

HX Pre-Departure Expedition Checklist

COLD WEATHER DESTINATIONS

BEFORE YOU LEAVE

- ☐ Check in via the HX App — complete all guest information
- ☐ Submit your Ship Manifest Information Form (*>8 weeks; delays may affect travel docs*)
- ☐ Check passport validity and visa requirements
- ☐ Confirm travel insurance is in place
- ☐ Review flights and expedition itinerary (*sent ~40 days before departure*)
- ☐ Check baggage allowances and restrictions
- ☐ Download or print important travel documents
- ☐ Notify your bank of international travel (*if required*)
- ☐ Check mobile roaming options (*if required*)

DOCUMENTS & ESSENTIALS

- ☐ Passport and a copy of it (*printed or digital*)
- ☐ Travel tickets and itinerary
- ☐ Visa or permit documentation (*if required*)
- ☐ Travel insurance documents
- ☐ Credit/debit card
- ☐ Emergency contact information

PROVIDED BY HX ON BOARD

- ☐ HX expedition jacket (*to take home*)
- ☐ Reusable Ocean Bottle (*to take home*)
- ☐ Rubber boots
- ☐ Walking poles/activity equipment (*subject to availability*)

CLOTHING

- ☐ Warm thermal or down jacket
- ☐ Waterproof outer jacket (*if required before embarkation*)
- ☐ Waterproof trousers (*mandatory for shore landings*)
- ☐ Thermal base layers*
- ☐ Long thermal underwear
- ☐ Warm mid-layers (*fleece or insulated*)
- ☐ Onboard casual clothing
- ☐ Lightweight layers for warmer weather

HEALTH & PERSONAL CARE

- ☐ Medication (*full supply plus extras, prescriptions, and seasickness remedies if prone*)
- ☐ High SPF, waterproof sun cream and lip salve
- ☐ Hand cream/moisturiser
- ☐ Toothbrush and toothpaste
- ☐ Insect repellent (*seasonal*)

FOOTWEAR

- ☐ Walking shoes or hiking boots (*waterproof, with good grip and strong ankle support*)**
- ☐ Comfortable shoes for on board

ACCESSORIES

- ☐ Warm hat or headband covering the ears
- ☐ Waterproof thermal gloves
- ☐ Fleece glove liners
- ☐ Scarf, buff, or neck tube
- ☐ Sun hat or cap with chin strap
- ☐ Warm woollen socks (*plus spares for wet conditions*)
- ☐ Polarised sunglasses and sunglasses strap
- ☐ Binoculars (*recommended by our Chief Scientist, M: 8x/10x, O: 32/42mm*)
- ☐ Dry bag for electronics
- ☐ Swimsuit (*hot tubs, sauna, polar plunge*)

ELECTRONICS

- ☐ Travel adapter (Type C Europlug — two round pins)
- ☐ Smartphone or camera with zoom capability
- ☐ Spare batteries and memory cards
- ☐ Portable charger (power bank)
- ☐ Charging cables
- ☐ E-reader or tablet
- ☐ Waterproof phone/camera case with strap

*Recommended merino wool base layer weight: approx. 150-250 GSM, depending on expedition conditions and personal preference. ** Rubber boots are provided free of charge where mandatory for biosecurity (Antarctica, Svalbard, and East Greenland), and for wet landings in all other destinations where required. However, if you're planning any pre- or post-programme activities, you may wish to bring your own pair with you.