

## Suggested Packing List for Antarctica

The following list contains items that previous students 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. Remember, you don't need to bring as much as you think you do!

### Mandatory

- 1 large bag—duffel bag with wheels, backpack, or suitcase. Check the airline baggage size and weight limits for your flights.
- Medium-sized day pack that is water-resistant and small enough for a day hike. Use this as your carry-on bag.
- Flashlight or headlamp with extra set of batteries
- Polarized sunglasses with 100% UV protection
- Waterproof notebook, pens, pencils—be prepared to take notes rain or shine, field or classroom.
- 2 water bottles—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 the countries you will visit. 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 and Chapstick with high SPF. Moisturizer is also recommended as the climate is very dry.
- Large travel towel—microfiber highly recommended
- Toiletries
- 1-2 different sized dry bags for dirty laundry, shoes, swimwear, etc.
- Bathing suit—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 board the ship where the interior is kept warm and casual attire is the norm.
- 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). Your outer layer (jacket, pants, and footwear) must be waterproof. Note that the ship provides you with an appropriate outer jacket and boots on loan for the voyage. It is important that you provide your sizing in the pre-departure forms.
- Outer rain jacket—must be waterproof and, especially if uninsulated, must be large enough for you to wear several warm layers underneath. All groups will need this as an outer jacket while in Ushuaia, and if your voyage does not provide a parka this will also be your outer layer for Zodiac excursions.
- Inner jacket—polar fleece or wool or down
- Waterproof pants / rain pants
- Warm pants to be worn under your rain pants—polar fleece or similar, **not** jeans or cotton sweatpants.
- Thermal underwear—top and bottom. Wool or synthetic base layers are recommended.
- Sweater—wool or polar fleece
- Neck gaiter—note that scarves are not recommended for Zodiac travel.
- Warm hat that covers your ears and won't blow off in the wind. A knitted “ski hat” works well.



- Gloves—wool or windstopper fleece are recommended. You may also want a thin pair or two as these can be useful when trying to operate a camera.
- Waterproof “ski” gloves
- Warm socks—a few pairs of thick wool socks and thin synthetic sock liners. Knee-high socks provide extra warmth in the boots provided for excursions.
- Sweatshirt—can be useful on board the ship, but you can also use your fleece.
- 1-2 nice outfits—if you want to dress up for special dinners that may be hosted on the ship during your voyage. This is optional as your regular comfortable clothes will be fine.
- 1 pair of nice shoes if you’re bringing a nice outfit
- Sturdy walking shoes—a walking/hiking/running/around-town combo shoe will work - go for comfort, support, tread/grip, and water-resistance.
- Underwear and indoor socks. There is a paid laundry service on the ship, but you may prefer to use it sparingly.
- Nightwear—remember you are sharing a room!
- Luggage tags with your contact details



*Ushuaia*

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





- At least one credit or debit card for personal expenses in Ushuaia and onboard the ship. 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.
- Travel documentation—including but not limited to your passport, proof of medical and travel insurance, and confirmed flight bookings.
- A printed copy of your voyage ticket
- Photocopies of important documents—leave one copy 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.

### Optional items

- Woolite/laundry soap—if you plan to do any hand laundry.
- Camera equipment and GoPro if you have one, with battery charger or extra batteries. Remember that cold batteries have a shorter lifespan. Also, make sure you have sufficient space on memory cards.
- Extra pair of prescription glasses or contact lenses, if applicable
- Small dry bag or waterproof backpack to protect cameras and phones when going ashore
- Earplugs and eye mask as you will have shared accommodations
- Travel pillow
- Combination locks for your luggage (airport TSA compliant for checked luggage)
- Journal
- Small games or book to read
- Snacks—you can buy these in Ushuaia so that you don't have to worry about bringing them through customs.

### What Not to Bring

Valuable jewellery or other precious items

Appliances—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. If you try to use an American shaver, straightener or hair dryer, for example, the high voltage may overheat and destroy the appliance and could shock you or start a fire. Leave these at home!



*Dining out*