

# WHALE WATCHING

## EXPLORATION GUIDE

Whale watching isn't just about spotting whales—it's about noticing patterns in their movement, understanding the rhythms of the ocean, and connecting with the bigger story of marine life. In Path & Patterns, my series on following nature's rhythms and uncovering hidden journeys, I explore how every experience tells a story. This guide gives you the tools to fully enjoy your whale watching adventure while staying present, curious, and prepared—true to the spirit of Fathom the Journey.

### Essential Gear for Whale Watching Exploration

1. **Binoculars** - See Distant Whales & Wildlife.
2. **Sunscreen** - Sun reflects off the water, so effective UV protection is a must—even on cloudy days.
3. **Hat w/Strap or Beanie** - Shields your face and eyes from sun exposure, and keeps hat from flying off.
4. **Vacation Chardonnay Oil Sunscreen** - I've tried a lot of sunscreens, and this one outperforms every other by far.
5. **Polarized Sunglasses** - Polarized lenses cut ocean glare, making it easier to spot movement on the horizon with less strain.
6. **Shatterproof Water Bottle** - Staying hydrated is key, especially on longer trips.

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### Extended Day & Protective Gear

7. Waterproof Dry Bag - Keeps phones, wallets, cameras, and binoculars safe from sea spray and splashes.
8. Snacks/Protein - Avoid low energy, avoid fatigue, and sustain energy (ex: beef jerky, chex mix, granola bars, etc.)
9. Sea Sickness Bands/Motion Sickness Relief - Helpful for anyone unsure about open-ocean conditions, especially if prone to nausea. Better to have it and not need it than the other way around.
10. Stay Curious, Present, and Observant - Whale watching is unpredictable, and that's part of the magic. Notice the patterns in whale behavior, enjoy the playful dolphins, and soak in the rhythms of the ocean. This is what makes your experience part of Fathom the Journey: where every adventure tells a story.

### Final Notes

This guide is part of the Fathom the Journey/Path & Patterns series, where every trip, every observation, and every encounter in nature becomes a story worth following.

For more adventures and tips to explore the world thoughtfully, subscribe to [SharondaShariee.com](http://SharondaShariee.com).