



FOUNDATION · FONDATION

2026 North-to-North Expedition

Welcome & What to Expect

Expedition Route:

Kalaallit Nunaat → Nunatsiavut → Nunavut:



What is Students on Ice?

The Students on Ice Foundation is a Canadian-based organization that uses expeditionary learning to connect youth with the Arctic, Antarctic, and the people who call these regions home.

Through hands-on experiences, participants learn directly from scientists, Elders, educators, artists, and community leaders while exploring some of the most unique environments on Earth.

**25+ Years
of youth expeditions**

**4,500+
youth participants**

**50+
countries represented**



Why “North-to-North”

The expedition connects youth with two northern places, cultures, knowledge, and futures.

What will we learn?

Experiential learning through direct experience on the land and ocean

Indigenous Knowledge from Inuit and Northern communities

Science & Conservation by exploring Arctic ecosystems and climate change

Youth Leadership - Building confidence, teamwork, and leadership skills



Things to Know Before You Go

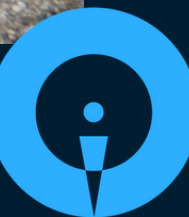


Travel • Preparation • Expectations • Support



Packing Overview

- **Valid passport**
- **Spending money (CAD, DKK, USD; cash or Visa/Mastercard)**
- **One checked bag (max 50 lbs)**
- **Carry-on: 11 lbs (your daypack works well)**
- **Rubber boots for Zodiac landings (sizes available onboard)**
- **Enough clothing for full expedition (no laundry onboard)**
- **Bring a small personal hobby (journal, sketchbook, cards, camera)**



Clothing & Layering System

- Layer 1 (base): thermal tops/bottoms, wool or synthetic — no cotton
- Layer 2 (insulation): down, wool, or fleece mid-layers
- Layer 3 (outer): waterproof jacket with hood
- waterproof breathable pants
- Temperatures can range from 0°C to 25°C
- Conditions at sea feel colder due to wind and Zodiac spray
- Bring multiple layers so you can adjust quickly



Gear, Footwear & Essentials

- Reusable water bottle
- Daypack for daily excursions and carry-on
- Gloves, warm hat, neck warmer/buff
- Sunglasses + sunscreen (sun is strong on water and ice)
- Personal medications + seasickness medication (Davis Strait can be rough)
- Optional: USB drive with media or content you'd like to share



Packing Checklist

The packing checklist is very important to review. Being aboard the ship is an incredible experience, but if you are not prepared with the appropriate gear you're likely to be cold and uncomfortable. We want your time on the ship and on the land to be as enjoyable as possible!

Be sure to review this list in detail. **Packing appropriate layers and outerwear is critically important.** If you are missing certain items, consider borrowing them from family or friends before you go out and buy something.

Identification

- Valid passport

Outerwear

- 1 **waterproof** jacket (rain jacket or waterproof outer shell with hood)
- 1 pair **waterproof** pants (rain/splash pants or waterproof outer shell)

Clothing

- 8-10 t-shirts
- 2-3 pairs of casual pants (for onboard the ship)
- 2-3 pairs of comfy and casual shorts or capris
- 10-15 pairs of underwear
- 10-15 pairs of socks
- 1 bathing suit (optional)
- Sleepwear/pyjamas
- 3 warm sweaters and or thick/fleece shirts

Footwear

- 1 pair hiking boots/shoes (for excursions on land)
- 1 pair indoor shoes (for onboard the ship)
- 1 pair tall rubber boots (recommended, but available onboard)
- Shower shoes (recommended)

Accessories

- 1 warm hat (wool, fleece, or synthetic fabric)
- 1 sunhat/baseball hat
- 1 day pack (small backpack)
- 1 pair of good quality sunglasses with UV protection (we also recommend a strap to avoid losing your glasses)
- 1 pair of **waterproof** gloves for zodiac excursions **(NECESSARY!)**

Outdoor Gear

- Reusable water bottle and/or sealable travel mug
- Sunscreen (SPF 30 or higher)
- Lip balm (SPF 30 or higher)
- Insect repellent
- Binoculars (highly recommended!)

Other

- Camera (with batteries and charger)

Toiletries & Medication

- Personal medication (if needed /applicable)
- Seasickness medication (highly recommended!)
- All personal toiletries (toothbrush, toothpaste, face wash, shampoo, conditioner, soap/body wash, deodorant, skin cream, etc.)*

* **You MUST bring all of your own toiletries.**

* **You do NOT need to bring a towel or sleeping bag/bedding.**



Flights

the adventure begins long before boarding the ship.

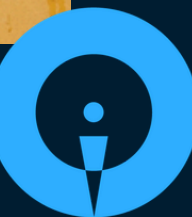
- **SOI coordinates all travel for scholarship participants**
- **SOI Team supports participants throughout travel process**
- **Overnight layovers may be required for some Northern travellers (With Chaperones)**
- **Our goal is a safe and smooth travel experience**
- **SOI staff are there to help every step of the way**
- **Ottawa is the expedition gateway city**



Transportation

From the moment participants arrive in Ottawa, the expedition community begins to form.

- **SOI staff meet participants at the Ottawa airport**
- **Transportation is provided throughout pre-programming by SOI**
- **Participants are responsible for transportation in their home community**
- **Travel days require teamwork and flexibility**
- **Participants travel together as a team**
- **Transportation is part of the expedition experience itself**



Accommodations

Carleton University will be our home base before we begin our journey North.

- SOI covers accommodations for all scholarship participants
- Participants will stay in residence at Carleton University in Ottawa during Pre-Program
- Meals will be served in Carleton University's dining hall
- Dietary restrictions and food allergies can be accommodated
- Residence life is a great opportunity to meet fellow participants before the expedition



Northern Youth

You won't be making this journey alone—we're here to support you every step of the way.

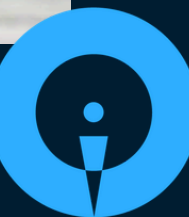
- **SOI understands the unique travel challenges faced by Northern participants**
- **Our team works closely with youth, families, and partners to coordinate travel**
- **Flight schedules and connections are carefully planned in advance**
- **Additional support is provided for complex travel itineraries when needed**
- **Under 18 years old, chaperones will be arranged for overnight layovers**
- **SOI staff are available to assist before, during, and after travel**



Travel Policy

Wherever we go, we represent ourselves, our communities, and the Students on Ice Foundation.

- **Participants represent both SOI and their home communities while travelling**
- **Treat fellow travellers, airline staff, and community members with respect**
- **Follow directions from SOI staff, airport personnel, and airline crews**
- **Travel responsibly and make safe decisions throughout the journey**
- **Be mindful that your actions reflect on yourself and your community**
- **Demonstrate the values of teamwork, leadership, and respect from departure to return**



Other Considerations

Don't worry if you're missing a few items— we'll make sure everyone is expedition ready before we leave Ottawa.

- **Participants may wish to bring a small amount of spending money for souvenirs or personal purchases**
- **Spending money is completely optional**
- **There may be opportunities to purchase snacks or items during pre-programming in Ottawa**
- **SOI will organize a shopping trip to help participants pick up any missing expedition gear**
- **This is a great opportunity to purchase last-minute items before departure**



Disconnect to Reconnect

The Arctic offers a rare opportunity to disconnect from technology and reconnect with nature, community, and yourself.

- There is little to no cell service for most of the expedition
- Wi-Fi will not be available for the majority of the journey
- Participants should expect to be largely disconnected from phones and social media
- Being unplugged allows us to fully engage with the people, places, and experiences around us
- We encourage participants to take photos, journal, and be present in the moment
- Some of the most meaningful expedition experiences happen when we step away from our screens



Emergency Number

If you run into any issues while travelling, contact us right away—we're here to help.

- **The SOI team is available to answer questions before and during travel**
- **General support: apply@soifoundation.org**
- **Toll-free phone: 1-866-336-6423**
- **SOI's Emergency Phone is available for urgent travel issues**
- **Emergency Phone (call or text): 1-873-354-3290**
- **Save these contact numbers in your phone before travelling**



Expedition Itinerary

**Our itinerary is a guide—
not a strict schedule.
Weather, learning
opportunities, and
unexpected moments all
shape how each day
unfolds. Sometimes the
most memorable moments
come from the unexpected.
So we stay flexible!**



Pre-Program in Ottawa

Before we set sail, we'll gather in Ottawa for orientation and team building. This is where you'll meet your fellow expedition members, learn about what to expect on the ship, and prepare for life at sea.

- Expedition safety briefings
- Gear checks and packing tips
- Team introductions and icebreakers
- Cultural and environmental briefings



The Ocean Nova

Our Home at Sea

Length: 73m

Beam: 11m

Draft: 3.7m

37 Staff | 53 Youth

Total: 90 expedition members



Nuuk & the Davis Strait

From Ottawa, we fly to Nuuk, Greenland where we board the Ocean Nova and begin our expedition. This is part of the adventure — embrace it! The conditions usually settle as we move further into sheltered waters.

What to expect on the water:

- **The Davis Strait can be rough — expect swells and choppy conditions**
- **Seasickness is common, especially in the first 24–48 hours**
- **Medication (Gravol, patches) should be taken before symptoms start**
- **Stay hydrated, eat light meals, and get fresh air on deck**
- **The SOI team are experienced and will guide you through rough passages**



End of Expedition

Our expedition ends in Iqaluit, the capital of Nunavut. After days at sea, we disembark the Ocean Nova and say farewell to our expedition teammates.

By this point you will have:

- **Crossed the Davis Strait and navigated Arctic waters**
- **Experienced life aboard a research vessel**
- **Built lasting connections with your fellow participants**
- **Gained a deeper understanding of Arctic environments and cultures**

From Iqaluit, you'll fly home — and your journey as an SOI alumni begins.



Thank You!

Questions?

Upcoming Webinars

Webinar 2: The Arctic Environment: Ecosystems, Conservation & Climate Challenges

June 4 at 11:00 AM EDT

Webinar 3: Understanding the Arctic: Cooperation, Cultures & Governance

June 9 at 11:00 AM EDT

