

# Climate Change at the Arctic's Edge

## Expedition Packing List

### REQUIRED COVID-19 SAFETY ITEMS

The following items are required to be prepared in the event you or another person on site displays symptoms or tests positive for COVID-19:

- Multiple face masks—enough for the duration of the project (N95, FFP2, or equivalent are recommended)
- **IMPORTANT:** Multiple (3–4) COVID-19 antigen (rapid) tests
- Personal thermometer
- Hand sanitizer
- Proof of COVID-19 vaccination (if required by your destination country)
- Enough personal medications or other necessities to cover possible time in quarantine beyond your planned travel days.

### 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 (printed in your Expedition Logistics Document)

### CLOTHING/FOOTWEAR FOR FIELDWORK

#### 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.
- A 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. They 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 face mask or balaclava with eye and mouth openings (you'll be more prone to frostbite if you wear an open-faced mask)
- Thick, wooly 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*.
- Gloves, goggles, parka, insulated pants, and/or winter boots can be rented on-site but must be reserved ahead of time; to reserve, email your Earthwatch Program Coordinator or [info@earthwatch.org](mailto:info@earthwatch.org)

### CLOTHING/FOOTWEAR FOR LEISURE

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

### FIELD SUPPLIES

- A small or medium daypack to keep your items together and dry.
- Sunscreen lotion SPF 30+
- Flashlight with extra batteries and extra bulb
- At least one-liter water bottle (*insulated bottles required for winter team*)
- Sunglasses—Summer teams
- Insect repellent (ideally fragrance-free or with a mild perfume); repellents with permethrin are most effective against ticks.

### BEDDING AND BATHING

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

### PERSONAL SUPPLIES

- Personal toiletries
- 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, allergy meds, 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
- Binoculars
- A ceramic mug from your hometown to donate to the CNSC mug collection.
- Pencil and notebook for notetaking during lectures or journaling.
- Flashlight or headlamp
- Camera, film or 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.
- Books, games, art supplies, etc., for free time
- Earplugs for light sleepers

**Note:** Bring only what 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 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.