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Dennis Mense's Clothing List for Arctic and Antarctica Cruises

For going ashore:

- 2 pairs of jeans or fleece, I don't use long johns as my legs don't get cold.
- 4 pairs of wool socks - I wear two pair at a time, so I have an extra pair in case one gets wet.
- 2 pair of gloves - one is waterproof
- 4 T-shirts
- 2 fleece jackets
- One floater coat or one warm coat with a waterproof/windproof outer shell or a coat that is water resistant and windproof so that you don't need an outer shell
- One pair of rain & windproof pants – a good strong pair
- One pair of 15" high wellingtons - some people also bring hiking shoes as well to put on when they get ashore – some stops are suitable and most are not. My Favorite boots are Muck Boots – Arctic Sport.....they are warm, light and strong
- One scarf or neck gaiter
- One hat with flaps that can be pulled down over my ears and tied or Velcro-ed under my chin
- 10x40 binoculars
- Camera and something to protect it from sea spray when going ashore

- Hand/foot warmers - these are found in hunting and outdoor stores. I place one near the ball of each foot – between the two layers of socks. If you are doing a lot of photography you will need a pair of thin gloves to go inside your other gloves. This way it is easier to turn and press knobs on your camera. Thus, the need for hand warmers in your coat pockets. In between your shots you just grab hold of the warmers in your pockets.
- Backpack – small day pack size for extra layering, water bottle, camera, hiking shoes small notepad for shore visits dark glasses, lip balm, and sun screen

All ships have laundry facilities or services which you can use and charge to your onboard account. Items are usually laundered and returned within 48 hours.

For onboard

2 sets of casual clothes; with 4-5 shirts to mix and match, sweater and coat for being on deck, underwear and socks, pair of comfortable (non slip soles) shoes that can be worn on deck as well as inside the ship I bring light hiking boots or walking shoes to wear during the day onboard