

TWIN TRACKS

Our Pro Packing List for Antarctica

Here is a list of things you should bring for your Antarctic Expedition. As a general rule: **wool underneath, windproof/waterproof outer!**

CLOTHING

- Thermal underwear/long johns
- Socks (preferably wool: some thick, some thin for layering)
- Lightweight wool sweater or fleece
- A couple of pairs of hiking pants
- Waterproof trousers - a thin outer layer on top of your long johns & hiking pants
- Waterproof jacket – again, to go on top of layers (some companies provide you with a waterproof jacket for free as part of your booking - please check with us before you pack!)
- Rubber boots (**required**) that rise at least half-way up your calves (many ships will provide - send us an email about your booking if you're not sure)
- Good windproof or warm hat - possible cap if you have hooded jacket
- Scarf or buff to protect your neck
- Warm gloves
- Casual clothes for relaxing on board the ship, including lightweight, comfortable rubber-soled shoes for safety when the ship is moving and versatility if you suddenly have to run out on deck for a wildlife sighting
- Backpack for hiking/landing excursions (best if it's waterproof, but not required)

Suggested for your hiking/landing backpack:

- Down jacket or thick sweater for layering
- Extra pair of windproof mittens/gloves
- Extra batteries if you're a photographer
- Reusable water bottle to stay hydrated

OTHER RANDOM:

- If desired, laptop and charger
- International travel plug adaptor
- Sunscreen and protective lip balm
- Ski goggles - if you're the kind of person who easily gets cold, ski goggles are a great way to keep your face warm when we're zooming around in Zodiacs or when the weather turns bad.
- Swimwear for ice swimming + hot tub and/or sauna (if your ship has one)
- Extra camera batteries + memory cards
- Any required medication
- Passport!

It's important that all things in the backpack you bring ashore are packed in a waterproof manner. Ziploc bags are handy for this. Antarctica is not as terribly cold as you would expect, but the large glaciers coming down from the interior can create a chillfactor from the wind that will make you thankful you have layers. Therefore, a layer of wool/fleece and a windproof outer layer work best. The terrain we'll be walking on when on landings is pretty cold so your feet will freeze faster from the ground up. That's why thick wool insoles are highly recommended!