

Packing List – Antarctica

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

For your time in Buenos Aires, however, you may wish to bring more formal attire. Buenos Aires is a highly cosmopolitan and European-style city, and it is common practice to dress with elegance, particularly for an evening out. We recommend that men bring at least one coat and tie, and we recommend that women bring a dress or skirt and blouse, as well as a shawl or blazer for cool evenings and air-conditioned restaurants. It is very uncommon to wear shorts in Buenos Aires, even during the afternoon, so please pack accordingly.

In anticipation of temperatures ranging from 75° F in Buenos Aires 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. Your parka will be delivered directly to the ship. Parkas cannot be sent to your home in advance. If the form has not yet been provided to you, it will be made available closer to your expedition departure date.



Below is a packing list developed by one of our expedition leaders. If you have any questions, please give us a call.

Voyage Packing List
<input type="checkbox"/> One waterproof rain jacket for rainy or windy weather in Ushuaia, Argentina.
<input type="checkbox"/> 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.
<input type="checkbox"/> One or two pairs of waterproof ski mittens or gloves. You might bring a pair of thin, polypropylene gloves that fit under your ski mittens so you can take your mittens off during photography without your hands getting cold. You may want to bring an extra pair of mittens in case your other pair gets wet.
<input type="checkbox"/> One wool ski cap and a scarf if the cap cannot be pulled down to cover your neck.
<input type="checkbox"/> 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 during hikes. Wellington boots, "muck" boots or XtraTufs can be purchased at sporting goods stores, fishing supply stores, and from outdoor clothing suppliers.
<input type="checkbox"/> Comfortable walking shoes with rubber soles for use aboard the ship.
<input type="checkbox"/> Three or four 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. (Make sure you bring several pairs of socks since your feet may perspire to the point of wetness.)
<input type="checkbox"/> An assortment of fleeces, sweaters, and other layered clothing.
<input type="checkbox"/> One full set of thermal or silk long underwear.
<input type="checkbox"/> One or two bathing suits (for the onboard sauna or a possible "polar plunge").
<input type="checkbox"/> Workout clothing, for use in the ship's fitness center.
<input type="checkbox"/> Water resistant backpack for carrying cameras or other equipment.
<input type="checkbox"/> Sunglasses.
<input type="checkbox"/> Binoculars.
<input type="checkbox"/> Electrical converter and adapter for your hotel stay (220V to 110V).
<input type="checkbox"/> Travel alarm clock.
<input type="checkbox"/> Camera, lenses, instruction manual, plenty of memory cards/film, battery charger and extra batteries.
<input type="checkbox"/> Note: Robes are provided in your cabin.

Visit our online store, www.gearupexpeditions.com, for a convenient way to shop for your expedition.