

## The Complete Antarctica Packing List

Only a handful of humans get a chance to visit the frozen continent each year. If you're one of the lucky ones — congratulations! As you prepare for your once-in-a-lifetime adventure, keep this packing list handy so you arrive prepared and get the most out of your trip.

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### Clothing for Antarctica landings:

- 2 pairs of **wool long underwear** (tops & bottoms)
- 1-2 **mid layers** like a fleece jacket and/or wool sweater, and fleece pants, sweatpants or hiking pants, and a thicker pair of socks
- 1 **outer layer** like a lightweight down jacket
- 1 pair waterproof/windproof **snow pants**
- 1 **waterproof/windproof shell**: We recommend checking with your cruise line, as many cruise lines will provide a waterproof/windproof shell to wear over your lightweight outer layer.
- Lightweight gloves** for taking photos/warmer days; **heavier waterproof gloves or mittens** for colder days and tender boat outings
- Warm hat** or headband
- Wool scarf** or neck gaiter
- Small, water-resistant backpack**
- Dry bag** (if you plan to kayak)

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### Clothing Aboard the Ship:

- Bathing suit** if your ship has a hot tub (or if you plan to do a polar plunge!)
- Casual, comfortable clothes**
- Comfortable footwear** like slippers and/or sneakers
- Comfortable undergarments**

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### Pre- and Post-Trip Overnights:

- Warm weather clothing** if you are staying somewhere like Buenos Aires
- Comfortable walking shoes**
- A small bag** for sightseeing



### Pro tip: Don't over pack!

Your journey to and from Antarctica will be long with lots of legs, so traveling light is recommended. Pack two base layers and enough “around the ship” clothes for half of your trip, and plan to do laundry halfway through. (Laundry is typically an extra charge but can be worth it to travel lighter!) We recommend one a small “personal item,” a larger carry-on sized backpack and a small carry-on sized roller board suitcase. Check one of those bags on each flight.



### Do I need to bring cash?

Most ships will provide an ID card when you board that you should keep with you at all times. If you should need to purchase anything on the ship (alcoholic beverages, souvenirs from the gift shop, etc.), it will be charged to your credit card on file using your ID card. So, be sure to bring a credit card with you on your trip. But once you've boarded, you can leave your purse or wallet in your room! Depending on your pre- and post-trip location, you may also want to bring currency like Argentinian pesos.

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### Accessories

- UV filter sunglasses or ski goggles
- Binoculars for wildlife viewing
- Metal water bottle, as plastic may not be allowed on land
- Journal and pen for lecture and travel notes
- Book, deck of cards, puzzles, etc. to keep you occupied between landings or at sea

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### Toiletry Items

- Prescription Medication:** Bring sufficient medication to last through any unforeseen delays.
- Seasickness Medication:** Sea-Bands and seasickness tablets or matches for crossing the Drake passage
- Sunscreen:** We recommend SPF 30+ to protect your skin from UV rays reflected by the snow and ice
- Moisturizer:** The air outside and on board the ship can be dry and cold. Bring lotion and chapstick to protect your skin.

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### Important Documents

- A copy of medical form may be required by the cruise ship
- Passport
- Copy of passport
- Prescriptions, if necessary

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### Electronic Devices

- A camera with accessories, including:
  - Case
  - Charger
  - Extra Battery
  - Memory cards
  - Zoom lens (for capturing wildlife)
  - Microfiber lens cloth for clearing snow off your lens
- Outlet converter if you're on a foreign ship
- Mobile phone
- Phone charger

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### Items you can probably leave at home:

Hair Dryer

Shampoo/Conditioner

Snow boots

Water/windproof jacket

Hiking poles/snow shoes

Computers and tablets: Wi-Fi is usually available, but can be expensive and unreliable.