



PACKING CHECKLIST FOR ANTARCTIC CRUISE

EXPEDITION DAYPACK

1. Waterproof or Water Resistant Bag or Backpack
2. Extra Layers, Gloves, Hat, Etc.
3. Sunscreen
4. Lip Balm with Sunscreen
5. Water Bottles
6. Sunglasses
7. Binoculars
8. Camera with Extra Batteries and Memory Cards

CLOTHING: BASE, MIDDLE AND OUTER LAYERS

1. Thermal Long Underwear Pants (2-3)
2. Thermal Long Underwear Shirts (2-3)
3. A Couple Pairs of Underwear
4. Heavy Fleece or Down Jacket
5. Lightweight Wool Sweater or Long-sleeved Shirts (2-3)
6. Fleece Pants (for when you're not out kayaking or trekking through cold wet snow)
7. Windproof and Waterproof Winter Parka/Jacket
8. A Pair of Light Windproof and Waterproof Pants that will Fit Over Multiple Layers
9. Pants/Jeans (1-2)
10. Shirts (2-4)
11. Long-sleeved Shirts (2-4)
12. Light Sweaters (2)
13. Swimsuit (If you want to brave the polar plunge!)

IMPORTANT ACCESSORIES

1. Warm Wool Hats that Cover your Ears (1-2)
2. Waterproof Thermal Gloves
3. Glove Liners (1-2)
4. Scarf or Neck Gaiter (1-2)
5. Polarized Sunglasses or Ski Goggles



FOOTWEAR: SHOES AND SOCKS

1. Thermal Rubber Boots (We Provide)
2. Thick Thermal Wool Socks (2-3 pairs)
3. Liner Socks (2-3 pairs)
4. Wool Socks (2-3 pairs)

TOILETRIES AND MEDICATION

1. Sunscreen (High SPF is Essential)
2. Lip balm with SPF
3. Basic toiletries (Soap, Deodorant, Toothbrush, Feminine Products...)
4. Lotion
5. Sanitizing Gel
6. Pocket or hand warmers
7. Kleenex
8. Plastic bags for wet items
9. Hair Brush & Hair Ties
10. Eye mask (20 hours of daylight can be disruptive to sleep)
11. Earplugs
12. Seasickness medication or Sea Bands
13. Advil or Ibuprofen
14. Any other medications that you may need

PAPERWORK AND MONEY

1. Passport
2. Copies of Travel, Luggage, and Other Insurance
3. Extra Money

OTHER ITEMS

1. Warm weather clothes (If you plan on spending a few days in Buenos Aires or Santiago de Chile before or after your Antarctic cruise.)



2. Playing cards
3. Kindle, tablet or book
4. iPod
5. Journal
6. Camera & Accessories (batteries, memory cards, lenses, tripod)
7. Waterproof Camera Bag
8. Binoculars
9. Electrical converter and/or adaptor
10. Travel alarm clock