



## • WHAT TO PACK • ANTARCTICA - THE WHITE CONTINENT

First of all, the atmosphere aboard is casual. There is no expectation of any formal dress whatsoever; after all, it is an expedition.

This voyage includes time in Santiago during midsummer when temperatures and humidity can be high, so please pack accordingly. Lightweight, loose-fitting casual outfits made of a breathable fabric (such as cotton) are recommended for daytime activities.

In anticipation of temperatures ranging from 80°F in Santiago to a low of approximately 20°F in Antarctica, you will need a travel wardrobe that can adapt to varied and changeable weather conditions. Clothing that can be layered is the most suitable to provide maximum versatility to your wardrobe. Keep in mind that you will stay warmer and more comfortable if you wear several medium-weight layers of loose clothing under your parka than if you wear a single, heavy layer. When you dress in layers, you trap air in each layer of clothing and stay warmer. Overdressing to the point of perspiring can be as dangerous as under dressing in terms of loss of body heat in cold weather conditions. For comfort and safety, it is important to wear waterproof and windproof clothing and to avoid getting your skin wet. Also, synthetic fabrics like polar fleece and polyester may provide better insulation and keep you warmer than their natural counterparts like cotton, particularly if they get wet.

**Very Important: You must order your complimentary insulated, water-repellent, hooded parka for the voyage.** To order your complimentary parka please return the “parka order form”, call us at 800-397-3348, or email us at [Explore@expeditions.com](mailto:Explore@expeditions.com). Your parka will be delivered directly to the ship. Parkas cannot be sent to your home in advance.

In addition to the parka, we recommend that you bring the following items:

- One **waterproof rain jacket** for rainy or windy weather in Ushuaia, Argentina.
- One pair of **waterproof pants** (made of Goretex or similar waterproof, breathable fabric) that are loose enough to wear over a regular pair of trousers. You will need these for almost every landing.
- 1 or 2 pairs of waterproof ski mittens or gloves. You might bring a pair of thin, polypropylene gloves that fit under your ski mittens so that you can take your mittens off during photography without getting your hands cold. You may want to bring an extra pair of mittens in case your other pair gets wet.
- 1 wool ski cap and a scarf if the cap cannot be pulled down to cover your neck.
- One pair of **fully waterproof knee-high rubber boots** with sturdy, high-traction soles. We stress the importance of boots that are completely waterproof so that your feet will not get wet when you step into shallow, icy water during Zodiac landings. Additionally, boots should have good traction because you are likely to encounter poor footing on ice and rough terrain. Also, comfort is important - if your boots are too heavy or bulky, your footing will be awkward. “Muck” boots can be purchased at sporting goods stores, fishing supply stores, and from outdoor clothing suppliers.
- Comfortable walking shoes with rubber soles for use on board ship.
- Old tennis shoes, crocs, tevas or surf sandals to protect the bottoms of your feet in the event we are able to visit the hot springs for a “polar plunge.”

Checklist continued on the next page...

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- 3 or 4 pairs of warm, sturdy, tall wool socks and an equal number of thin socks to wear underneath for extra insulation. Silk or polypropylene sock liners do well for this purpose. (Make sure you bring several pairs of socks since your feet may perspire to the point of wetness.)
- An assortment of fleeces, sweaters, and other layered clothing.
- 1 full set of thermal or silk long underwear.
- 1 or 2 bathing suits (for the on-board sauna or a possible visit to Antarctica's Deception Island hot springs).
- Workout clothing, for use in the ship's fitness center.
- Sunglasses.
- Binoculars – one pair per person is highly recommended. Binoculars can add immeasurably to the quality of your travel experience.
- Camera, lenses, plenty of film and/or memory cards, and extra batteries.
- Travel alarm clock.
- Electrical converter and adapter for your hotel stay (220V to 110V).
- Water resistant nylon backpack for carrying cameras or other equipment.
- Note: Robes are provided in your cabin.

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