

Suggested Packing List for Antarctica

The following list contains items that the voyage operator and previous participants have recommended to bring with you. This is not an exhaustive list, and there may be other personal items you would like or need to bring. But remember, you don't need to bring as much as you think you do! Space is limited in the ship cabins, so packing light and efficiently will make your travels more comfortable.

When you think about what you will need, it can be helpful to think about it from inside out—base layer, insulating layers, outer layer, and accessories. Being able to control your temperature and amount of perspiration by adjusting your layering is essential for staying comfortable, so what you'll want to wear during a strenuous excursion (e.g. hiking uphill in mid-calf-deep snow) will be different than what you'll want to wear during a passive excursion (e.g. sitting for a couple hours in a Zodiac).

Pack all essential items that can't be purchased at an outfitter in Ushuaia in your carry-on to ensure that you can join the voyage even if your baggage is delayed/lost.

Mandatory

- ☐ **Large bag (1)**—duffel bag with wheels, backpack, or suitcase. Check the airline baggage size and weight limits for your flights.
- ☐ **Medium-sized day pack (1)**—small enough to take on an excursion. Use this as your carry-on bag.
- ☐ **Luggage tags (2)**—with your contact details
- ☐ **Notebook and course materials**—as specified by your faculty
- ☐ **Polarized sunglasses (1-2)**—with 100% UV protection
- ☐ **Small waterproof backpack**—required only if you wish to carry anything with you on Zodiac excursions, such as a camera, extra layers or water bottle (this could double as your day pack)
- ☐ **Water bottle (1)**—Nalgene or similarly durable bottle
- ☐ **Small first aid kit**—This should include any relevant over-the-counter medications and personal prescriptions. It is important to bring prescription documentation and check that the medications are allowable in Argentina. Note that this program is extremely remote without access to a pharmacy, so you should bring anything with you that you might need for the duration of the voyage.
- ☐ **Personal travel health kit**—including face masks for the duration of the voyage, hand sanitizer, spray and wipe sanitizers, thermometer, and gloves.
- ☐ **Seasickness medication**—This is important! Please talk with your doctor about the best preventive options for you, which may require a prescription.
- ☐ **Sunscreen with high SPF**—Must be used even on cloudy days.
- ☐ **Chapstick/lip balm (1-2)**—with high SPF



- ☐ **Toiletries** —Note that the *Ocean Victory* has shampoo, body wash, and body lotion dispensers in all cabins, but these may not be available while in Ushuaia.
- ☐ **Feminine hygiene products**—for the duration of the voyage including necessary medications, feminine wipes, and sanitation products.
- ☐ **Dry bags** (1-2)—for dirty laundry, shoes, swimwear, etc.
- ☐ **Bathing suit** (1)—you may have the opportunity to participate in a Polar Plunge.



Polar Plunge

- ☐ **Clothing for inside wear**—cotton clothes (t-shirts, jeans, sweatshirts, sweatpants etc.) are okay for use on board the ship but are not recommended for use on excursions as they do not keep you warm if they get wet. You will spend quite a bit of time on the ship where the interior is warm and casual attire is the norm. Note that your insulating layers can also be worn on board!
 - ☐ **Nice outfit** (1-2)—if you want to dress up for a special dinner that may be hosted on the ship during your voyage. This is optional as your regular comfortable clothes will be fine.
 - ☐ **Nightwear**—remember you are sharing a room!
- ☐ **Clothing for outside wear**—On excursions, dressing in layers is highly recommended as it not only keeps you warmer than one big single garment, but also allows you to adjust your clothing as conditions require. While you're in Antarctica, the temperature will range from about 25 to 40 F, not counting the wind chill (and it's often windy). Note that the ship provides you with an appropriate outer jacket and rubber boots on loan for the voyage. It is important that you provide your sizing in the pre-departure forms.
 - ☐ **Outer rain jacket** (1)—must be waterproof and, especially if uninsulated, must be large enough for you to wear several warm layers underneath. You will need this as an outer jacket while in Ushuaia.
 - ☐ **Heavy insulating layer** (1 or 2)—polar fleece (200 or 300 weight) or wool or down (synthetic down fill is preferred, since feather down loses insulation capacity when wet).



- ☐ **Waterproof pants** (1)—good quality, hard wearing, waterproof and windproof pants. e.g. ski bibs or sailing pants
- ☐ **Heavy insulating pants** (1)—to be worn under your rain pants. Polar fleece (200 or 300 weight) or similar, NOT jeans or cotton sweatpants.
- ☐ **Base layers** (thermal underwear—top and bottom) (2-4 each)—Wool or synthetic base layers with wicking fabric are recommended. Some of these layers (e.g. tights/track pants) may also work for shipboard wear.
- ☐ **Light insulating layer** (1-2)—wool or polar fleece (100 weight)
- ☐ **Fleece neck gaiter** (1)—Essential! Note that scarves are not recommended for Zodiac travel. A Buff-type tube is also useful but is not a substitute for a fleece neck gaiter.
- ☐ **Warm hats** (1-2)—that cover your ears and won't blow off in the wind. Knitted “ski hats” work well, especially with windproof fabric.
- ☐ **Liner gloves** (1-2)—thin gloves of wicking fabric. Provides protection while allowing mobility to operate a camera.
- ☐ **Outer gloves** (2)—waterproof and windproof insulated gloves, such as ski gloves or other “all weather” gloves.
- ☐ **Insulating socks** (2-4 pairs)—thick wool or synthetic socks. Mid-calf to knee-high socks provide extra warmth in the boots that are provided for excursions.
- ☐ **Sturdy walking shoes** (1)—a walking/hiking/running/around-town combo shoe will work - go for comfort, support, tread/grip, and water-resistance.
- ☐ **Underwear**—Wicking underwear provides more versatility for use and dries quickly when rinsed/washed in your cabin. There is a paid laundry service on the ship, but you may prefer to use it sparingly.





- ☐ **Universal travel adapter plug**—you may encounter several types of sockets on the boat and on shore, such as:



Please note that in the U.S., electric sockets provide 110-volt alternating current (AC); however, both Argentina and your ship use a different system of 220 volts. Check your devices to ensure they are compatible.

- ☐ **Debit/credit cards** (1-2)—At least one credit or debit card for personal expenses in Ushuaia and onboard the ship, including COVID-19-related testing costs. It is essential to set a travel alert with your accounts, as the charges will be foreign transactions and you will need to settle your onboard account at the end of the voyage. A second card is recommended in case of issues.
- ☐ **Travel documentation**—including but not limited to your passport, proof of vaccination (completed at least 21 days before travel), proof of medical and travel insurance, confirmed flight bookings, and confirmation of completion of the online DDJJ entry form for Argentina.
- ☐ **A printed copy of your voyage ticket**
- ☐ **Photocopies of important documents**—leave one copy at home with your emergency contact and bring one copy in your carry-on. Alternatively, take digital photos of these documents and store them in a secure cloud service.
- ☐ **AUIP Program Handbook**—Remember to read in full the AUIP handbook prior to departure at <https://auip.com/students/pre-departure/>

Optional items

- ☐ Binoculars—wonderful for viewing wildlife and scenery from the deck
- ☐ Moisturizer, eye drops and saline nasal spray—recommended as the climate is very dry. Some seasickness medication can also have drying side effects.
- ☐ Woolite/hand laundry soap—if you plan to do any hand laundry.
- ☐ Snacks—you can buy these in Ushuaia so that you don't have to worry about bringing them through customs.
- ☐ Sweatshirt (1)—can be useful on board the ship, or you can wear your fleece.
- ☐ Casual shoes (1)—e.g. athletic shoes; for wear on board if desired
- ☐ Indoor socks
- ☐ Workout gear—if desired. There is a small gym onboard.
- ☐ Camera equipment and GoPro if you have one, with battery charger or extra batteries and memory cards.



- ☐ Extra pair of prescription glasses or contact lenses, if applicable
- ☐ Earplugs and eye mask as you will have shared accommodations
- ☐ A heating pad or heat wraps for menstrual or other pain relief
- ☐ Travel pillow to help get rest on flights
- ☐ Combination locks for your luggage (TSA compliant)
- ☐ Journal
- ☐ Book to read and a small game. A deck of cards is a great way to meet others.

What Not to Bring

Valuable jewellery or other precious items

Strong perfume as it may aggravate motion sickness in yourself and others



Dining out