

# PACKING LIST - ANTARCTICA

## PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in Antarctica. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's why we are here!

### Packing Considerations

Each guest will receive a complimentary 3-in-1 parka upon boarding. You can wear the waterproof shell out on the deck and the removable liner indoors to stay comfortable. You will also be loaned insulated waterproof boots to use on the Zodiac boats and for excursions off the ship (these are loaners only; you do not keep the boots).

Laundry is available on the ship for a fee. If you decide to hand wash a few articles of clothing in your room, please bring environmentally friendly laundry detergent.

Dressing in warm layers during excursions off the ship is key. Most excursions will be 3 hrs. or less. **Insulated, waterproof pants (or high quality rain pants to wear over insulating layers) are MANDATORY for the Zodiac rides.** You'll also want to bring several pairs of warm socks, 2 pairs of warm gloves or mittens and a warm hat that covers your ears. The sun is very strong, so be sure to pack sunscreen, at least 2 pairs of sunglasses and ski goggles. You'll also want to bring a waterproof backpack or dry sack bag for your Zodiac boat excursions. There is a gear shop on board if you urgently need an item.

### Weather

Polar weather is extremely variable; temperatures may hover around the freezing mark and winds can be strong. The extended daylight warms sheltered areas so that you may sometimes find it warm enough for t-shirts. However, you may encounter rain, snow squalls, fog and white-outs during an expedition and should be ready for any conditions.

## PACKING CHECKLIST

### Clothing & Gear

- Provided: Complimentary 3-in-1 parka to keep (wear the waterproof shell out on deck, and the removable liner indoors to stay comfortable)
- Provided: Loaner insulated water-proof boots to wear for all on-shore landings
- Duffel bag or small suitcase
- Waterproof, lightweight backpack or dry sack
- Light warm jacket to wear during travel to the ship
- Waterproof jacket
- Comfortable non-slip closed-toed unheeled shoes to wear on board (flip flops, sandals or slip-on shoes should not be worn due to safety concerns)
- 1-2 pairs of casual shirts (for onboard)
- 1-2 pairs of casual pants (for onboard)
- Insulated waterproof pants OR high quality rain pants to wear over insulating layers. (mandatory for every Zodiac ride)**
- Underwear & bras
- Sleepwear
- Swimsuit (for onboard pool and hot tubs and perhaps a polar plunge!)
- Workout attire (for the fitness center)
- 3-4 pairs warm wool or synthetic socks for layering (keep a dry pair in your bag during landings)
- 1-2 short sleeve shirts (quick dry)
- 1-2 long sleeve shirts (quick dry)
- Base-layer wool or synthetic top
- Base-layer wool or synthetic bottom
- Mid-layer warm or fleece top
- Mid-layer warm or fleece bottom

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- 2 warm wool or fleece hats that cover your ears
- 2 pairs waterproof gloves or mitts
- Glove liners
- Hat for sun protection
- Water bottle (a collapsible reusable water bottle will be provided onboard)
- Scarf, buff, or other face protection

## Additional AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, money/immunization and vaccination records)
- Write down or print out your travel insurance number
- Locks for your luggage
- Travel alarm clock with spare batteries or phone
- Binoculars (Optional. 8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger or laptop with spare storage (for saving photos)
- Lens cloth for camera
- Waterproof cell phone case or rain sleeve for camera
- Power adapters/power bank
- Ski goggles (extra protection for adventure options)
- Polarized sunglasses with UV protection with case, and strap (be sure to bring an extra pair)
- Prescription glasses, contact lenses (bring an extra) cleaner, saline, etc.
- Small amount of local currency
- Sunscreen and lip balm with SPF
- Moisturizer for face and hands (polar air can be dry)
- Hand and feet warmers
- Assortment of reusable waterproof bags with zippers to keep items organized and dry (consider reusable or silicone to reduce use of disposable plastics)
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Biodegradable soap, shampoo, and conditioner
- Small packet of tissues

- Tampons and panty liners (avoid plastic applicators)
- Earplugs and eye masks for sleeping (we recommend silicone earplugs)
- Reading material/journal and pens

## Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Seasickness medication
- Person epi pen - if needed
- Bandages, gauze, ace bandage
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

Scan this QR code to watch our video on what to pack before you go!



*Please note you'll be taking different modes of transportation that could cause motion sickness, and you may be tasting many different foods. Please consult a travel doctor if you have any concerns, and bring prescription and over-the-counter medicine you feel YOU will need for this trip.*