

PREPARE FOR YOUR JOURNEY

Planning & packing



You will be traveling to one of Canada's most beautiful, wild and rugged coastal locations - by air and by sea. This information is intended to help you plan and pack for the trip of a lifetime to The Cape Breton Highlands. Here's what you can expect and how you can best prepare for your trip:

Your trip is booked. What happens next?

Kattuk Expeditions is your point-of-contact for all things related to your travel to and from the highlands. We will communicate when and where you need to be on the day of your trip. In the event of delays due to weather conditions, we will keep you up to speed. If your trip is not able to fly on the date it is scheduled due to unfavorable conditions, we will determine if the calendar day immediately following your scheduled trip is available for your back-up date.

Dress for the Highlands

Layers! When deciding what to wear, layering is the best approach. It can be windier on Cape Breton Island compared to the mainland, and it can be/feel anywhere from 2 to 20 degrees cooler on the water.

READY FOR THE DAY

Your packing checklist

- ☐ Water bottle and food/snacks for the whole day. You will be able to refill your water bottle at Pleasant Bay but not once aboard the helicopter or zodiac. Lunch is provided.
- ☐ Appropriate footwear. Ideally, the most appropriate footwear would be comfortable walking on rocky and sandy beaches, as well as be ok to get wet.
- ☐ Sunscreen, lip balm, hat, and sunglasses. The UV index on the water can be stronger than expected (even on cool foggy days).
- ☐ Binoculars and Camera (Anything that improves your zooming ability will come in handy!)
- ☐ And last but not least - your sense of adventure!.

Practical details

Shopping: There is a small gift shop located in the Whale Interpretive Centre at Pleasant Bay.

Cell Service: you may use your cell phone while aboard the helicopter, however cell service is limited or unavailable in the highlands and in Pleasant Bay. There is wifi at the Whale Interpretive Centre in Pleasant Bay.

Washrooms: There are washrooms located at the helicopter terminal and at the Whale Interpretive Centre in Pleasant Bay. There are no washrooms available in the helicopter.

