

GEAR CHECK LIST

- Thermal underwear, at least two sets
- Wool or fleece thermal mid layer
- Hiking pants. We recommend no cotton clothing as cotton takes a long time to dry if wet
- Thermal jacket (down or synthetic) optional
- Waterproof and breathable pants and jacket for hiking onshore
- Wool/fleece hat
- Two pairs of gloves and one pair of mittens
- 3 to 4 pairs thick wool/synthetic socks and 2 to 3 pairs thinner socks
- Casual clothes to wear ashore
- Boat shoes or slippers with rubber soles for below decks
- Hiking boots. Suggest sturdy soles and high ankle to offer additional support
- Sleeping bag (comfortable to +5°C (40 F)). Can be rented locally if need be
- Soft travel bag (no hard suitcases)
- Dark sun glasses
- Sunscreen/aftersun, and sun hat
- Swim suits and towels
- Ear plugs
- Small backpack for day hikes. 30L is a good size.
- Personal medical kit to include personal medication, band aids, throat lozenges, lip salves, sea-sickness tablets etc. Don't forget regular medication you may need (e.g. Asthma, bring your inhaler, even if you do not always need it).
- 1 litre water bottle
- ...and don't forget your camera!

