



Sailing Expeditions B.V.
 „Vessel Meander“

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Packing list for a trip on the Meander

Clothing

The “onion principle” definitely applies when it comes to being well dressed for your adventure in the High Arctic. This means several thin layers with an outer waterproof and windproof shell are going to keep you much warmer and more comfortable than one thick layer. You will want to layer up to be warm enough to spend a lot of time outside on deck calmly taking in the landscapes we find ourselves in and observing the wildlife that we encounter. On the other hand, when hiking, even in this cold climate you will quickly warm up. Therefore it is important that you are able to adjust the amount of clothing to suit the activity. Layering up to stay warm while stationary gives you the chance to remove a layer or two while hiking so that you do not start to sweat and freeze in damp clothing – Thus the onion principle.

There is an incredible range of clothing specifically designed to suit these climates. As a rule of thumb merino wool is by far the warmest material you can wear. Cotton – like t-shirts or jeans is not suitable – it does not insulate and once wet, stays wet. Then your clothing becomes cold, heavy and uncomfortable to wear.

Wool not only has a wicking effect (draws the moisture away from your skin, keeping you warmer even when sweating from hiking, its natural properties and has far less impact on the environment than synthetics.

Layers:

- Two sets of long underwear (1 set as base layer and 1 set slightly thicker for layering over the base.)
- Two pairs of warm but thinner (merino wool) socks + 1 pair of thicker socks
- One light to medium weight sweater
- One heavier warm sweater for top layer (again wool is ideal)
- A pair of warm sweat pants for on board and useful as an extra layer outside in cold weather
- Woolen hat/beanie that covers your ears
- Scarf - neck buff or neck gaiter is ideal as it won't unravel and get tangled
- Gloves (water proof or wool inner layer with an additional outer waterproof layer)
- Outer Shell layer that is windproof, waterproof and breathable consisting of jacket and pants to go over your base layers

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- A light down jacket is very comfortable during breaks and on deck (heavy down clothing or even ski clothing is much too warm when hiking)

Shoes

For on Land Knee high Rubber Boots with a robust, non-slip sole and a good foot bed – Ideally neoprene lined.

In such boots you can walk just as well in rough terrain as in hiking boots and keep your feet dry as you go to and from land. Such boots are available from outdoorshops, hunting- and fishingshops or from mail order companies. Recommended brands/retailers: Muck Boots Tretorn Aigle Welly / Rubber Boot Retail Website.

For on board Sandals or rubber soled slip on shoes for below deck. Depending on the weather on deck you either wear these or the boots you wear on land.

We will move in varied, stony, wet terrain from time to time. The boots should therefore be of high quality, waterproof and fit well! If you get cold feet quickly, you should choose a neoprene-lined version. It's a pity when a nice walrus sighting is disturbed by cold feet. If you want and still have space in your luggage, you can of course bring additional light hiking shoes or similar for the deck, which is certainly comfortable, but not absolutely necessary

Sunglasses and sunscreen

Telescop trekking poles

They are absolutely not necessary, but can definitely be useful on rough terrain and even when crossing streams. They can also be quickly used as a monopod, which can be very practical.

Small backpack

Everyone should really have a small day-backpack! Recommended for photographers are Mindshiftgear's rotary photo backpacks, which allow access to essential gear without having to remove the backpack for each photo.

A small seat pad

It can be very comfortable for the break on the way (thin foam mat, available in outdoor stores and weighs almost nothing).

Handy small binoculars

...When we look out from the ship and we can see a polar bear is on shore you don't want to miss it.

Thermos flask or thermos mugs

Camera

If you will take a camera with you it is important that you also take with you water and weather protection for the camera equipment and a good photo bag with rain protection.

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Seasickness medication

We are mostly in sheltered waters but seasickness can occasionally be an issue. There are pills, patches, etc. You can get advice from your doctor, some of the medication requires a prescription.

Towels and bed linen

They are available on board the Meander and do not need to be brought with you!

Cash money

It is not possible to pay by credit card on board the Meander, but only in cash: Euros or Norwegian kroner (in any case, payment is only required for optional items: drinks from the bar, souvenirs, tips for the crew).

Swimwear**A valid passport****Relevant documents (e.g. medical reports, vaccination cards, health- en travel insurances)**

Please pack your luggage in a backpack or holdall, but not in a hard suitcase: there is onboard no storage for bulky items. Less is more. Storage space is naturally limited on a sailing ship!

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