



Packing List Antarctica Trips

Many items you might already have at home from skiing, hiking, or other outdoor activities.

Head

- A Good warm hat (fleece or wool)
- Buff or fleece neck warmer (helps keep out the wind)
- Hat for shade (baseball cap or some type of sun hat)
- Sunglasses (ensure they are on the darker side – there will be glare from water and snow. (Ideally polarized, but not necessary)

Feet

- 4-5 pairs of wool socks
- Indoor shoes (croc's are recommended. Inside we have a “no outdoors shoes” policy)
- Hiking boots

Hands

- Ski gloves or mittens
- A thin pair of inner / liner gloves

Upper Body

- 2-3 long underwear shirts (polypropylene or merino wool – we find merino wool is warmer and smells less in the long run)
- 1-2 mid layers (fleece is a good option)
- An outer / mid warm layer, either a down or synthetic down jacket.
- Wet weather gear (sailing jacket or goretex hiking / rain jacket will work)
- 1-2 t-shirts (not cotton, athletic, synthetic type shirts)

Lower Body

- 2-3 pairs of long underwear (polypropylene or merino wool – we find merino wool is warmer and smells less in the long run)
- 1 Pair of Fleece pants
- Rain pants or sailing bibs (water proof – essential for going ashore)
- 1 pair of shorts



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Other

- Duffel bag - ONLY!!! No rigid bag will be allowed on the plane or boat. Bag must be able to pack down when not in use.
- Daypack / Backpack for day trips ashore
- Pajamas – you will be sharing a cabin!
- Personnel electronics (please bring everything you need for all the electronics that you bring – spare batteries for cameras, enough memory for cameras, chargers, etc. We will have 12 volt outlets available (same as in a car) and USB outlets. We also have 220V power (with Argentine type plugs) please bring chargers and adapters as necessary. If you plan on doing extensive photo editing while onboard please bring your own laptop to do so)
- Dry sack for your camera when going ashore.
- Memory stick or hard drive at least 64GB if you want to share photos between guests
- Swim suit – if you think you might want to do a polar plunge!
- Toiletries and Personal medications (while the vessel has a medical kit please bring all medications that you will need on the trip, we recommend what you need plus 30%. In addition, please bring your own personal supply of bandaids, lip balm, ibuprofen, etc. Also please bring sunscreen, between the water and the snow exposure is high) Women – please bring pads or tampons even if its not that time of the month.
- Seasickness medicine (all sailors do and can get seasick. You never know when and where it may hit, so even if you think you are tough, we recommend bringing some. We often take it ourselves as prevention at the start of many trips – especially when crossing the Drake passage, please talk to your doctor for their recommendations)
- Music (ipods, mp3 players, iphones, etc; we can connect to our stereo system)
- 1 liter water bottle (narrowed mouthed or ones with straws work well for rough weather)
- If you are a glasses wearer, we STRONGLY recommend bringing a strap to keep them on should they fall off and a spare pair of glasses.

Optional:

- Collapsible trekking poles
- Ear plugs
- Eye covers, especially for mid-summer Antarctica trips
- Small pair of binoculars

****If you have any questions about the above, please DO NOT hesitate to ask us. Better to ask, rather than show up with the wrong gear. We are happy to help. Correct gear can make all the difference in the enjoyment of your trip.**