getting your phone wet/damaged.

Suggested items to bring are:

OUTERWEAR	
☐	Warm Jacket (water repellent/resistant ideal)
☐	Warm Hat x1-2
☐	Scarf or neck warmer x1-2
☐	Warm Gloves (Gore-tex/waterproof recommended) x2 (in case one gets wet)
☐	Lightweight gloves x1
☐	Ski goggles (optional but nice)

TOILETRIES	
☐	Sunscreen (We recommend mineral based formulations: non-nano zinc oxide & titanium dioxide)
☐	Personal Medication
☐	Towel (quick dry is best)
☐	Toiletries (toothpaste, lotions, contact lenses & solution, etc.)

CLOTHING

- ☐ Underwear
- ☐ Warm Socks (eg wool) x5-8
- ☐ Heavy Long Underwear Top and Bottom (eg wool) x2-3
- ☐ Warm Mid Layer Top (fleece/down) x2
- ☐ Warm Mid Layer Bottom (fleece) x1-2
- ☐ Warm vest for layering
- ☐ Pants (we like quick-dry hiking pants, jeans dry too slowly) x1-2
- ☐ Long Sleeved Shirt (sun protection, warmth) x1-2

WE WILL PROVIDE

- Pillow, linens, and blanket
- Foul weather gear top and bottom (Feel free to bring your own if you like)
- Individual Spinlock Deckvest PFD (personal flotation device) with integrated harness, tether, and AIS beacon
- Full medical kit
- All meals onboard (vegetarian)

FOOTWEAR

- ☐ Hiking boots (waterproof/resistant ideal)
- ☐ Waterproof sailing boots

OTHER

- ☐ Sunglasses
- ☐ Headlamp (red & white light)
- ☐ Watch (to keep time on deck)
- ☐ Reusable Water Bottle with carabiner
- A good book or two (we have a library on board as well)
- ☐ Swimwear x1 (for arctic plunges)

