



churchillnorthernstudiescentre

Recommended Packing List

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Guide to Layering

Our packing recommendations differ depending on the time of year, as Churchill's seasonal temperatures vary drastically, averaging 18°C (64°F) in the summer and -30°C (-20°F) in the winter. We also experience high winds, leading to a wind chill factor that is often at least ten degrees colder than the actual temperature.

The trick to staying warm or cool at any given time is to properly layer your clothing. Layers improve your body's ability to thermoregulate and can be adjusted as conditions change. Follow the guidelines listed below and don't hesitate to contact us if you have any questions.

Base layer: A light, long-sleeved base layer next to your skin will carry moisture and sweat and disperse it to the outer layer, where it can evaporate. Synthetics (polypropylene and polyester) work best.

Middle layer: This layer maintains the warmth generated by the body and draws moisture away from the inner layer. Wool and mid-weight synthetics (polar fleece) are best suited for this.

Third layer: For cold weather, add a puffy, hooded jacket to act as a heat trap.

Outer layer: A shell made of a breathable and waterproof fabric such as Gore-Tex protects against the wind and rain and allows water vapour to escape.

We encourage you to bring clothes that you're not afraid to ruin. That way, you can make the most out of your experience without worrying about the details.

If you don't have access to cold weather gear or don't want to spend a lot of money on items that you may never use again – consider renting. The CNSC has a selection of gear available for rent, including parkas, insulated snow pants, insulated boots, gloves, goggles, and bug jackets.

Contact us ahead of time to reserve your gear!

Packing: The Essentials

There are some key items that you'll need regardless of when you're planning on visiting.

- Passport and/or photo identification
- Wallet and cash
- Emergency contact information
- Travel health insurance
- Water bottle
- Travel mug
- Field notebook and pen
- Sunglasses
- Indoor footwear
- Personal hygiene products
- Personal medications and vitamins
- Lip balm and body lotion
- Small daypack
- Hat that covers your ears
- Binoculars
- Camera





Packing for Spring & Summer

Weather conditions along the coast in the summer can change quickly and dramatically, especially while there is still ice on Hudson Bay. Summer months are also famous for mosquitoes and black flies – two species of small biting insects whose bites typically don't pose any real risk, but they can get quite itchy.

- Pants and t-shirts to get dirty
- Long-sleeved shirts to keep bugs off skin (light colours, especially yellow and white, are best for bugs)
- Hoody to get dirty
- Rain jacket and rain pants
- Rubber boots
- Hiking boots
- Several pairs of socks
- Light gloves (protection from cold and bugs)
- Warm hat and a sun hat
- Bug jacket and/or bug head cover
- Insect repellent (with high DEET content)
- Insect bite treatment if you suspect that you may react (calamine, antihistamines)
- Dry bag or plastic re-sealable Ziploc bags for protecting equipment

Packing for **Fall & Winter**

Churchill winters are cold and dry with short days and intense sun, and blizzards (high winds and blowing snow) are common. It is important to stay warm and hydrated in these conditions. It is important to cover all exposed skin to prevent frostbite.

- Heavy, insulated jacket (parka), preferably filled with down or down-alternative
- Insulated, windproof snow pants
- Sweaters / sweatshirts (polar fleece or wool)
- Long sleeved shirts and long underwear
- Warm, comfortable pants (fleece- or flannel-lined)
- Boots rated for -200 C or lower
- Warm, cold weather rated socks
- Neck protection (winter weight scarf or neck-warmer)
- Balaclava or neoprene face protector
- Wind proof mittens or gloves with liners
- Anti-skid slip-on treads
- Chemical hand / foot warming packets (available in our gift shop)



Donation Requests

Living in a small community without road access can mean some basic supplies can be difficult or costly to get here in Churchill. If you have extra space in your luggage and would like to bring donation supplies, the items listed below would be greatly appreciated!

- Rain wear
- USB thumb/ flash/ jump drive
- Black Sharpie markers
- Duct tape
- Packing tape
- Masking tape/painters' tape
- Large Ziploc freezer bags
- Packs of 500 sheets of white copier paper
- Blue or Black ball point pens
- New or gently used twin sheets, towels, and facecloths

