

Climate Change at the Arctic's Edge

Expedition Packing List

GENERAL

- Expedition Logistics Document
- Your travel plans, rendezvous details, and Earthwatch's emergency contact information
- Photocopies of your passport, flight itinerary, and credit cards in case the originals are lost or stolen; the copies should be packed separately from the original documents
- Passport and/or visa (if necessary)
- Certification of vaccination (if necessary)
- Documentation for travel by minors (if necessary)
- Signed copy of your Polar Bear Acknowledgement Form

CLOTHING/FOOTWEAR FOR FIELDWORK

Summer and Fall Teams Only

- Sturdy walking shoes (cross-trainers will do for summer, warm boots with good soles for fall)
- Rain jacket (insulated rain jacket for fall teams)
- Warm socks
- Three or four different layers of clothing to adapt to the temperature range
- Warm layers of clothing especially for fall teams (e.g., lightweight jacket or fleece for cool climate)
- Leggings, long underwear, and/or shorts to wear under the waders for wetland teams
- Wide brimmed hat or baseball cap for sun protection
- Beanie for warmth on cooler days
- Work gloves (neoprene can be good in cold weather, and mittens or insulated gloves come in handy during cooler days)
- Insect repellent *only limited use is recommended during wetland teams (Teams 2, 3, 4 & 5) due to the sensitive nature of amphibians.
- Bug jacket and/or head net (such as the fine-screened types or the ones you put repellent on) (optional as we do have these available on site)

Winter Teams Only

- Thermal long underwear bottoms and long-sleeved top (synthetic or wool, first layer)
- Heavier synthetic, fleece, or wool thermal bottoms and top (second layer)
- Heavier long-sleeved shirt, preferably wool, down, synthetic insulation or fleece preferably with a hood (third top layer)
- Windproof jacket or anorak large enough to fit over outer layers (could be softshell), except your parka (fourth top layer)
- Insulated parka of down, synthetic, or other warm material (fifth top layer)—Can be rented from CNSC
- Windproof insulated trousers or a bib-type snowsuit (third bottom layer)—Can be rented from CNSC
- Stout, warm boots with good soles, rated to at least -40°C that are loose-fitted for winter, preferably with removable liners for drying. Can be rented from CNSC
- Light Liner gloves (fleece is best)

- Thermal mittens with windproof covers or large insulated mitts that will fit easily over the light liner gloves
- Neck gaiter or warmer
- Hat (fur, wool, or fleece) and facemask or balaclava with eye and mouth openings (you'll be more prone to frostbite if you wear an open-faced mask)
- Thick, woolly outer socks (at least two pairs)
- Multiple pairs of lighter inner thermal socks
- Ski goggles (the wider the better)
- Heat pads (hand/foot warmers)
- Cushion for traveling in the qamutiks (sleds)—optional
- If you chose to sleep in an igloo, you will need a sleeping bag of at least 1.8 kilograms (4 pounds) or 15 centimeters (6 inches) of loft, rated to at least -35°C, and an insulated (closed cell) mat to place under your sleeping bag—Can be rented from CNSC
- Parka, insulated pants, winter boots, and/or sleeping bag can be rented from CNSC, but must be reserved ahead of time; to reserve email us at research@churchillscience.ca

CLOTHING/FOOTWEAR FOR LEISURE

- Clothing to wear indoors
- Footwear (e.g., sneakers/trainers or slippers) for use indoors
- One set of clothing to keep clean for recreational time and end of expedition

FIELD SUPPLIES

- Small/Medium daypack to keep your personal items together and dry
- Water bottle(s)—at least one-liter capacity (insulated bottles required for winter team)
- Sunglasses—summer teams
- Sunscreen lotion with SPF 30 or higher—summer teams (We encourage biodegradable reef/fish-friendly products like those from [Stream2Sea](#). Get 10% off with promo code 'Earthwatch')

BEDDING AND BATHING

- **Note:** all bedding, as well as a bath towel, is provided at the research station.

PERSONAL SUPPLIES

- Personal toiletries (biodegradable soaps and shampoos are encouraged)
- Antibacterial wipes or lotion (good for cleaning hands while in the field)
- Personal first aid kit (e.g., anti-diarrhea pills, antibiotics, antiseptic, itch-relief, pain reliever, bandages, blister covers, etc.) and medications
- Spending money (approx. CAD\$150 for optional recreational activities)
- Calamine lotion and antihistamines if you suspect you will react to insect bites—summer teams
- Hand moisturizer—winter teams

OPTIONAL ITEMS

- Flip-flops or sandals for the shower
- Earplugs for light sleepers
- Binoculars
- Ceramic mug from your hometown to donate to the CNSC mug collection
- Pencil and notebook for note taking during lectures or journaling
- Flashlight or headlamp
- Camera, memory card(s), extra camera battery
- Hardware for sharing digital photographs at the end of the expedition
- Dry bag or plastic sealable bags (e.g. Ziploc) to protect equipment like cameras from dust, humidity, and water or to put dirty clothes in
- Books, games, journal, art supplies, etc. for free time

Note: Do not bring more luggage than you can carry and handle on your own. If traveling by air and checking your luggage, we advise you to pack an extra set of field clothing and personal essentials in your carry-on bag in case your luggage is lost or delayed.

The flight from Winnipeg to Churchill has a restriction of three checked bags (maximum weight of any bag is 23 kilograms/50 pounds) plus two carry-on bags (combined weight of 10 kilograms/ 23 pounds). The combined weight allowance, including carry-on luggage, is 32 kilograms/ 70 pounds. You can pay for additional bags, but they might end up on another flight and therefore run an increased risk of delay or getting lost. If you check more than one bag, you must identify one bag as a priority to ensure that critical items are in this bag.