

PREPARE FOR YOUR JOURNEY

Planning & packing



Discover one of Canada's most beautiful, wild and rugged coastal landscapes, arriving by helicopter in places rarely visited by others. This guide will help you prepare for a memorable day in the Cape Breton Highlands.

Your trip is booked. What happens next?

Kattuk Expeditions is your point of contact for travel to and from the Highlands. We will confirm when and where you need to be on the day of your adventure, and keep you informed of any weather delays.

Weather & your backup date

If unfavourable conditions prevent us from flying on your scheduled date, we will determine whether the calendar day immediately following is available as your backup date.

Dress for the Highlands

Layers are the best approach. Cape Breton Island can be windier than the mainland, and the Highlands can be or feel up to 10 degrees cooler. Choose clothing that allows you to adjust comfortably throughout the day.

READY FOR THE DAY

Your packing checklist

- ☐ Layered clothing
Prepare for wind and cooler temperatures in the Highlands.
 - ☐ Water bottle & snacks
Pack snacks for the day. Lunch is provided, and your guide will have bottled water in the helicopter and while hiking.
 - ☐ Appropriate footwear
Choose comfortable footwear suited to rocky paths and forest floors, and able to get wet.
 - ☐ Sun protection
Bring sunscreen, lip balm, a hat and sunglasses. UV exposure can be stronger than expected, even on cool, foggy days.
 - ☐ Binoculars & camera
Bring anything that helps you get a closer view of the landscape.
 - ☐ Your sense of adventure
Come ready to explore extraordinary places.
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Practical details

Shopping This is a remote wilderness adventure with no shopping opportunities.

Cell service You may use your phone aboard the helicopter. Reception is limited or unavailable in the Highlands.

Washrooms Washrooms are available at the helicopter terminal. Guides carry a wilderness washroom kit. There are no washrooms aboard the helicopter.