

## **Packing is sufficient for 10 nights aboard an expedition cruise ship**

- personal cosmetic products
- normal underwear
- 3 long underpants, ski underpants
- 3 ski underwear T-shirts
- 3 functional T-Shirts (sports T-shirts)
- 3 thin fleece shirts
- 1 thicker fleece jacket / jumper
- 1 water resistant rain trousers
- 1 water resistant raincoat
- 1 ski pants
- 1 pair of sneakers
- warm insoles for the rubber boots that you get for the time on board
- 1 pair of waterproof gloves
- 1 pair of gloves that can be used to operate the camera
- 5 pairs of trekking socks
- 3 pairs of long ski socks
- a very good parka will be handed to you to keep after the trip
- medicines, travel tablets
- sun protection with high protection factor for face and hands
- Lipstick with a high sun protection factor
- nasal spray, since the air is very dry and the mucous membranes quickly dry out
- for the evenings or captain's reception 1 semi formal trousers or skirt
- fitting shirts or blouses
- camera equipment and chargers
- waterproof pouch for camera or mobile phone
- hard disk for evening playing and storing the SD cards
- several SD cards
- sportswear for the fitness room
- swim wear for sauna or (whirl) pool
- multiple socket and adapter
- enough tissues
- credit card and cash for tips
- And, last but not least, curiosity, thirst for knowledge, and joy in the acquaintance of strangers!

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