

Climate Change in the Mackenzie Mountains

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*)

CLOTHING/FOOTWEAR FOR FIELDWORK

- Rubber boots (comfortable to walk in, and the taller, the better—at least knee height)
- Hiking boots or sturdy walking shoes (cross-trainers will do)
- Rain jacket with a hood and rain pants
- Windbreaker and pants if you don't want to use rain gear for this purpose
- Three or four different layers of clothing to adapt to the temperature range
- Warm layers of clothing (e.g., lightweight jacket or fleece for cool climate)
- Warm socks (wool is best; avoid cotton)
- Hat with wide brim for sun protection
- Beanie for warmth on cooler days
- Work gloves (neoprene can be good in cold or wet weather, and mittens or insulated gloves can come in handy during cold weather in any season)

CLOTHING/FOOTWEAR FOR LEISURE

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

FIELD SUPPLIES

- A daypack (30 L or larger is sufficient) to keep your items together and dry
- One one-liter water bottle
- Sunglasses
- Sunscreen lotion SPF 30+

BEDDING AND BATHING

Note: *All bedding, as well as a bath towel, is provided at the lodge. If preferred, Participants may bring a sleeping bag for tent camping.*

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 (approximately CAD\$50)

OPTIONAL ITEMS

- Sleeping bag (for tent camping)
- Headlamp or flashlight with extra batteries and extra bulb
- Insect repellent
- Calamine lotion and/or antihistamines if you suspect you will react to insect bites
- Pencil, pen, and notebook for notetaking during lectures
- Whistle
- Binoculars
- 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
- 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.*