



Equipment & Gear Information and Checklist

Antarctica is an unpredictable environment. Below you will find what we recommend to keep you warm and safe.

Our expedition to Antarctica takes place during the austral summer. Although it can be sunny, expect rain, snow, fog and a high wind-chill factor.



Goggles are great for keeping the water and wind off of your face when you ride on the zodiacs.

During late February to early April, the temperature in the Antarctic Peninsula generally doesn't go much below freezing. The average temperature range is between -5°C and 14°C (22°F to 56°F).

You know your body; adjust our equipment list accordingly if your extremities (hands, feet, ears) get cold easily. Concentrate on quick-drying, lightweight clothing. Fleece (and other synthetic materials) dry quickly and have good insulating properties, even when wet. On the other hand cotton when wet is cold, and takes a long time to dry.

We are always happy to talk gear, so if in doubt – call or email!



Layering of clothing is the solution to maintaining comfortable and safe temperatures for the body in Antarctica.

Build up layers when it's cold: thermal underwear, fleece/warm shirt, wool sweater, fleece jacket, waterproof jacket. Remove layers to avoid sweating when you start getting hot. Below are some examples on how to layer for shore landings in the Antarctic:

Layers

1st Layer: There is no substitute for thermal underwear top & bottom. Make sure they are not made from cotton.



2nd Layer: Fleece or long sleeve shirt on top.



3rd Layer: We recommend another layer of perhaps a wool sweater or fleece jacket.

4th Layer: A waterproof jacket that covers your hips. Most ski and snowboard-type jackets are great for Antarctic conditions. Waterproof rain, ski or snowboard pants work well on the bottom. When you are on the zodiac, your backside will get wet.





Waterproof Boots

You need to have waterproof hiking boots, made of either leather or Gore-tex brand material. You will be going on shore with these boots and they will get wet as you get in and out of the zodiac, walk on snow as well as in the washing station. Before we go on shore and when we come back, we must always scrub our boots so as not to contaminate Antarctica with what we may have brought with us.



Bags and Gear

Antarctic Luggage is a challenge. You need to carry adequate cold weather gear, which is bulky and often heavy. Luggage should be easy to carry, preferably a large soft duffel bag. This will accommodate bulky boots, etc.

Check with your airline for the luggage allowance between your departure airport and Buenos Aires. Checked baggage allowance on the flight between Buenos Aires and Ushuaia is **15kg (33lbs) on Aerolineas Argentina and 23 kg (50 lbs) on LAN**. If you want to exceed this weight, there will be an extra baggage fee.

Please bring a backpack for day trips ashore, preferably one that is **waterproof** and is large enough to carry spare clothing, cameras, water, snacks, notebooks etc.

Bring a lot of **plastic zip-loc bags** to ensure your gear stays dry. You can also line your daypack with a large garbage bag to keep things dry.

We suggest using a drybag for expensive and fragile camera equipment.

Clothing and Equipment List

Required Equipment

Travel wear for Argentina and on board the ship. Bring enough clothing to see you through your 2-week trip. On board it will be warm so bring comfortable clothing: jeans, t-shirts, sweaters, etc for everyday use. If you are staying over in Buenos Aires, it can be very hot.

Very important for staying comfortable!

- Regular underwear (enough for 14 days)
- (2) Two polyester or wool/synthetic blend thermal underwear tops, mid-weight**
- (2) Two polyester or wool/synthetic blend Thermal underwear bottoms, mid-weight**
- (5) Five pairs of socks: quick-dry, thin socks**
- (3) Three pairs of socks: thick wool/poly blend socks**
- (5) Five t-Shirts/tops in polypropylene/wicking breathable fabrics**
- Fleece trousers to wear under your waterproof pants**
- (1) One fleece top or jacket**
- Waterproof jacket: Gore-Tex or similar**
- Waterproof pants: Gore-Tex or similar. Must be able to go over your pants or fleece trousers.
- Balaclava or warm hat with ear protection
- Neck warmer
- (1) One pair of gloves, waterproof**
- Pair of sneakers or non-slip sole shoes for while onboard
- Hiking boots, waterproof
- Comfortable clothes and shoes for on the ship, no open toe sandals or flip flops
- Sunglasses: polarized (recommended) with side protection and holders (recommended)
- Watch



- Personal medical kit: Small medical kit containing prescription medicines and over-the counter medication for basic ailment
- Extra camera batteries and twice the amount of film/memory cards you think you may need
- Laptop computer—there is no internet available. Computers are not mandatory, but they are very useful for downloading and sharing photos as well as writing onboard.
- Memory stick (USB) to share photos
- Reusable water bottle
- Lip protection (with SPF sun block)
- Sun block (factor 50 or higher is recommended)



OPTIONAL EQUIPMENT

- Swimsuit or swim shorts (for possible polar plunge and stop-overs in Buenos Aires)
- Seasickness medication, bracelets or patches if prone to illness on ships
- Country, company or sponsorship flags for photo opportunities
- Headlamp for camping
- Ski goggles
- Diary or journal
- Glove liners (useful for picture taking)
- Walking/ski poles – collapsible trekking poles
- Heated hand warmers (for use inside of gloves)
- Binoculars—there are some onboard
- Mp3 player/Ipod
- 220v/110v electrical converter with adapter plug set (220v- European-style, round two-prong for Ushuaia and 110v - North America style, flat 2 prong for the ship)
- Personal snacks (if you have savory and sweet favorites)
- Dry bag for transporting camera and equipment on zodiacs. Ziploc plastic bags also work well.

