

Antarctica

What to Wear / What to Pack

Comfortable and casual clothing is recommended while on board ship and ashore, for daytime and evening wear, including the Captain's Welcome Aboard and Farewell parties and dinners.

The principle of layering: Air is a very good insulator. Therefore, if you trap air in several layers of clothing, you stand a better chance of staying warm than if you wear one or two very heavy items. You will also be able to add or subtract layers easily to remain comfortable at all times.

Wool and silk items are recommended over cotton because they can trap warm air. Synthetic fabrics spring back into shape after compression and have excellent wicking properties. Polar fleece is also popular and recommended. Polypropylene is a good option since it keeps you warm without adding bulk. This material carries moisture away from your skin to keep you dry even when you are active. Turtlenecks, pants, and glove liners made from this material can be purchased from most outdoor suppliers.

The following additional suggestions will assist you in preparing for your trip. You may, of course want to modify the list to suit your individual thermostat, needs, and tastes.

- **Pull-on rubber, unlined, waterproof knee-high boots**, (14"-16") with strong rubber-ridged, nonskid soles that fit well. These specifications are **VERY IMPORTANT**. You will be stepping into cold water up to 10" deep during wet landings. Moon or leather boots are not appropriate. (Note: Be sure your boots fit with one or two pairs of heavy socks – tight boots will be cold and uncomfortable). Suggested sources for rubber boots: sporting goods, army surplus, or camping equipment stores in your area. These boots are often referred to as "Wellies" or "Wellington boots." Many good outlets are available online.
- **Waterproof mittens and/or gloves**. A thin glove liner, (polypropylene is a good fabric choice), is recommended in the event that you wish to remove heavier gloves to operate camera equipment.
- **Warm Socks**: One thin pair, (polypropylene is a good fabric choice), and several heavier pairs, (for heavier pair(s), ragg wool is an excellent choice.) Knee-highs provide extra warmth. Keep in mind that rubber boots do not provide much insulation, so you will rely on the warmth of your socks.
- Good-quality, **pull-on waterproof rainpants** – very important for spray in the Zodiac landing craft and wet landings. These can also be found in army surplus

or camping supply stores. Rainpants should be roomy enough to wear over thermal underwear or regular pants.

- **Warm pants** to be worn under the waterproof pants – i.e. thermal underwear, (thicker expedition-weight fleece works very well), wool slacks, cords, sweatpants, jeans.
- Expedition-weight **thermal underwear**. Sweatshirts, as well as cotton, silk, or synthetic turtlenecks, are also good insulators.
- Hat, as well as scarf, neck gaitor, (fleece fabric is very light to pack and extremely warm), or other face and neck protection. (Some people bring ear muffs if they already have them.)
- Clothing made of comfortable, practical cotton, woolen, knit, and permanent press fabrics that can be layered for warmth if necessary.
- **Sun protection** –sunscreen, sun glasses and lip protection.
- Windbreaker or light-weight jacket
- Bathing suit for possible dip in the hot springs at Deception Island
- **Please note:** A parka will be provided for you on board. This parka is yours to keep after your expedition has been completed. We suggest you bring a warm jacket, such as fleece, to wear when you arrive in your first destination.
- Light weight clothing for your warmer destinations

Other Items

- **Good pair of binoculars** (strongly recommended), small “travel-size” binoculars may be more convenient to carry however their performance is not very good. A good set of binoculars is an investment that is extremely worthwhile. Once you look through a good set of binoculars and have them with you on a trip, “you’ll never leave home without them”. Good binoculars have the ability to greatly enhance your trip experience, consider waterproof binoculars.
- A backpack to carry extra clothing, camera gear during excursions will be provided on the ship; this item is **extremely useful** for Zodiac landing craft transfers.
- Notebook and pen
- Personal medical kit with medication possible for upset stomach and motion sickness; aspirin and allergy medicine also may be useful.
- Electrical converter, with adaptor plug set. Power aboard ship is 220-volt (AC current), with recessed outlets of the round, two-pronged European type. If you plan to bring U.S. Standard 110-volt equipment with flat-pronged plug, you will need to bring a converter and a round, two-pronged European adapter plug.

- Your favorite toiletries
- Address book
- Travel alarm clock
- Pocket calculator for currency conversion

Pack the following in your carry-on bag:

- Change of clothes (in case of luggage delay)
- Camera, flash, extra batteries and twice as much film as you think you will need. There will be no place in Antarctica to purchase film.
- Prescription drugs, if applicable. If you are taking prescription drugs, take along a prescription signed by your doctoring case you need an emergency refill.
- **Extra** pair of prescription glasses or contact lenses and sunglasses.

If you plan to bring a camera and film on your trip, please note that many major airports in the United States and throughout the world have installed detection machines that can damage your exposed or unexposed film. **Lead-laminated pouches** are available at many camera/photography shops, but **they may not protect your film from damage caused by these machines**. Hand carry your camera and all film, (still or video), and request hand searches of your film bag whenever possible.